

USER GUIDE

January 2025

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MEDIMPACT MEDEMPOWER FUEL USER GUIDE

Introduction to Fuel

MedEmpower Fuel is a personal nutrition and wellness tool that helps users improve their overall health and wellbeing by influencing their nutritional choices and ten key behaviors that drive a healthier lifestyle.

MedEmpower Fuel helps users make better nutritional choices through meal plan recommendations, healthy choice restaurant menu selections, healthy choice grocery item identification, and healthy behavioral modification through challenges and gamification.

The application uses gamification principles to bring about incremental behavioral changes in eating habits and nutritional choices. The application also uses points accumulation and level attainment along with personal challenges to guide members toward more healthy choices and better habits around eating, nutrition, and exercise.

This user guide will give you an overview of Fuel and the features and functionality available in the application. You will be able to search recipes, create grocery lists, order groceries online, plan weekly meals, and track healthy behaviors. You also may be eligible for a personalized health coaching program, accessible in the app. For more information, see the section, [“Getting Started — Enrolling in a MedEmpower Fuel Personal Coaching Program Powered by Good Measures.”](#)

System Requirements

MedImpact's native mobile and responsive mobile applications are available for IOS (10.0 or later) and Android phones. You can download the MedImpact MedEmpower Fuel app from the Apple App Store or Google Play Store by searching for "MedEmpower Fuel."



The Fuel App Icon will look like the above image.



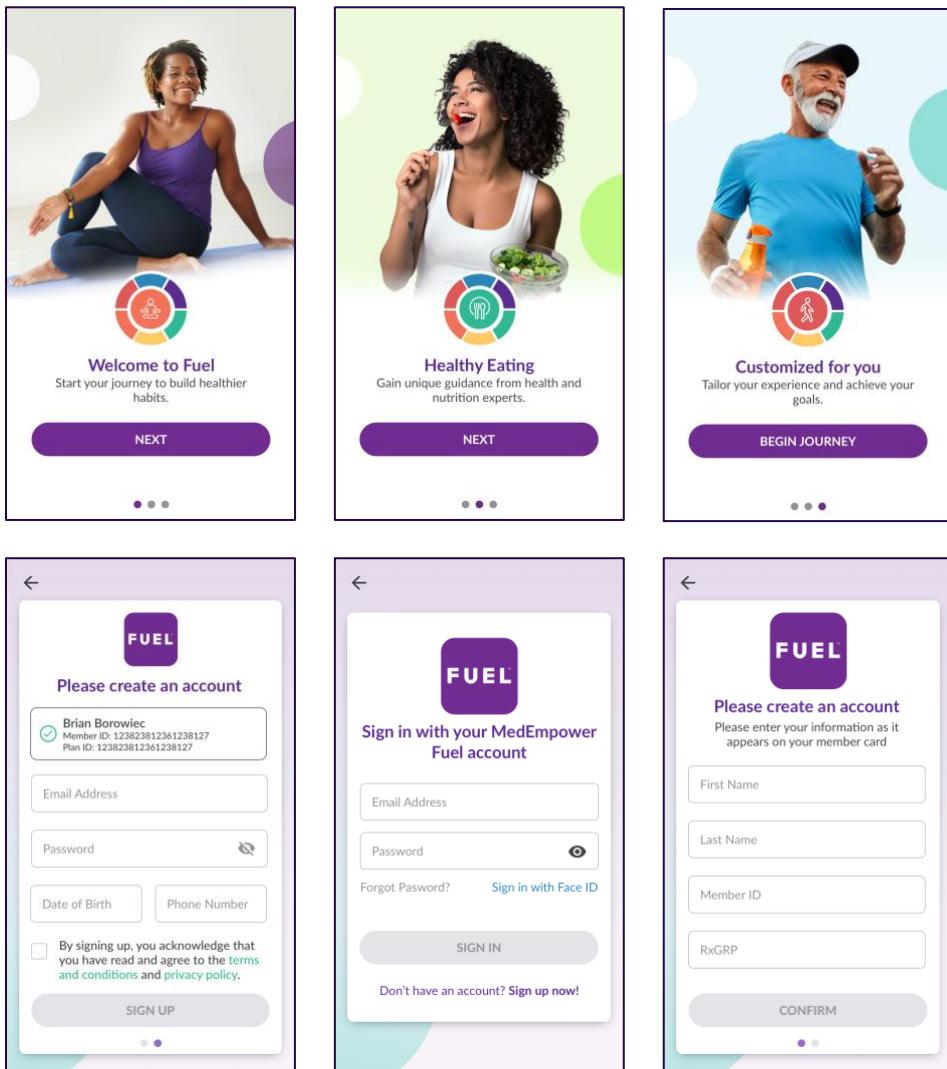
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Getting Started

Creating Your MedEmpower Fuel Mobile App Account

To begin, you will need to download the MedEmpower Fuel app from the App Store or Google Play Store, depending on what type of mobile device you have. Just search “MedEmpower Fuel” in either store or download the application. After downloading Fuel to your mobile device, you can create an account by opening the application and starting the in-app registration process. Please have your member ID and RxGrp number (UAS1) available. You can find these on your UMR medical plan ID card. Please see the section, [“Locating Your Member ID and RxGrp Numbers”](#) for assistance.

Fuel begins by welcoming you and sharing a few application highlights with you. These screens are informative to provide you with a better understanding of what the application has to offer. You select “Next” to move from screen to screen.



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The fourth screen asks you to either login or sign up for an account if you do not have one. To sign up, please click on the link labeled “sign up now” which is located beneath the sign in button, as shown above.

Upon clicking sign up now, you will need to provide your first name, last name, member ID, RxGrp number (UAS1), and then click “Confirm”.

You will enter an email address and establish a password and agree to the legal statements and conditions before clicking “sign up”. After clicking “sign up”, an email will be sent to the email address entered requesting to confirm your email address with a link.

After entering your first name, last name, member ID and RxGrp as it is shown on your medical plan ID card, click “Confirm”. **If you are still having trouble creating your account, call MedImpact member support.**

Profile Creation

After creating your account, you can quickly and easily create a profile using the application profile builder. This is not required but is recommended as this helps the application provide you with a better personalized experience with more relevant recommendations and guidance.

You are asked a few questions about your health in a series of screens. Select the answer that best reflects your current condition and then select next. The application will remember the information provided and factor that into the recommendations and guidance provided. If you have a Google or Apple health monitoring device, you may link the account with this account to help the application provide better informed recommendations and know where you are with your healthy activity. You can update and change your profile at any time after this by accessing it from the main menu. This is just a way to create a baseline profile quickly and easily.

Below are the screens contained in the profile builder:



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The image displays five mobile application screens arranged in two rows. The top row shows the 'Create Profile' flow, and the bottom row shows the 'Pregnancy' flow.

