



Personalized gut health support— at no cost to you!

Better health starts in the gut

Cylinder is a no-cost digestive health program for all employees and dependents (18+) enrolled in a BCU health plan. Our team of experts provides real relief from gut issues like bloating, gas, heartburn, chronic conditions like IBS, and more.

This no-cost program includes the following and more:



- GutCheck microbiome test kit and analysis



- Virtual unlimited access to dedicated Registered Dietitians and Health Coaches



- Better overall physical and emotional wellbeing!

Explore more in the app

Live events, expert articles, on-demand courses, and easy tracking tools for food, symptoms, and progress.

Ready to see how Cylinder can help? Scan the QR code or visit:

Go.CylinderHealth.com/BCU-print

Access code: **BCU**

Questions? Contact us at (800) 982-4080 or getsupport@cylinderhealth.com

