

# Foodsmart: Eating Healthy Made Simple

Do you want to eat healthier but don't have the time or energy for the planning, shopping and food prep? Good news: Harvard Pilgrim has teamed up with Foodsmart by Zipongo to offer an app that makes it easier for you and your family to eat healthy.

## The Foodsmart app includes:



### Recipes

Our vast database of recipes has plenty for everyone's preferences, time, and budget.



### 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.



### Cook It Now

Recipe recommendations using foods you already have in your kitchen.



### Restaurant Guidance

Find healthy meal options at all of your favorite restaurants.



### Meal Plan

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



### Deals

Grocery deals for healthy food from your favorite local stores, directly in the product.



### Marketplace

Pre-portioned meal kits and delicious heat-and-eat meals delivered to your door.



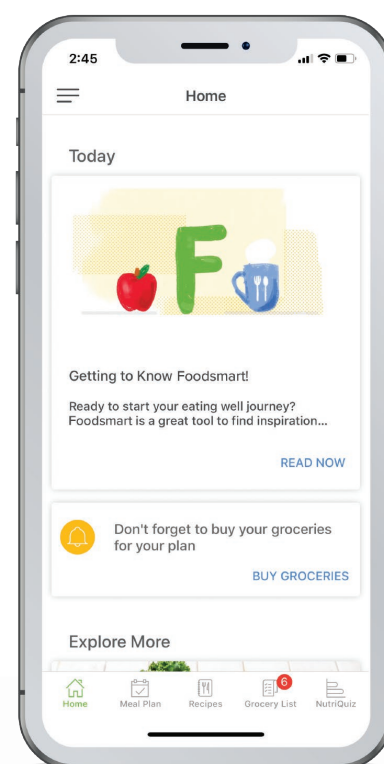
### Favorites

Add your favorite recipes so you can easily find them whenever you want.



### NutriQuiz

See how your eating habits stack up and instantly get personalized tips and recipes.



## It gets even more rewarding!

- When you register with Foodsmart and take the NutriQuiz, you'll be entered to win \$100 in Foodsmart meal kits. Foodsmart will randomly pull 5 winners at the end of October, November and December 2020 and will award credits that can be used toward the kits.
- You can earn points toward gift cards through Limeade, Harvard Pilgrim's Living Well<sup>SM</sup> program. If you're not enrolled yet, visit [www.harvardpilgrim.org/livingwelleveryday](http://www.harvardpilgrim.org/livingwelleveryday).

## Get started today:

1. Download the **Foodsmart by Zipongo** app from the Apple App Store or Google Play.
2. Select Harvard Pilgrim as your health plan.
3. Create an account using your email address, Harvard Pilgrim Member ID and a password of your choice.

## Questions?

Contact us at [hpwellness@harvardpilgrim.org](mailto:hpwellness@harvardpilgrim.org)  
or (877) 594-7183.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.