foodsmart | cigna healthcare

Making the most of your benefit

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

Cigna Healthcare℠ medical plan customers have access to personal nutrition support that can help you save money on food and feel your best. You have access to a virtual dietitian who can help — an expert in nutrition — who 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 today in four simple steps:

1. Locate your Cigna Healthcare ID number on myCigna.com® or the myCigna app®
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. Enter your ID number when prompted and 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**

**This example is for illustrative purposes based on an actual Foodsmart customer experience. Information has been changed to protect privacy. Customer results will vary.*

> 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**

> 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**

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