

Letter from Bill Snyder, CEO

This year has been challenging in so many ways. We've all faced challenges and have adapted to a number of lifestyle, health, and financial hardships. At the same time, I think we've all discovered how resilient we can be. It's important now more than ever to take care of yourself and take care of each other.

As we launch this new monthly e-newsletter, I'm thinking about how far we've already come this year together. We're still working hard to help people feel better every single day, here at Vivante Health. Nothing is more impactful than hearing from members who've found ways to improve their digestive health—and mental outlook—thanks to GITHrive.

If you can, take a moment to reflect on ways you have helped people this year. Just by keeping going in 2020, we've all managed to "be there" for the people we know and care about. That's something to be proud of.

Below are some of our recent posts and stories that made us feel great the past couple of months.

We love that you're part of the Vivante Health family. Please feel free to share stories and feedback with us anytime.



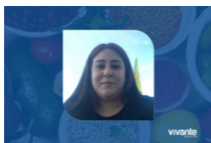
Bill Snyder
Chief Executive Officer
Vivante Health

Recent Vivante Reads



Want to Reduce Costs? Add Unique Employee Benefits

[Read more](#)



How GITHrive's 1:1 Guidance Changed a Member's life: Lizette's Story

[Read more](#)

Vivante Health in the News



Bucknell University
Wellness Initiative

Bucknell University Partners with Vivante Health

[Read more](#)

Around the Web

- [Let's Talk About Gut Health and Improving Your Overall Well-Being](#) (*Prestige Online*)
- [5 Things to Know About Your Digestive Health, and When to See a Doctor](#) (*Men's Health*)
- [This World Gratitude Day, Take Time to Say Thank You](#) (*Forbes*)
- [Supporting the Mental Health of Your Global Workforce](#) (*International Foundation of Employee Benefit Plans*)

Did you know we can run a free claims analysis to uncover how much your company spends on digestive disease?

[Get My Free Claims Analysis](#)

