



x Parsley Health

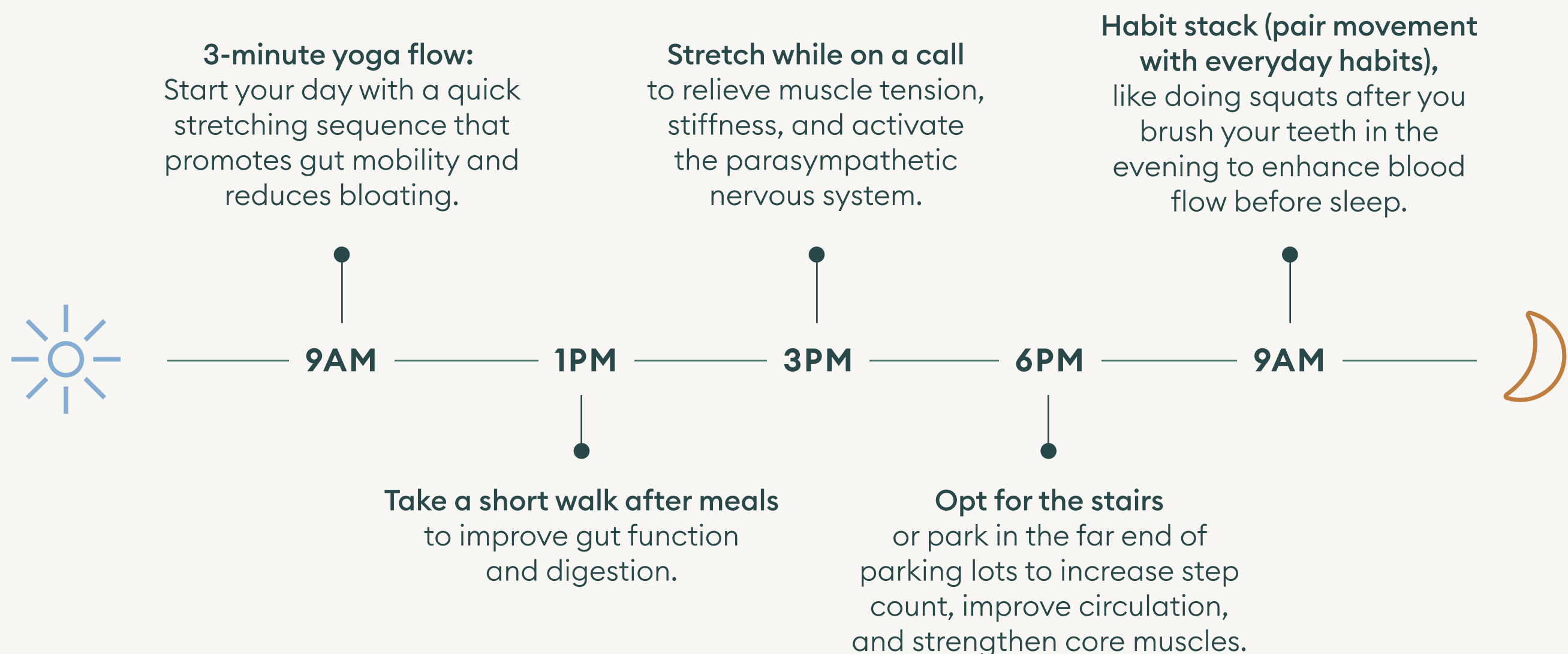
Busy Day? Stay Active With Gut-Friendly Movement.

Regular physical activity is key to a healthy gut and can improve bloating and other digestive issues throughout the day. The best part is that gut-healthy movement can be quick and simple. Taking a few minutes to stretch and walk will have a positive impact on your gut health for the long-term.



It's time for a new gut health routine

Try these simple tips for staying active morning to night.



Ready to start feeling better? Get to the root cause of your symptoms.

Valley Schools has partnered with Parsley Health to provide root-cause medicine care to eligible employees and dependents 18+ on the UnitedHealthcare medical plan with Valley Schools, who are managing a chronic condition. Parsley Health's personalized program proactively addresses top risk factors and health conditions, including autoimmune, GI & digestive, reproductive & hormone, cardiometabolic, diabetes & pre-diabetes.

Visit parsleyhealth.com/valleyschools and complete the intake form to see if you are eligible.