



# Eat healthier, move more, feel great!



Kurbo helps kids, teens, and adults build healthy habits and lose weight, for life. Here's how:



## You pick what you eat

Kurbo just makes it easier with the traffic light system. Green, yellow, or red lights tell you what's healthiest. Simple!



## The fun app keeps you on track

It's your home base for logging food and activity. You'll like the videos, challenges, and hacks, too.



## Your coach really gets you

Regular check-ins deliver all the personalized tips and encouragement you need to reach your goals.

Kurbo is a 3-month program available to BF&M health-insured members and their dependents at **no cost** to you.

**Learn more and get started:**  
[kurbo.com/bfm](https://kurbo.com/bfm)