Top Row: Create Profile

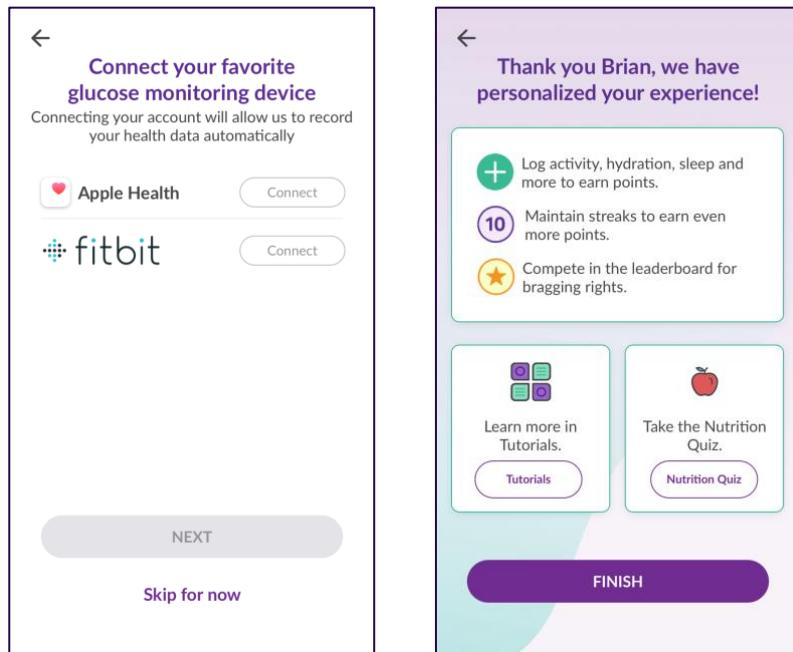
- Screen 1:** A photo of a smiling woman with the text 'Create Profile'. Below it, a purple button says 'CREATE MY PROFILE' and a grey button says 'Skip for now'.
- Screen 2:** A 'Create Profile' screen with a 'Date of Birth' field containing '11/11/1983'. Below it are fields for 'Height' and 'Weight', both with a minus sign. A grey 'NEXT' button is at the bottom.
- Screen 3:** A 'Create Profile' screen with a 'Health' section. It shows 'Select your health category' with 'General Health' (selected), 'Men's Health', and 'Women's Health' buttons. Below is a 'Select any health concerns' section with 'Heart Health' (selected), 'Pregnancy', 'Diabetes', and 'Autoimmune' buttons. Other sections like 'Allergies & Intolerances' and 'Diets' are shown with expandable arrows.

Bottom Row: Pregnancy

- Screen 4:** A photo of a pregnant woman on a couch with the text 'Pregnancy'. Below it, a purple button says 'When is your due date?' and a grey button says 'Skip for now'.
- Screen 5:** A 'Pregnancy' screen with a 'When is your due date?' field containing 'Oct 25, 2020'. Below it is a purple 'NEXT' button and a grey 'Skip for now' button.
- Screen 6:** A 'Pregnancy' screen with a 'What is your Hemoglobin A1C level?' field containing 'A1C Level'. Below it is a grey 'NEXT' button and a grey 'Skip for now' button. At the bottom, there are three small circular progress indicators.

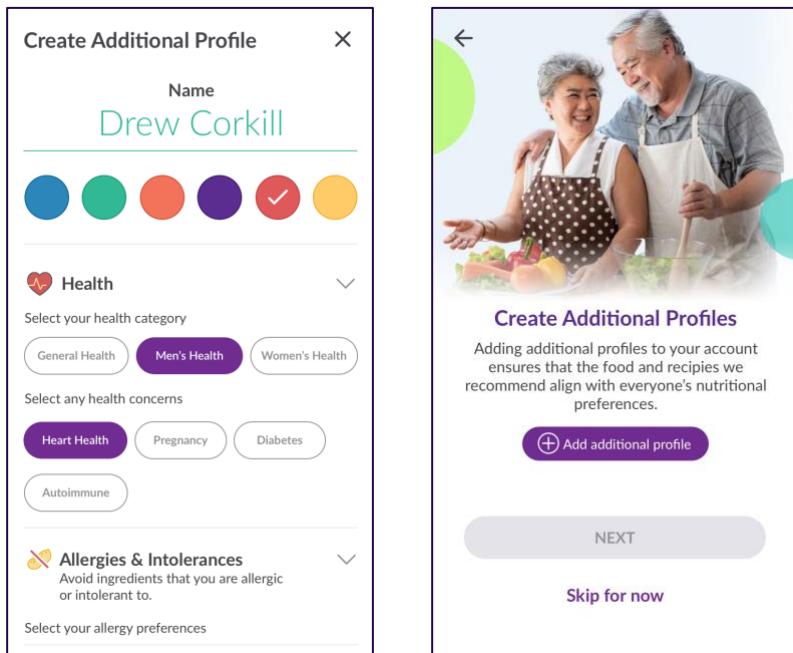


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Additional Profiles

Users can create additional profiles for family members or other members of the household. This allows for recommendations and personalization that consider additional family members dietary needs and preferences. You can add these profiles upon registration or at another time by accessing it through the main menu. Examples of these screens are below.



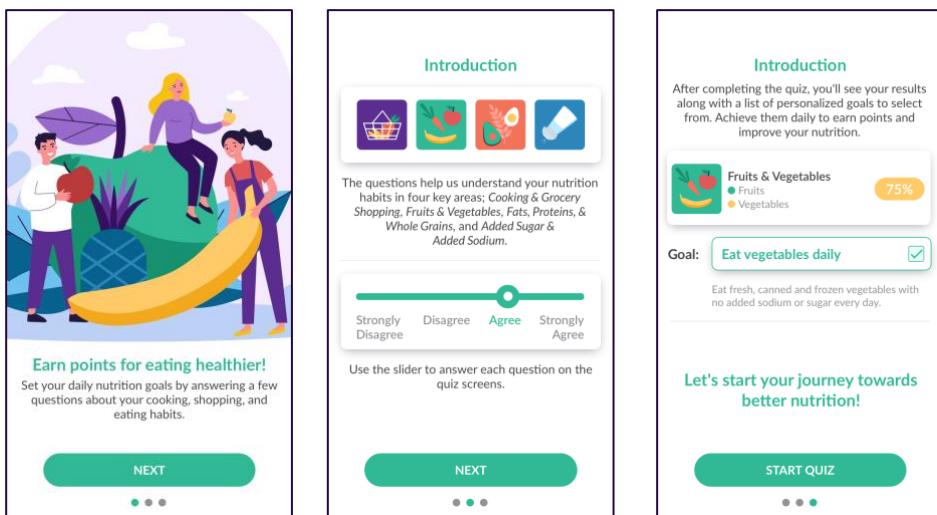
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Nutrition Quiz

The nutrition quiz is another profile creation tool available to users that improves application personalization and recommendation relevance. While you do not have to take the nutrition survey, providing input on your nutritional and dietary habits will make your user experience more rewarding as the application will suggest goals for you and factor this information into the guidance provided.

This is an easy survey that allows users to select responses from the lists presented and saves those responses to your profile. You can update and edit these selections after the survey at any time. The survey is a quick and simple way to get started with application personalization. You make your selections from the list and select “NEXT” to move to the next screen. When the survey is completed, you will be presented with a summary of your nutrition quiz results, recommended goals and educational articles to improve your healthy habits.

