

Meet your personal nutrition expert!

Get \$25 in Foodsmart Bucks grocery money for completing each phone call with a nutrition coach at no-cost. This is paid for by Advanced Health.

The registered dietitian difference

Your nutrition coach (a registered dietitian) is clinically trained to support your health with nutrition. They will take into account your medical history, needs, and preferences and will develop a plan to help you reach your goals. They will help you sift through the confusing and, often overwhelming, nutrition noise to figure out what works for you. Plus, they're available on your schedule via telehealth.



How it works



Meet virtually with your personal nutrition coach to review your health history and goals



Personalize your plan by selecting from thousands of delicious recipes with choices like 'low-sodium' or 'heart-healthy'



Get daily support with the Foodsmart platform where you can save money on groceries and save time having food delivered



See results, adapt your plan, and celebrate the journey with regular nutrition visits

This benefit is available at no cost to Advanced Health members.

Scan this QR code with your phone to get started!

