

Cylinder



Something good is coming your way

Cylinder is a no-cost digestive health program for active employees, adult dependents (18+) and pre-65 retirees on a U.S. based non-Medicare Aetna plan. Our team of experts provides real relief from gut issues like bloating, gas, heartburn, chronic conditions like IBS, and more.

Your program includes all the following
at no cost to you:



At-home gut microbiome test

Learn how the bacteria in your gut may affect your digestion and well-being.

Registered Dietitian support

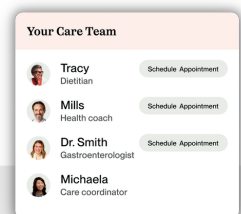
Get expert guidance on identifying food triggers and symptom relief

Health Coach

Receive one-on-one support for achieving health goals

One convenient app

Track meals, symptoms, and access expert tools — all in one place.



Access to in-network physicians when you need it*

Connect virtually with a gastroenterologist or internist, without the waiting room or long commute. Visits are billed through your health plan and may include standard in-network costs.

Coming soon January 2027

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

*Virtual appointments with a gastroenterologist or internist are subject to your health plan coverage and may involve an out-of-pocket cost. You will be notified before your visit if any costs apply.