Below are few example screens you will find in the series of eleven screens:



Introduction

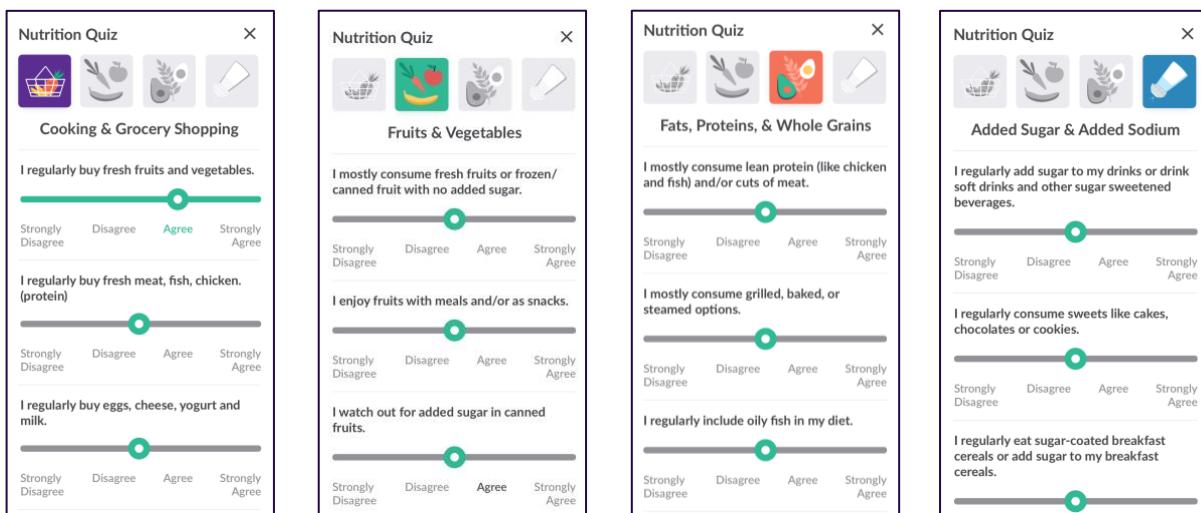
After completing the quiz, you'll see your results along with a list of personalized goals to select from. Achieve them daily to earn points and improve your nutrition.

Fruits & Vegetables
Fruits 75%
Vegetables

Goal: Eat vegetables daily

Eat fresh, canned and frozen vegetables with no added sodium or sugar every day.

Let's start your journey towards better nutrition!



Nutrition Quiz

Cooking & Grocery Shopping

I regularly buy fresh fruits and vegetables.

Strongly Disagree Disagree Agree Strongly Agree

I regularly buy fresh meat, fish, chicken, (protein).

Strongly Disagree Disagree Agree Strongly Agree

I regularly buy eggs, cheese, yogurt and milk.

Strongly Disagree Disagree Agree Strongly Agree

Nutrition Quiz

Fruits & Vegetables

I mostly consume fresh fruits or frozen/canned fruit with no added sugar.

Strongly Disagree Disagree Agree Strongly Agree

I enjoy fruits with meals and/or as snacks.

Strongly Disagree Disagree Agree Strongly Agree

I watch out for added sugar in canned fruits.

Strongly Disagree Disagree Agree Strongly Agree

Nutrition Quiz

Fats, Proteins, & Whole Grains

I mostly consume lean protein (like chicken and fish) and/or cuts of meat.

Strongly Disagree Disagree Agree Strongly Agree

I mostly consume grilled, baked, or steamed options.

Strongly Disagree Disagree Agree Strongly Agree

I regularly include oily fish in my diet.

Strongly Disagree Disagree Agree Strongly Agree

Nutrition Quiz

Added Sugar & Added Sodium

I regularly add sugar to my drinks or drink soft drinks and other sugar sweetened beverages.

Strongly Disagree Disagree Agree Strongly Agree

I regularly consume sweets like cakes, chocolates or cookies.

Strongly Disagree Disagree Agree Strongly Agree

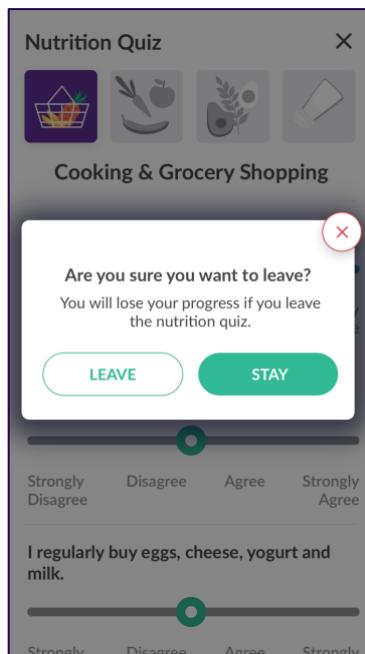
I regularly eat sugar-coated breakfast cereals or add sugar to my breakfast cereals.

Strongly Disagree Disagree Agree Strongly Agree



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NOTE: If you exit out of the nutrition quiz before you complete it, you will lose progress and need to re-take the quiz.



Enrolling in a MedEmpower Fuel Personal Coaching Program Powered by Good Measures

You may be eligible for a one-on-one personalized health coaching program. Whether you are eligible for such a program depends on whether your plan or employer has elected to offer this benefit to you. You will receive an email or letter with this information if the benefit is available to you. If you're still not sure, you can ask your benefits department if you have access to one of the programs. If you have not been notified that you are eligible for such a program, you may skip to the [next section](#).

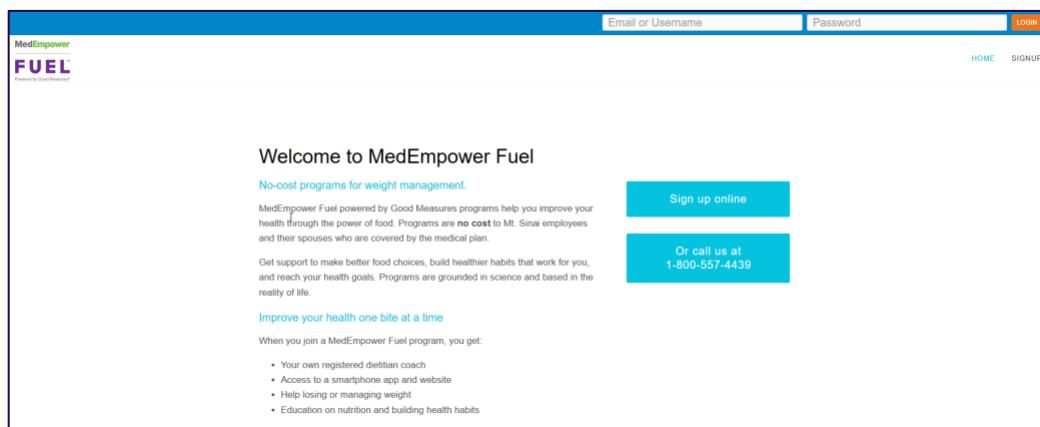
There are various coaching programs available. Each program is available to members with different types of health conditions. Your plan may have elected to offer one or more of the additional benefit programs listed below:

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MedEmpower Fuel Healthy Weight
MedEmpower Fuel Diabetes Prevention
MedEmpower Fuel Diabetes Management
MedEmpower Fuel Better Health Oncology
MedEmpower Fuel Better Health Autoimmune
MedEmpower Fuel Better Heart Health
MedEmpower Fuel Healthy Mind

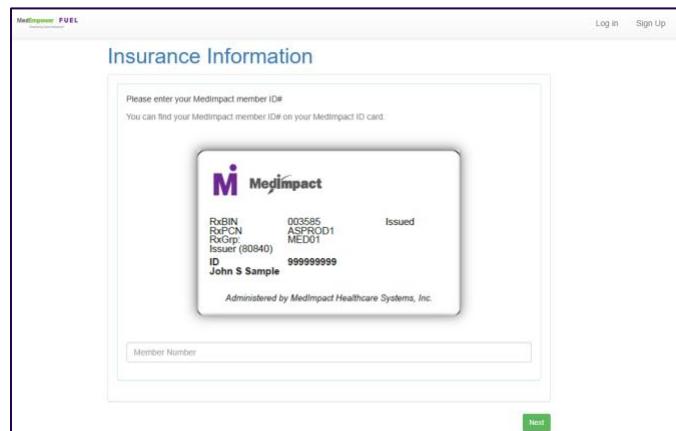
If you receive an email or letter with information about one of the additional programs, you can follow the steps below to enroll in the program.

