

# Nutrition

Foodsmart makes eating well simple to create long-term behavior change. VP+ helps employers and health plans deliver an innovative nutrition offering focused on supporting the entire member population as everyone needs to eat and almost everyone needs help doing so. 91% of employees experience poor nutrition, chronic conditions or being overweight or obese.<sup>1</sup>

## Eat smarter

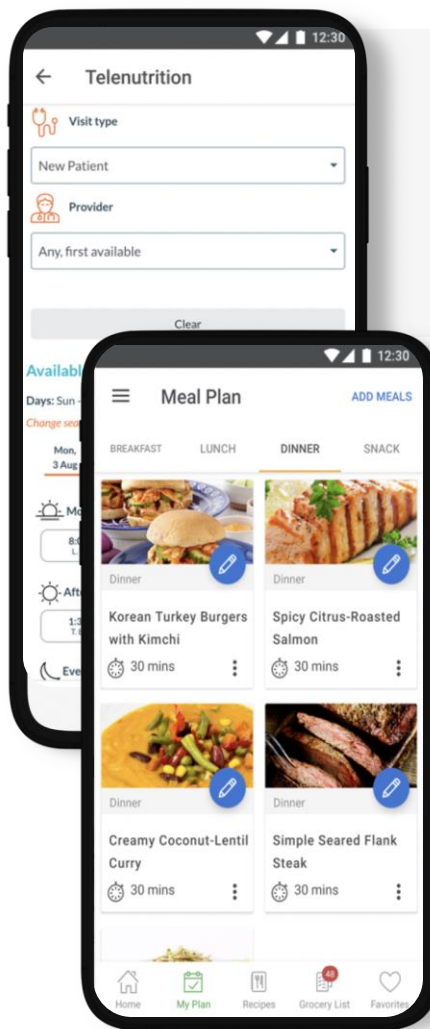
Foodsmart is the world's largest telenutrition and food care solution, backed by a national network of Registered Dietitians and a digital nutrition platform. A proprietary nutrition assessment delivers personalized insights to help members consistently make healthier food choices. Foodsmart then provides members with meal plans and recipes customized to each individual and their families.

## Save money

Members save money by comparing grocery list prices across partners at Walmart, Instacart and Amazon Fresh, or leveraging local grocery discounts. Budget-friendly recipes make it easier to cook more affordably. Foodsmart also helps to identify employees facing food insecurity and provide SNAP enrollment support and other solutions that improve health equity. Individuals with SNAP can use EBT to buy healthy options through partnerships with Walmart & Amazon Fresh.

## Save time

Foodsmart's meal planning includes thousands of recommended recipes that are integrated with grocery lists and grocery partners to help members plan custom meals for their family and order groceries in <5 minutes instead of >2 hours per day.



# 87

Net promoter score across clients with telenutrition

# 33%

Of members with obesity sustain >5% of weight loss over 3 years

# \$40

Medical cost savings per member per month (based on external claims study)

Want to learn more? [Watch our Foodsmart demo.](#)

Sources: 1. Data from Foodsmart's 1.2 million members who have taken its nutritional assessment