



UHA Mind & Body

February 2022 Special Edition Member Newsletter: Foodsmart

WELCOME

Umpqua Health Alliance (UHA) works hard to keep our members up to date on what's going on in Douglas County as well as within UHA. If you have any questions or have ideas for our next newsletter, please contact us by calling 541-229-4842 or email us at info@umpquahealth.com. To sign up for our Member Newsletter, please press Ctrl and click this link: <https://signup.e2ma.net/signup/1907516/1716984/>.

LATEST NEWS FROM UHA

Foodsmart is a platform that makes it easy and affordable to eat healthy! This benefit is available to you as a UHA member at no cost.

foodsmart

Learn more about this benefit in the next page!



GET CONNECTED

UHA Customer Care is available by phone, email, and fax!

- Phone: (541) 229-4842 or Toll Free at (866) 672-1551, TTY (541) 440-6304
- Fax: (541) 677-6038
- Email: UHAMemberServices@UmpquaHealth.com
- Website: www.UmpquaHealth.com
- Facebook: <https://www.facebook.com/UmpquaHealth/>

Need a Face-to-Face Meeting?

- Sign up for our new Zoom Meetings for Face-to-Face Orientation!
- To schedule a meeting, please contact UHA Customer Care at (541) 229-4842 or go to <https://www.umpquahealth.com/ohp/benefits/> and click the button that says "Zoom Meeting for Face-to-Face Orientation."

Puede obtener esta carta en otro idioma, formato, letra grande o servicios de interpretación sin costo para usted.

Llame al 541-229-4842 (TTY 711).

You can get this letter in another language, format, large print, or interpretation services at no cost to you. Call 541-229-4842 (TTY 711).



Eating Well,
Made Simple

foodsmart

EAT HEALTHY WITH FOODSMART!

As an Umpqua Health Alliance (UHA) member, you have access to Foodsmart at no cost to you. Foodsmart gives you an easy-to-use platform that helps you manage every part of your diet.

Access to Advice from Registered Dietitians

When you join Foodsmart, you'll be able to set up a meeting with a Registered Dietitian. You can meet with the dietitian over the phone or through video chat. Foodsmart's dietitians are licensed to help with all types of conditions, like:

- CKD
- Heart disease
- Autoimmune conditions
- Pre-Diabetes
- Diabetes
- Hypertension
- And much more!

Custom Meal Plans at Your Fingertips

You will get custom meal plans from your Registered Dietitian directly to your Foodsmart App. This custom meal plan is based on:

- Health goals you talked about with the Registered Dietitian
- Your personal taste preferences

You can even select meals from that custom meal plan to add them to your grocery list.

Improve your health with



One-on-One
Virtual Visits



Online Grocery
Ordering



Personalized
Care



Custom
Meal Planning

Your Grocery Trip—Planned for You!

Foodsmart automatically adds the items you need from your custom meal plan recipes into a single grocery list. This way, when you go shopping you have everything you need to know right in front of you.

Did you know that Foodsmart can do the shopping for you?

You can select which grocery store you want to shop at and order your groceries from your phone! You have the option to have them delivered or pick them up. Foodsmart will even compare prices for your grocery list at different stores in your community based on your budget.

Now Accepting SNAP/EBT

Foodsmart also accepts SNAP/EBT benefits through services like Walmart or Instacart. If you are unsure if you qualify for SNAP/EBT benefits, you can ask your Registered Dietician for help applying.

Foodsmart Fits Your Lifestyle

Each feature of the Foodsmart program is completely accessible through the Foodsmart App. This means you can make healthier changes to your diet from the comfort of your home.

My life is already busy, what happens if one day I don't have time to cook a recipe from my meal plan?

Don't worry! Your custom meal plan is built around your personal lifestyle.

If you are only able to cook 2-3 times a week, Foodsmart can suggest healthy meals from local restaurants that can be delivered to you through services like GrubHub. You can even choose meals from prepared meal services like Sun Basket or Plantable.

GET STARTED TODAY!

Visit: <https://www.foodsmart.com/umpqua>

Download the Foodsmart app on the App Store

Call Foodsmart Customer Care at: [888-837-5325](tel:888-837-5325)