Step 1: Visit the website or call the phone number listed in the email or letter you received. The website address will end with the text .goodmeasures.com. Ensure you enter the address exactly as it appears in your email or letter. The website will look something like this:



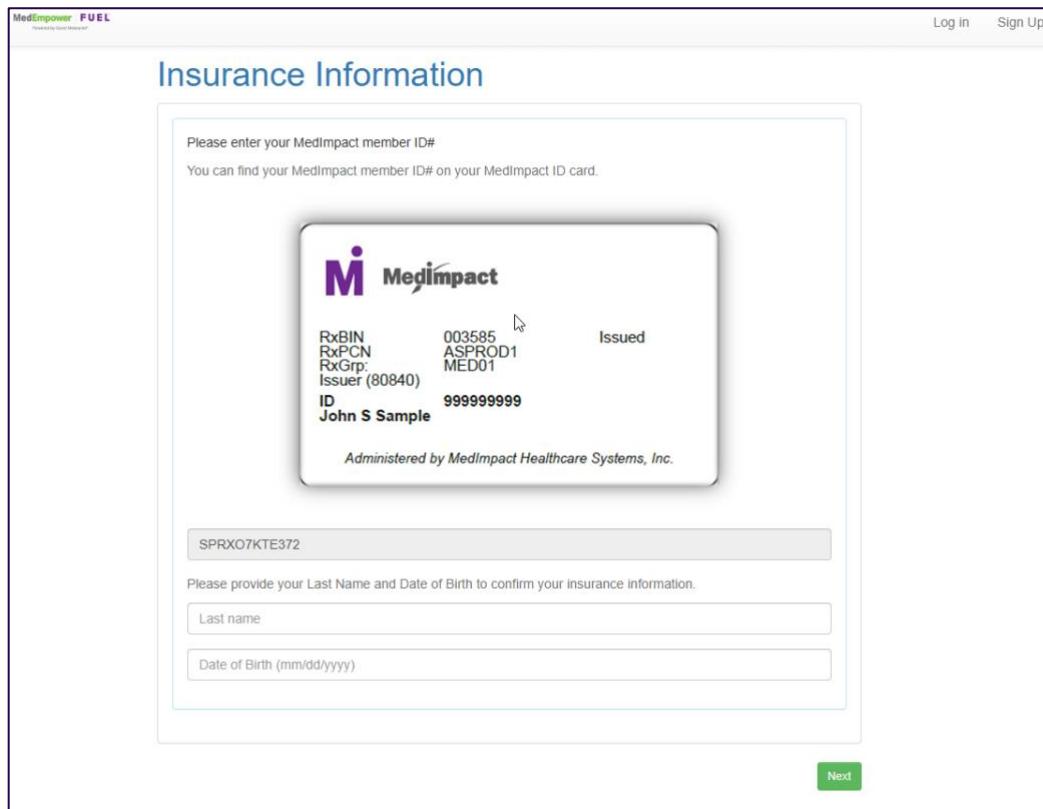
Step 2: Choose how you want to sign up for the program. If you call via phone, a Good Measure coach will assist you. If a coach is not available, leave a voicemail and someone will contact you as soon as possible to follow up. If you select "Sign up online" you will be prompted to follow additional steps to enroll in the program.

Step 3: You will need to enter your member ID number when signing up online. This can be found on your UMR medical plan ID card. Below is the screen you will see for this step. Enter your Member ID number and select "Next."



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Step 4: Enter your last name and date of birth. This is required to verify your insurance information and eligibility for the coaching program. Once entered, select “Next.”

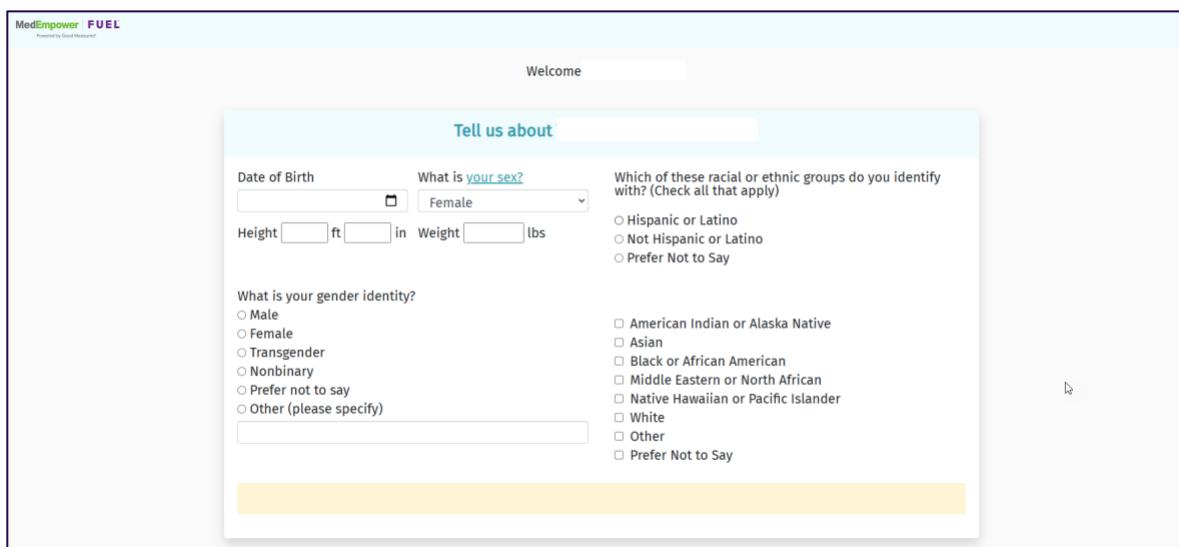


The screenshot shows the 'Insurance Information' step of the MedImpact FUEL user guide. At the top, there is a logo for 'MedEmpower FUEL' and links for 'Log in' and 'Sign Up'. The main heading is 'Insurance Information'. Below it, a note says 'Please enter your MedImpact member ID#'. A sample ID card is displayed, showing the following details:

RxBIN	003585	Issued
RxPCN	ASPROD1	
RxGrp:	MED01	
Issuer (80840)		
ID	99999999	
John S Sample		

Below the ID card, a note says 'Administered by MedImpact Healthcare Systems, Inc.' and a placeholder 'SPRX07KTE372' is shown. A text box asks for 'Last name' and 'Date of Birth (mm/dd/yyyy)'. A 'Next' button is at the bottom right.

Step 5: You will be prompted to submit some information to help personalize your experience and tell your health coach a little bit about yourself and your goals. When you're done, select “Next.”



The screenshot shows the 'Tell us about' step of the MedImpact FUEL user guide. At the top, there is a 'Welcome' message. The form includes fields for 'Date of Birth' (with a dropdown for 'What is your sex?' showing 'Female'), 'Height' (ft/in) and 'Weight' (lbs), and a text area for 'What is your gender identity?' with options for Male, Female, Transgender, Nonbinary, Prefer not to say, and Other (please specify). To the right, there is a section for identifying with racial or ethnic groups, with checkboxes for Hispanic or Latino, Not Hispanic or Latino, and Prefer Not to Say. A large list of other groups is provided, including American Indian or Alaska Native, Asian, Black or African American, Middle Eastern or North African, Native Hawaiian or Pacific Islander, White, Other, and Prefer Not to Say. A 'Next' button is at the bottom.



