

Getting help for digestive issues shouldn't be this hard.

That's why Cylinder is here to help.
Our dedicated team of experts has helped nearly 100,000 people find **real** relief.



Program benefits include:

- Unlimited access to a dedicated Health Coach and a Registered Dietitian at no cost to you
- A personalized care plan just for you
- Live webinars, courses, recipes, and a 24/7 support hotline
- Everything in one convenient app—no co-pays or waiting rooms
- No-cost gutcheck microbiome test kit and analysis



Coming soon, January 1, 2026

Cylinder is available to employees and dependents (age 18+) enrolled in a BCU-sponsored medical plan at no cost to you.