

Meet your personal nutrition expert!



Making the most of your benefit to reach your health goals.



“You’re doing great so far! Your hard work is paying off.”

Shana V.

How it works:



Meet virtually with your personal dietitian to review your health history and goals



Personalize your plan by selecting from 1000's of delicious recipes with choices like 'low-sodium' or 'heart-healthy'



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



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

**Foodsmart will confirm eligibility and coverage*



The Registered Dietitian Difference

Your 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.

Success Stories



I've seen significant improvements in my health since I've started using the Foodsmart app. I lost about 30 pounds in a year. My A1C without medication has been consistently in the fives.



— Callie R



We're saving \$200-\$300 a month because of the fact we're not eating out or taking out. We're eating at home more. Financially it's been a life saver!



— Linda W



Learn more about the program by visiting Foodsmart.com/members/cigna-healthcare
- Or scan the QR code to sign up today!