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Weight Goals

Do you want to ?

Do you have any Allergies or Sensitivities?

Foods containing the items you selected below will not appear in your Meal Suggestions or New Foods to Try!

Eggs Fish Gluten
 Milk Peanuts Shellfish
 Soy Tree Nuts Wheat

Disclaimer: Every effort has been made to provide the most accurate and complete information possible; however, always check the ingredients of any food that you eat to help ensure your safety. ×

Which condition do you want to work on?

None Asthma
 COPD Congestive Heart Failure
 Coronary Heart Disease Diabetes
 Hypertension Sickle Cell Anemia

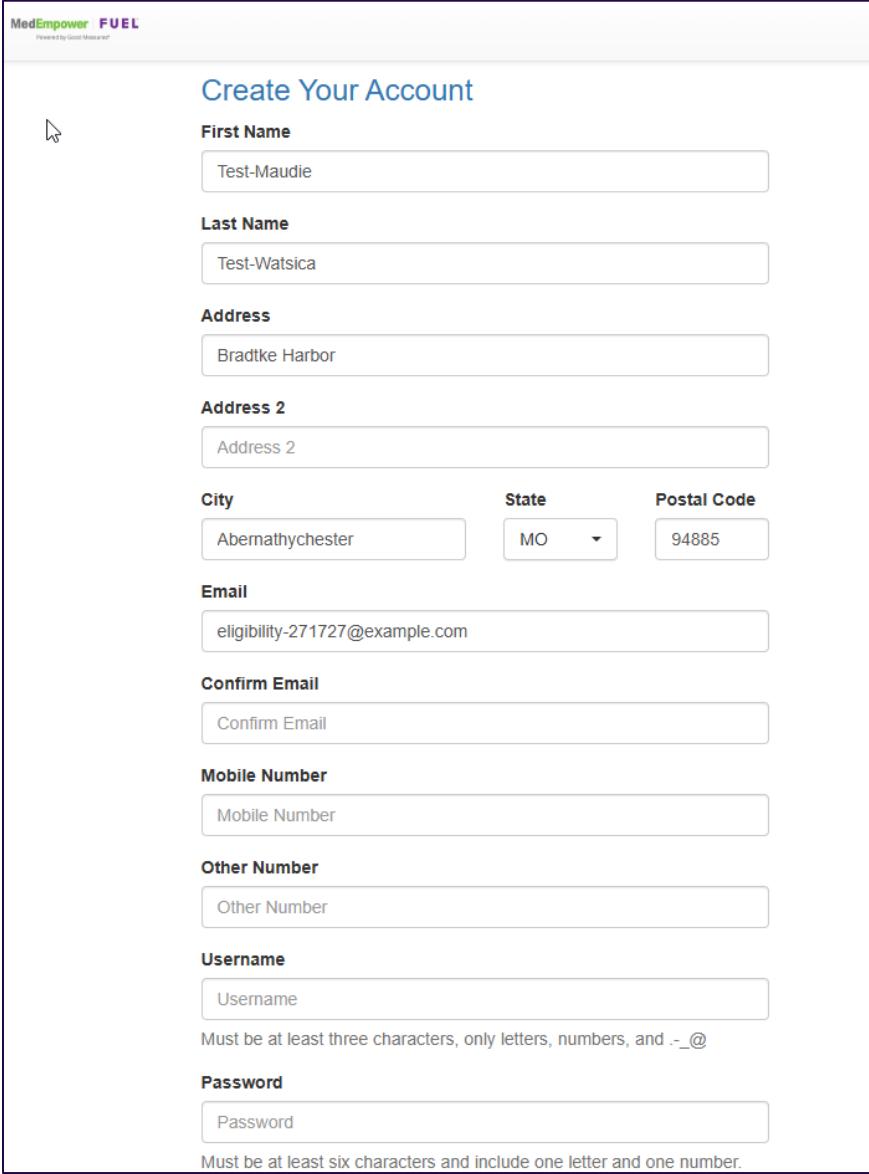
Your daily water goal is fl oz [Learn more](#)

[Next](#)

Step 6: You will be prompted to create an account. This is your account with Good Measures. You will also need to opt in to your preferred type of communication on this form.



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The screenshot shows a 'Create Your Account' form on a website. The form fields are as follows:

- First Name:** Test-Maudie
- Last Name:** Test-Watsica
- Address:** Bradtke Harbor
- Address 2:** Address 2
- City:** Abernathychester
- State:** MO
- Postal Code:** 94885
- Email:** eligibility-271727@example.com
- Confirm Email:** Confirm Email
- Mobile Number:** Mobile Number
- Other Number:** Other Number
- Username:** Username

Below the Username field, there is a note: "Must be at least three characters, only letters, numbers, and .-_@".

Below the Password field, there is a note: "Must be at least six characters and include one letter and one number."

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Confirm password

>Password strength

I have read and agree to the Good Measures [terms & conditions](#), and I acknowledge that I have access to the Good Measures [privacy policy](#) and [HIPAA Policy](#). I understand that by signing up with Good Measures I will receive emails and/or text messages from Good Measures that may contain personal information about me.

Communication Preferences

Tell us how you would like your coach to communicate with you.

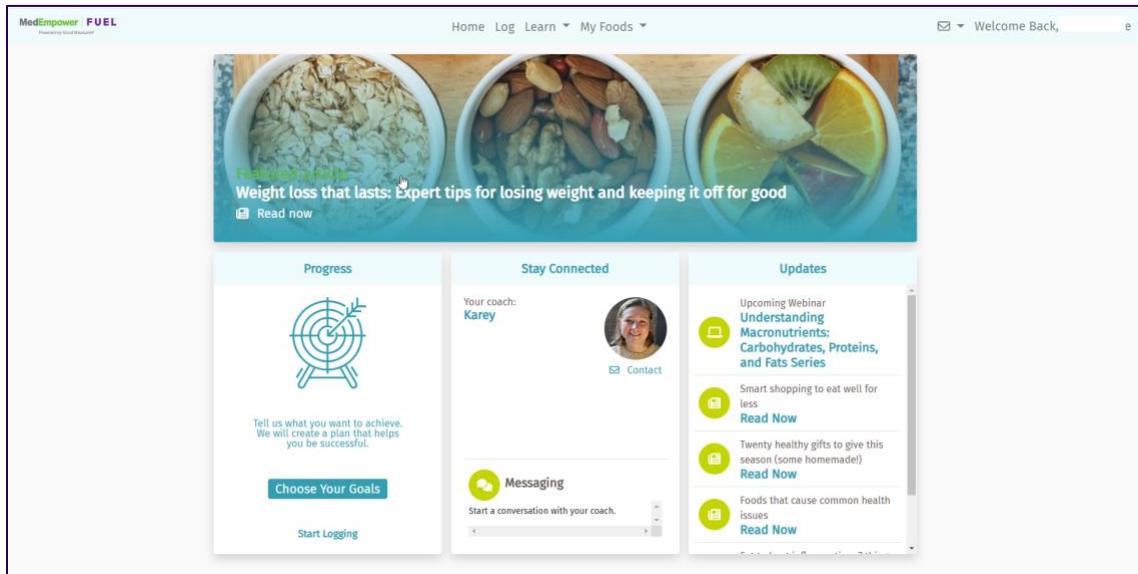
Text (SMS)
I would like to receive messages from my coach via SMS

Email
I would like to communicate with my coach directly via email

Language Preference

Next

Step 7: You will be taken to your home page on the Good Measures website.



