

Your Digbi Health Journey: FAQs

Welcome to the Digbi Health program, a personalized 52-week journey designed to transform your health and wellness, offered to you at no cost through your health plan. 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.

Step 1: Join the Digbi Program

- 1. Check Your Eligibility:** Visit your plan's program page: digbihealth.com/start
 - Click on "Am I Eligible" to take a 2-min Eligibility Quiz
 - If you're eligible, you'll be directed to download our mobile app
 - If you're not, please review your answers or contact us at digbiPA@digbihealth.com for support
- 2. Download mobile app:** If you're eligible, download here: <https://onelink.to/digbi>
- 3. Onboarding and Kits:** On the app, please confirm shipping address, answer onboarding questions, and watch the "What to Eat" video. After that, your kits will be ordered to your address, automatically!

Step 2: Your Journey Begins

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

- 1 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.
- 2 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".
- 3 Say hi to your Coach!**

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



Tailored Recommendations

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



Continuous Support and Learning

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



Access to Resources

Utilize educational materials, thousands of recipes, insightful videos, and more to support your journey.

Step 3: Navigate the app with ease

The app features five tabs at the bottom of the home screen:



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.

Embark on this transformative program designed around you, for you. With Digbi Health, uncover the power of personalized health and wellness, guided every step of the way.

 **Need help?** Reach out to us at digbiPA@digbihealth.com or call us at **(866) 344-2181**.