

Food is medicine. Eating well is made simple with Foodsmart™.

CDPHP® partners with Foodsmart, a digital nutrition platform, to help your employees make healthier food choices at home and on the go.

Foodsmart's food decision platform gives your employees the tools they need to improve their nutrition. Employees will connect through CaféWell®, download the Foodsmart app, and take the quick NutriQuiz to highlight areas in need of improvement. Your employees will also be asked if they're managing any chronic conditions such as hypertension or diabetes, and will be guided on how to modify their diets to improve their overall health.

Employees will also have access to the following:

- ▶ Grocery deals on healthy foods at favorite stores
- ▶ Personalized recipes
- ▶ Drag-and-drop meal planners
- ▶ Meal kit and frozen prepared meal delivery
- ▶ One-click grocery lists and online ordering
- ▶ Restaurant guidance – tips and tricks to make healthier choices at restaurants
- ▶ Telenutrition – consult with a registered dietitian via live video visit or telephone**

Foodsmart helps your employees take the guesswork out of healthy eating, whether they prefer to cook in or order out!

Employees can join now at www.cafewell.com/cdphp!

Earn
LifePoints®*

All services may not be available with all plans.

* All adults ages 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.

** Cost share may apply.

