

# Your Digbi Health Journey: FAQs

Welcome to the Digbi Health program, a personalized 52-week journey designed to transform your health and wellness. This guide outlines the key steps to join the program, navigate the app, meet your coach, and make the most of your tailored health insights.

Whether you're managing your **weight, Type 2 Diabetes, digestive health, or taking GLP-1s for weight management**, Digbi is here to support you with care tailored to your biology.

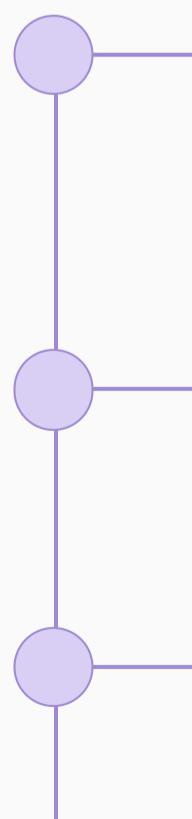
Digbi Health is available at no cost for eligible members covered by Anthem or Blue Shield through your employer.

## Step 1: Join the Digbi Program

- 1. Check Your Eligibility:** Take a 2-min quiz here: <http://digbihealth.com/prism>
- 2. Eligibility criteria:** **Quiz available on/after 1/1/26**
  - 18 years or older and enrolled in Anthem or Blue Shield (**Mandatory**)
  - BMI 30 or higher (OR)
  - BMI 25-29 with one related cardiometabolic comorbidity (OR)
  - Hypertension or High Cholesterol (OR)
  - Type 2 Diabetes or Pre-Diabetes (OR)
  - GI Condition (OR)
  - If you're not eligible, please review your answers or contact us at [prism@digbihealth.com](mailto:prism@digbihealth.com).
- 3. Download mobile app:** If you're eligible, download here: <https://onelink.to/digbi>
- 4. Onboarding and Kits:** On the app, please confirm shipping address and answer onboarding questions. After that, your kits will be ordered to your address, automatically!
- 5. GLP-1s for weight management:** Starting January 1, 2026, you will have 90 days to go through Digbi Health's Reauthorization for weight management GLP-1 medication based on the new eligibility criteria.

## Step 2: Your Journey Begins

Our mobile app will take you sequentially through all mentioned steps. **It'll only take 5 min!**



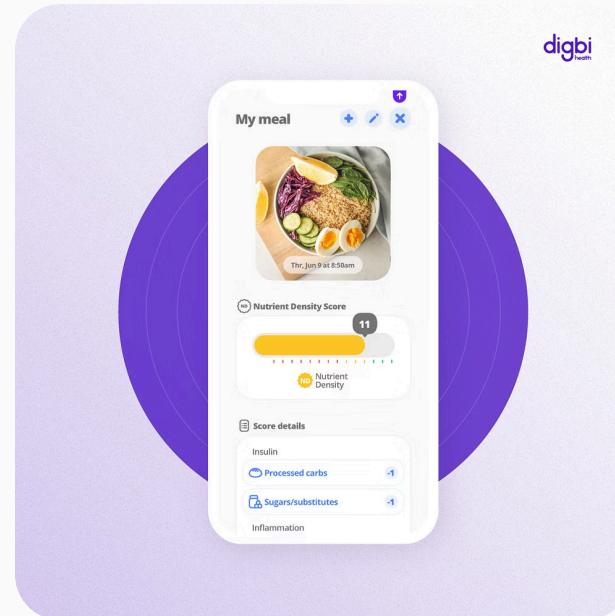
- Get at-home Test Kits**

Within a week, You'll receive a comprehensive testing kit including a Genetic Test, a Gut Microbiome Test, and an Abbott Libre Continuous Glucose Monitor. Please follow instructions to collect samples and return kits using pre-labeled shipping.
- Sync your Health Apps**

Connect Apple or Google Health Apps with the Digbi App. Navigate to settings, choose "Health", then connect by tapping "Refresh" under "Apple Health".
- Say hi to your Coach!**

Tap the 'Coach' button at the bottom and start engaging with your health coach on the app and upload meal pictures for scoring while you await test results.

## What you get: Personalized Health Insights



### Gut and Gene Test Kits

Get custom recommendations based on your test results to help reverse your conditions.

### Health coaching

Access a health coach and keep uploading meal photos to track dietary changes.

### Access to GLP-1s

To start or continue weight management GLP-1 treatment, please enroll in the program.

## Step 3: Navigate the app with ease

Your Digbi app is your daily health hub. You'll track meals, symptoms, and see your progress, all in one place.

### Insights

Discover gut and genetic test results and explore the Food Guide for nutritional advice.

### Food

Create recipe collections, gather food tips, and find recipes that contribute to high Food scores.

### Dashboard

Monitor symptoms and track progress. Log food photos, gut symptoms, exercises, and other lifestyle activities.

### Coach

Engage with a coach, view Food Scores, and arrange calls for guidance.

### Menu

Access the Digbi Community, videos, testing kit status, CGM device, and support.



### How Digbi Helps You Feel Better

- Lose weight and keep it off
- Improve digestion and energy
- Lower blood sugar, A1c, or cholesterol
- Get support with or without medication

## Step 4: Access GLP-1s for weight management

**New Requirements, effective Jan 1, 2026** Quiz available on/after 1/1/26

**Check Your Eligibility:** Take a 2-min quiz here: <https://digbihealth.com/prism>

- 18 years or older and enrolled in Anthem or Blue Shield (**Mandatory**)
- BMI 40 or higher without any comorbidity (OR)
- BMI 35 - 39 with at least one related comorbidity (OR)
- **Mandatory:** If you're on a GLP-1 for weight management, you should have lost 5% weight since starting them. Don't worry, *if you're new to the medication, you have 90 days to make progress.*
- Digbi will be the sole prescriber for **ALL** weight loss medications

ⓘ **Need help?** Reach out to us at [prism@digbihealth.com](mailto:prism@digbihealth.com) or call us at (866) 344-2189.