



Select your
nutrition profile to
get started!

Nutrition Guide

Eating healthy is simpler than ever.

When it comes to your eating style, would you like to be more of a meal planner? Or a balanced eater? Tell us what changes you want to make to how you eat, and you'll receive tools, personalized tips and great recipes from Foodsmart—just for you. It's everything you need to stay on track with your nutrition goals.

Have questions? We're here to help.

- Check out support.personifyhealth.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@personifyhealth.com

Get started

Visit app.personifyhealth.com, go to the **Health** tab and select the **Nutrition Guide**, or scan the QR code to open in the app.



Ready to get started?

Follow these easy steps:

Step 1

Sign in to your Personify Health account.



Step 2

Go to the **Health** tab and select **Nutrition Guide**.

Step 3

Select **Change My Profile** and start setting up your Nutrition Guide.

Enjoy the benefits of the Nutrition Guide



Choose your nutrition profile

Tell us about your eating style, and we'll help you fine-tune your nutrition.

Do you want to become a more mindful eater? You'll get personalized tips and recommended Healthy Habits to help you make healthy choices every day.



Track what you eat

Your wellbeing program connects with MyFitnessPal, so you can track your calories each day. When you track what you eat, you're more likely to make healthier choices.



Practice Healthy Habits

Add recommended trackers to your Healthy Habits based on the nutrition profile you've selected. Ready for something new? Try a new profile, and receive new tracker recommendations.



Try healthy recipes

Browse healthy, delicious recipes from Foodsmart that you and your whole family will enjoy. Then create a meal plan and organize your grocery list.