Harvard Pilgrim Health Care

foodsmart by zipongo

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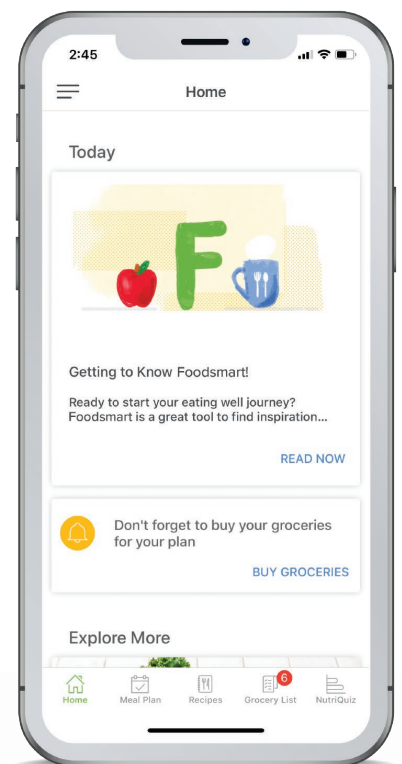Pre-portioned meal kits and delicious heat-and-eat meals delivered to your door.

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℠ program. If you're not enrolled yet, visit **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 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 #. Use all 11 characters, but omit the dash and capitalize the "HP" (e.g., HP000022300).

Questions?

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