

Making the most of your new benefit to save money on food and feel your best.



Cigna Health Plan members now have access to personal nutrition support that can help you save money on food and feel your best — all for free. You can meet with a registered dietitian — an expert in nutrition — who will create a personalized nutrition plan for you 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 comparison, food delivery, and more.

Get started today in five simple steps:

- 1 Scan the QR or call **415-800-2311 (TTY 711)** to book your free* phone or video visit with a registered dietitian.
- 2 Follow the prompts to choose a date and time that works for you.
- 3 Locate your Cigna member card and enter your member ID when prompted.
- 4 Complete your appointment request!



Meet your personal nutrition expert!

Your nutrition coach — a registered dietitian — is clinically trained to support your health with nutrition.

They are your partner to help you reach your goals, considering your medical history, budget, needs preferences and struggles. Meet with them at your convenience, virtually or over the phone.

*Cigna members are eligible for up to 3 visits at no-cost/no-deductible

Success stories

Learn more about the program by visiting Foodsmart.com/members/cignaemployees

“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