

Foodsmart™: Frequently Asked Questions

How much does the Foodsmart program cost?

The program is included in your current Generations Advantage plan benefits at no additional cost to you. Martin's Point Generations Advantage covers 100% of the cost of this benefit.

This Foodsmart program should not be confused with the nutrition programs available through your Generations Advantage plan that do have a cost and are reimbursable through the Generations Advantage Wellness Wallet benefit.

Note: if you order groceries or meal kits through the Foodsmart website or app, you do pay for your purchase.

How do I qualify for this benefit?

Foodsmart is available to ALL members of all Generations Advantage plans. No qualification is needed.

What questions can I ask my nutrition expert?

Anything you want. Nutrition can be confusing. One day we're told to avoid saturated fat, and the next day it's carbs. There are no bad or dumb questions. Use the time to get answers to all your questions about eating healthy. This includes how to find lower grocery prices and how to cook healthy food that tastes good!

Who are the nutrition experts? What are their qualifications, and how can they help me?

You will be speaking with someone in our national network of registered dietitians. That means they are:

- Licensed to create medically tailored meals for specific conditions
- Trained to use the Foodsmart platform so you can keep improving your nutrition between online visits by helping you:
 - Discover tasty recipes you'll enjoy, and
 - Compare prices so you can save money on groceries
- Excited to talk to you about food and help you improve your nutrition

[Learn more about our registered dietitians](#) .



I'm confused about how telenutrition works. Does the registered dietitian come to my house, or do I go to their office?

You will talk to the registered dietitian on your phone. If you use a smartphone, tablet, or computer with a camera, it will be a video chat. You may have had a video chat like this with your kids or grandkids.

If you have a home phone but don't have Internet access, don't worry! You can speak with the registered dietitian by phone, and they will complete things for you online and send any follow-up materials to your home.

In either case, you just need to schedule your first conversation. The registered dietitian will help you take it from there.

How long will the session be?

The first session is usually about an hour. Follow-up sessions are 30 minutes.

Is there more to the program than talking to a nutrition expert?

Yes! We hope that you will also use the Foodsmart app. Your first step will be to complete the Nutriquiz—a nutritional assessment that takes just 3–4 minutes. You can also find healthy recipes, plus the app will help you build your grocery list and compare prices.

However, if you don't have Internet access, a smartphone, or a tablet, you can talk to the registered dietitian on your home phone. They will complete the Nutriquiz and other online activities for you, mailing any follow-up materials to your home after each call.

I'm not technologically savvy. What if I can't figure out how to use the app?

Don't worry. When you have your first call, your registered dietitian can help you get set up and answer your questions about how to use the app. As noted above, the dietitian can mail information to your home if you choose not to use the app or website.

I don't like healthy food. How can Foodsmart help me?

You may find that there actually are healthy food options out there that you do like, or that preparing the foods you like a little differently can help make them more healthy choices. Your nutrition expert can help you find new recipes that include healthy ingredients that you do like. It's worth a conversation to explore possibilities.



I'm on a fixed income, and healthy food is expensive. How can Foodsmart help me?

Healthy food doesn't have to be expensive. In fact, your registered dietitian will teach you to use the app to compare prices at grocery stores in your area. As noted above, the registered dietitian can mail information to your home if you choose not to use the app at all.

How can this help me save money on groceries?

The app will take that grocery list and show you which local stores have the lowest prices on the ingredients you need. If you aren't using the app, your registered dietitian can find this information for you online and mail it to your home.

What local stores are on the app?

Most of your local grocery stores are on the app. This includes Walmart, Hannaford, Shaw's, BJ's, and others. If they're on Instacart, then they're on the app.

Don't know what Instacart is? Talk to your registered dietitian about it. It's a service that allows you to order your groceries from home. In some locations, you can have them delivered to your home for a small fee. In other locations, you can order your groceries ahead of time and pick them up from the store. You just drive up, and they have them ready for you.

Do I need to have a certain medical condition to use this benefit?

No. Foodsmart is available to all Generations Advantage plan members.

How do I get started?

It's as easy as picking up the phone. Call **888-837-5325** to schedule an appointment with a registered dietitian.

If you prefer to reach out online, you can:

- Visit martinspoint.zipongo.com  to sign up.
- Send an email requesting an appointment to telenutrition@foodsmart.com .
- [Download](#)  the Foodsmart app in the App Store or Google Play. Click on **Sign Up**. Your Group is Martin's Point Generations Advantage.

Martin's Point Health Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

