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.

- **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.

- **Online Grocery Ordering**
  Convert your digital grocery list to an online order, delivered to your door.

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

- **Cook It Now**
  Recipe recommendations using foods you already have in your kitchen.

- **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.

- **Restaurant Guidance**
  Find healthy meal options at all of your favorite restaurants.

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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.

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.