The screenshot shows the MedEmpower FUEL website home page. At the top, there is a navigation bar with links for Home, Log, Learn, My Foods, and a Welcome Back message. The main header features a teal background with images of healthy food bowls and the text "Fueled for success" and "Weight loss that lasts: Expert tips for losing weight and keeping it off for good". Below this, there are three main sections: "Progress" (with a target icon and a "Choose Your Goals" button), "Stay Connected" (with a "Your coach: Karey" section and a "Messaging" button), and "Updates" (with a list of articles: "Upcoming Webinar Understanding Macronutrients: Carbohydrates, Proteins, and Fats Series", "Smart shopping to eat well for less", "Twenty healthy gifts to give this season (some homemade!)", and "Foods that cause common health issues").



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Step 8: To access the mobile app experience, you will need to download the MedEmpower Fuel mobile app and create your account. Don't worry, your goals and preferences will show up in the mobile app after you create your MedEmpower Fuel mobile account.

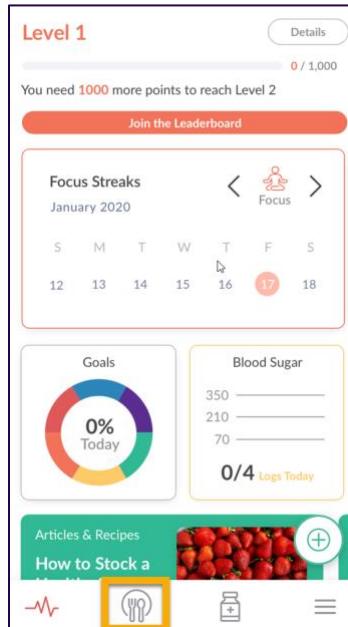
Please refer to the section immediately before this one, ["Getting Started – Creating Your MedEmpower Fuel Mobile App Account"](#)

Accessing your MedEmpower Fuel Personal Coaching Program in the App

Once you've created your MedEmpower Fuel mobile app account and enrolled in a MedEmpower Fuel personal coaching program, your additional features will be available in the app.

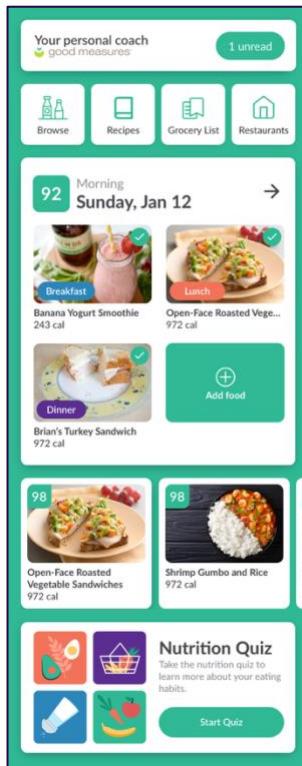
To access your personal coaching features in the MedEmpower Fuel app:

1. Navigate to the nutrition page by selecting the plate and silverware icon on the bottom panel.



2. You will see a section at the top of your screen that says "Your personal coach".

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3. If this is your first time accessing the personal coaching features in the app, you will see a summary screen. Select "I agree" to enable the personal coaching features.



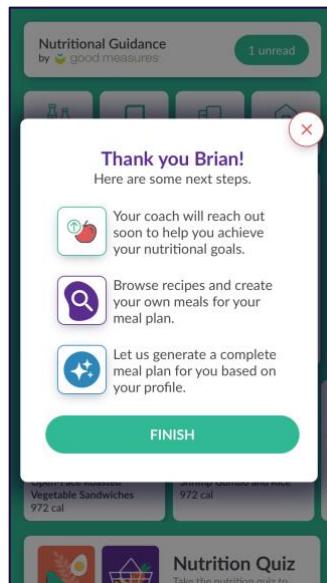
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4. You will be able to review your nutrition profile and preferences.

The screenshots show the progression of reviewing nutrition preferences:

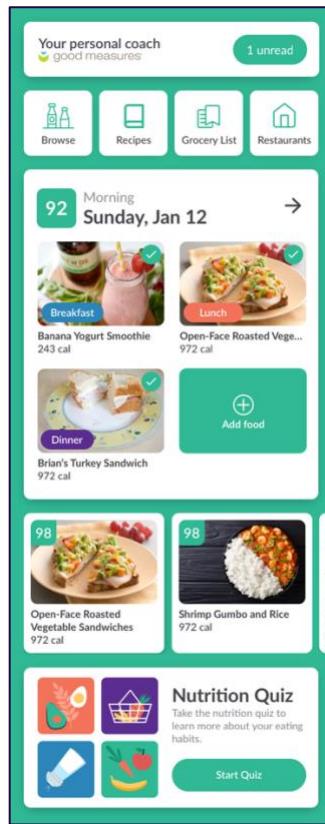
- Screenshot 1:** Shows 'High Level Goals' with options: 'Be more physically active' (checked), 'Have more energy' (unchecked), 'Stop dieting and start living' (checked), and 'Reach a specific weight goal' (checked). A green 'NEXT' button is at the bottom.
- Screenshot 2:** Shows 'Meal Preferences' with options: 'American Diabetes Association® Recipes' (checked), 'Chinese Meals' (unchecked), 'Così Meals' (checked), 'DASH Eating Plan Meals' (checked), 'Diabetes Prevention' (unchecked), 'Easy and Healthy Budget Friendly Meals' (unchecked), and 'Haitian Creole Meals' (checked). A green 'NEXT' button is at the bottom.
- Screenshot 3:** A summary screen titled 'Is this information correct?' containing the 'High Level Goals' and 'Meal Preferences' from the previous screens. It includes 'BACK' and 'CONFIRM' buttons.

5. Once you've reviewed your settings, select "Finish." You are all set!



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6. You will be able to find the personal health coaching features on the nutrition page at the top of the screen for as long as you are part of the program.



Locating Your Member ID and RxGrp Numbers

To create your MedEmpower Fuel mobile application account or to sign up for a clinical program (if eligible), you will need to provide your member ID and RxGrp number (UAS1). To start, locate your UMR medical plan ID card.

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Ensure you have your UMR medical plan ID card before you begin sign up. Your member ID and RxGrp number (UAS1) will be on the card.

Enter the information exactly as shown on your card. If you are still having trouble, call the MedImpact member support line.



Dashboard

MedEmpower Fuel's dashboard is the page that opens when you access the application after your initial registration and account creation. The dashboard provides you with updated information on your health, access to recipes, nutrition articles, and your goals.

This section of the user guide will outline the various options and features found on the dashboard landing page.

Add/Remove Widgets

The dashboard is designed to allow users to personalize the content presented using widgets. You can control which widgets are on your board and their display order from this screen. You can access the widget settings by scrolling to the bottom of the dashboard and tapping the "edit" button. This action takes the user to the Log Widgets screen. From this screen you can add or remove widgets and reorder the widgets on the page.

- To add a widget, tap the green + icon.
- To remove a widget, tap the red - icon.

NOTE: some widgets can be rearranged but not removed

Reorder Widgets on Your Dashboard

You can rearrange most of the widgets on the dashboard.

