

## 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!

- ▶ Visit [cdphp.com/foodsmart](https://cdphp.com/foodsmart) to sign up
- ▶ Download the Foodsmart app on the App Store or Google Play
- ▶ Take the quick NutriQuiz to highlight areas for improvement
- ▶ Start eating healthier!



\* 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）。