

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 up to \$50 in Grocery Gift Cards

Get a \$25 grocery gift card each for completing a NutriQuiz and having a TeleNutrition Visit with a Registered Dietician. Gift Cards will be sent to you by email from Foodsmart.

Get Started Today



Call Foodsmart Customer Care at:
888-837-5325



Visit the website at:
<https://www.foodsmart.com/umpqua>



Download the Foodsmart app:
on the Apple or Android app store

How to Find Affordable Healthy Food



Get this information in any language or format for free. All interpretation services are free. Call 541-229-4842 (TTY 711).

Obtenga esta información de forma gratuita en cualquier idioma o formato. Todos los servicios de interpretación son gratuitos. Llame al 541-229-4842 (TTY 711).

About 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!

How It Works

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.

Custom Meal Plans at Your Fingertips

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

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

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



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.