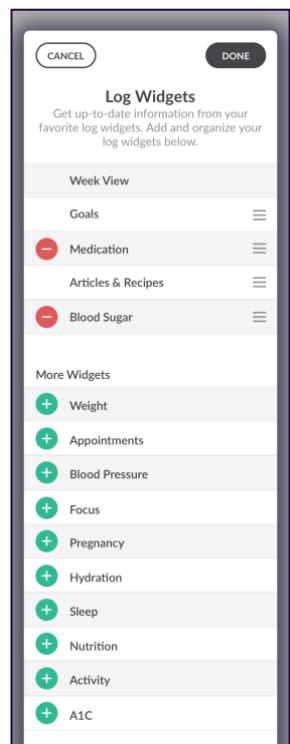
To change the order of the widgets on the page, you press and hold on the bar stack on the widget you want to move and drag it up or down to change the order and position on the dashboard.

Logging Goal Data

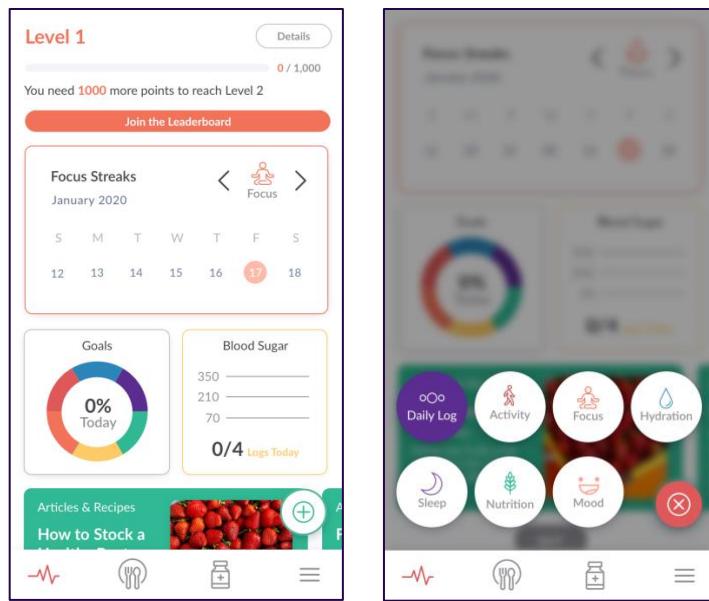
Once you have set goals, you can log activity toward these goals and start monitoring your progress. There are several areas where you can log activity.

From The Quick Log

The quick log is the most efficient way to create a log. You access the quick log by tapping on the floating plus button. Then tap the icon associated with the item you want to log. Enter your information and tap the confirm button. For more information on logging information, see the user guide section on Logging Goal Data.



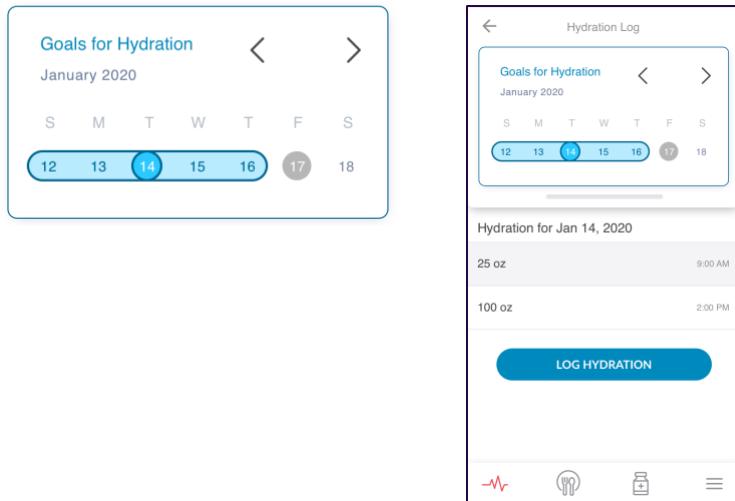
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From a health pillar widget

If the app created goals for you, or if you have created your own goals and have the widget on your dashboard, you will see the widget for that health pillar on the screen and can access the log directly from the board. Follow these steps:

Tap the health pillar widget then tap LOG button and enter the information you wish to log. For more information on logging information, see the user guide section on Logging Goal Data.

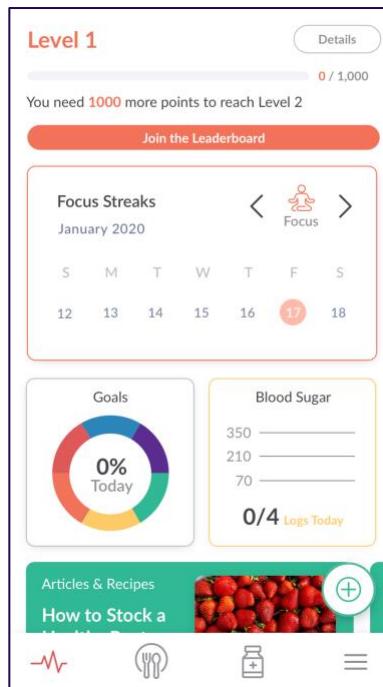


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From Streak Widget

You can log activity from your streak widget. Follow these steps to access a log from its streak widget:

Find the health pillar and tap the streak widget then from the health pillar log screen tap the LOG button to reach the Date /Time Data Entry screen. Here you can enter the information you want to log. For more information on logging information, see the user guide section on Logging Goal Data.



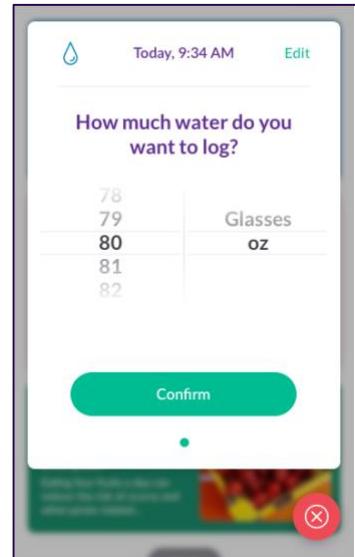
Logging goal data

Once you have navigated to the Data Entry screen, follow these steps to complete entering your goal data.

You should be on a Data Entry screen with an icon for your health pillar and the date and time (if not, review the sections above to navigate to this screen):

NOTE: to log activity for a date or time other than now:

Tap on the calendar date to select that date for data entry. To move to a different week to find the date you want use the forward and back chevrons/arrows to advance the calendar week or regress the calendar week.



