



# Get to know Foodsmart through ThriveWell<sup>SM</sup>

Foodsmart is a digital nutrition platform with tools that make it easy to eat well!

## How it works



### NutriQuiz

See how your eating habits stack up and instantly get personalized tips and recipes.



### 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.



### Favorites

Add your favorite recipes so you can easily find them whenever you want.



### Blog

Educational tips and resources from Foodsmart's experts to help you eat your best.



Everybody  
Benefits

~personify<sup>TM</sup>  
HEALTH

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