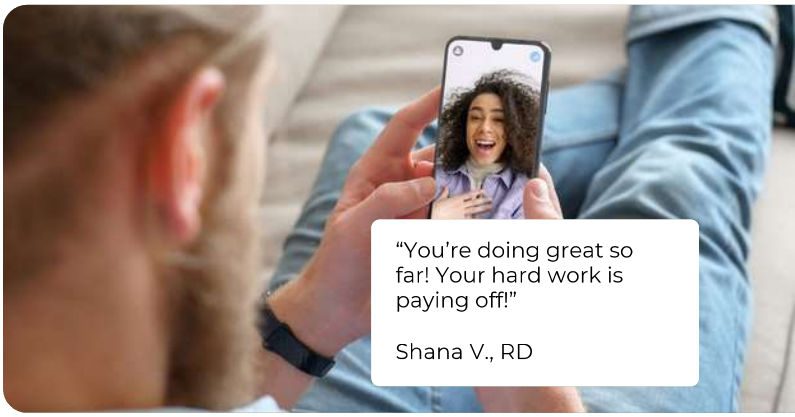
foodsmart

OFFERED THROUGH cigna healthcare

Making the most of your benefit

to save time and money on food to feel your best!

Access personal nutrition support that can help you save money on food and feel your best. Through your plan's participation with Cigna Healthcare®, you can meet with a virtual dietitian who is an expert in nutrition and will create a personalized nutrition plan based on your health history, preferences, and goals. You'll get daily tips and tools that make following your plan simple, including thousands of delicious recipes, grocery price comparisons, food delivery, and more.



Get started in four simple steps:

1. Locate your group and member ID number on your insurance card.
2. Scan the QR or call 415-800-2311 (TTY 711) to book your phone or video visit with a registered dietitian.
3. Follow the prompts to choose a date and time that works for you.
4. Your visit is covered by your health plan through participation with Cigna Healthcare. Select 'Cigna Healthcare' as your insurance plan, and then enter your group and member ID when promoted to complete your appointment request!

Meet your personal nutrition expert!

Your nutrition coach — a registered dietitian — is clinically trained to support your health needs. They will partner with you to help you reach your goals, while considering your medical history, budget, and needs. Meet with them virtually, or over the phone.**



Success Stories

Learn more about the program by visiting ***Foodsmart.com/members/cigna-healthcare***

"I've seen significant improvements in my health since I've started using the Foodsmart app. I lost about 30 pounds in a year. My A1C without medication has been consistently in the fives.*"

Callie R | Foodsmart Member



"We're saving $200-$300 a month because of the fact we're not eating out or taking out. We're eating at home more. Financially it's been a life saver!"

Linda W | Foodsmart Member



*This example is for illustrative purposes based on an actual Foodsmart customer experience. Information has been changed to protect privacy.
**Cigna Healthcare provides access to virtual care through certain third-party service providers. Such third-party service providers are solely responsible for the care and treatment they deliver. Benefits are subject to plan terms and conditions, including applicable exclusions and limitations. These services may not be available in all areas. Customer results will vary. Call (415) 417-1775 or visit cignasupport@foodsmart.com for support.

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