

Food is medicine. Foodsmart™ makes eating well fun!

Foodsmart helps you make healthier food choices when you're cooking at home, ordering takeout, or eating out. Here are just a few of the cool tools you'll have access to:

- ▶ Grocery deals at your favorite stores
- ▶ Recipes personalized for you
- ▶ 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 – virtual, one-on-one nutrition coaching*

Ready to Get Started? Great!

- ▶ Log in to your member account at member.cdphp.com and click the **Go to CaféWell** button. Don't have a CaféWell account yet? No problem! Registration is quick and simple.
- ▶ Once in CaféWell/Life Points, click on the Foodsmart banner to join the program.
- ▶ Take the NutriQuiz to personalize your experience.
- ▶ Download the Foodsmart app and use your CaféWell username and password to log in.
HINT – if you've forgotten yours, check out your CaféWell profile for help!



* Cost-share may apply. See your member contract for details.

All services may not be available with all plans. Please check your plan contract for details.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。