

Foodsmart™: Eating Healthy Made Simple

It's never been easier to eat healthier. Introducing Foodsmart™, an app that helps you plan, shop for and prepare delicious and nutritious meals you'll love.



Cook It Now

Recipe recommendations that use foods you already have in your kitchen.



NutriQuiz

Based on your existing conditions and other dietary needs and preferences, Foodsmart™ will automatically send you tips and recipes that are right for you.



Meal Plan

Get a week of tasty meal plans automatically generated to match your preferences.



Recipes

Our database of recipes is tailored to your needs, time and budget — including low-salt, low-carbohydrate and diabetes-friendly recipe categories.



Grocery List

A digital grocery list is automatically created for your selected recipes.



Online Grocery Ordering

Convert your digital grocery list to an online order, delivered to your door.



Deals

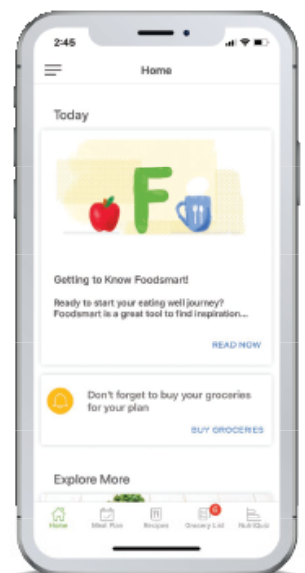
Find grocery deals for healthy food from your favorite local stores, directly in the app.

Supporting you through your health journey.

Foodsmart™ is one of many services available at no additional cost through Harvard Pilgrim's Living Well Everyday program at www.harvardpilgrim.org/livingwelleveryday.

Download Foodsmart™ to your smartphone or tablet today:

1. Download the **Foodsmart™** app to your mobile device from the [Apple App Store](#) or [Google Play](#).
2. Select Harvard Pilgrim as your health plan.
3. Create an account using your email address and a password of your choice. (Password must be between 8-15 characters, and must contain at least 1 number and 1 letter.) Then enter your Harvard Pilgrim ID # on your insurance card. Use all characters, but omit the dash, and capitalize the letters.



Questions? Contact us at hpwellness@harvardpilgrim.org or (877) 594-7183.