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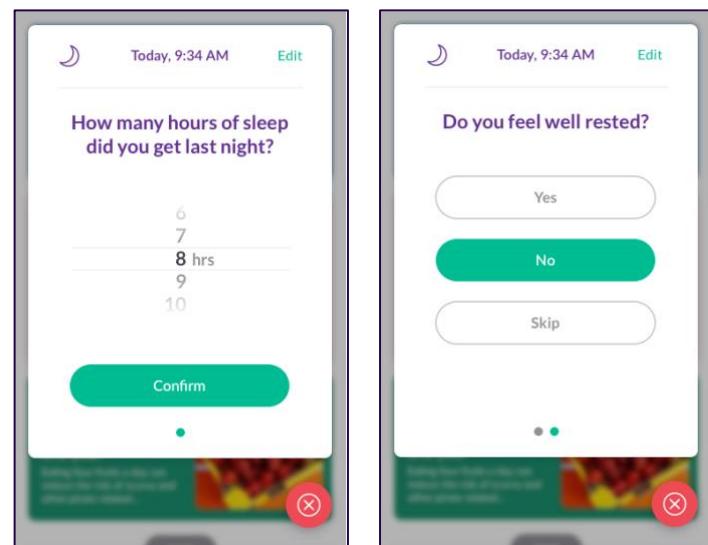
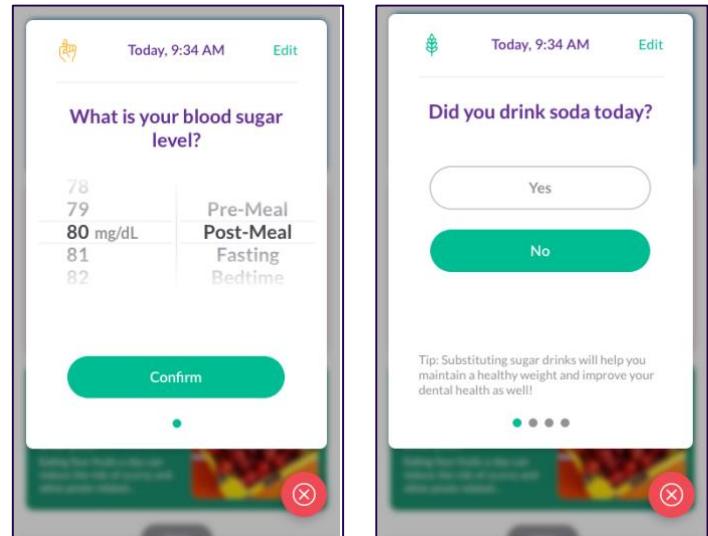
The time can be changed by tapping the “Edit” icon at the top right of the data entry screen. Use the clock to enter the time. Select the hour to set the hour and select the minutes to set the minutes. Tap on the AM or PM to toggle from one to the other. Then select ok and confirm to log the information.

Many goals use a dial to enter your value. You can scroll up or down to find the value you are seeking. Be sure to specify all values such as Glasses or Oz; Pre or Post meal, Fasting, or Bedtime. Some goals are set by answering a question and tapping on Yes or No.

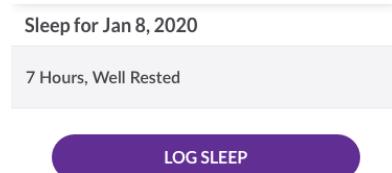
NOTE: When logging data for some pillars, there are additional questions to answer, follow the screen prompts and tap Continue to bring up the next screen.

Sleep Example

Data entry includes hours of sleep, and a follow-up do you feel rested question.



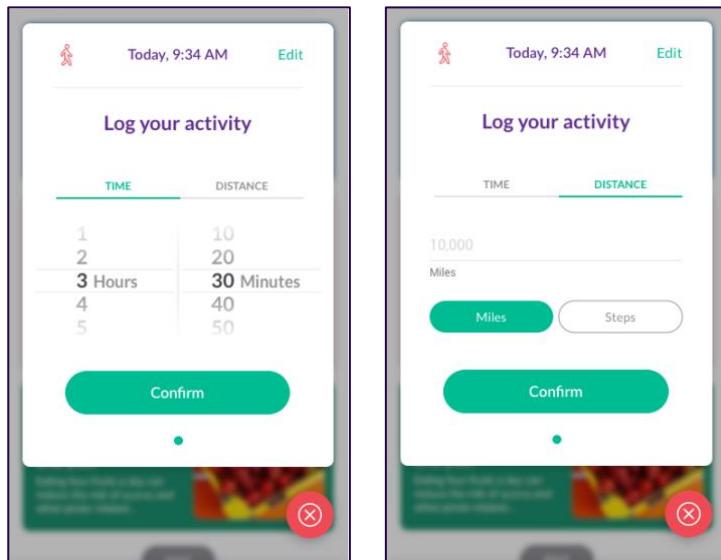
Once you complete your entry, you will see the activity recorded above the log button and on the associated dashboard widgets.



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Activity Example

Data entry options include duration in hours and minutes, or distance covered.

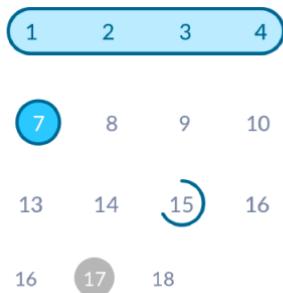


Progress Streaks

Completing your daily goals creates a streak. As you complete goals on consecutive days, your streak gets longer. The longer your streak, the closer you are to obtaining your goal.

Streaks

- Days enclosed together in the pillar color are days where the daily goal was met each day
- An isolated day enclosed in a colored circle, represents daily goal met for that day, but not the surrounding days
- A partial circle around a day indicates a day where the daily goal was partially met
- The current day is represented by a gray filled in circle



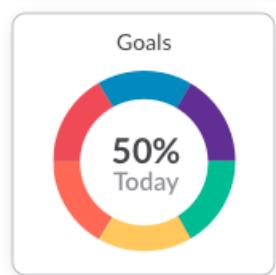
Daily Progress Summary

To see a summary of your daily progress all areas:

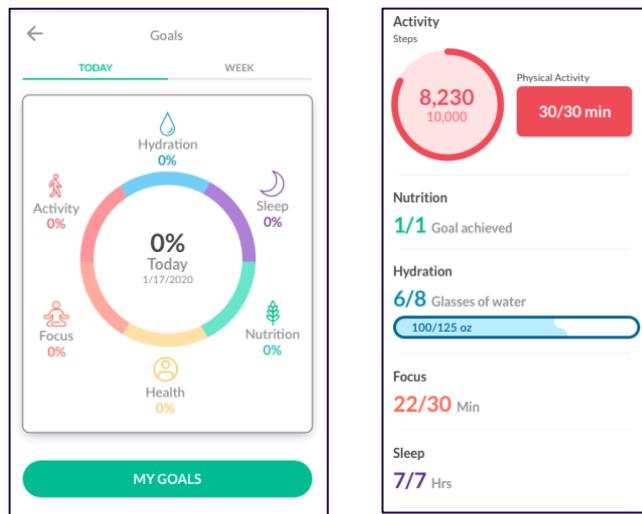
From the dashboard, you are able to track your daily goal progress. This appears in the Goals widget on the dashboard. In the example to the right, the graphic indicates the user has achieved 50% of their goals for the day.

To see more detail related to goal progress, tap on the Goals widget to see more information on individual goal progress and attainment. Toggle between daily goal attainment and progress for the week.

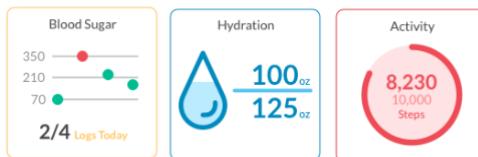
Scrolling down the screen provides detailed information about each goal and the activity logged for that activity.



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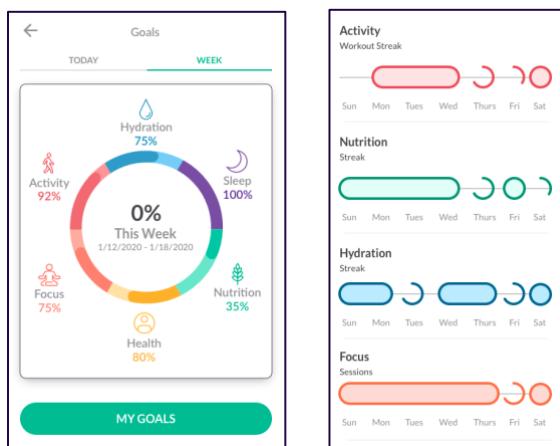


Daily progress can be viewed from a specific pillar widget on the dashboard too. Tapping on a specific health pillar widget takes you to the Log Detail screen for more information and where you can enter information to update the goal.



Weekly Progress

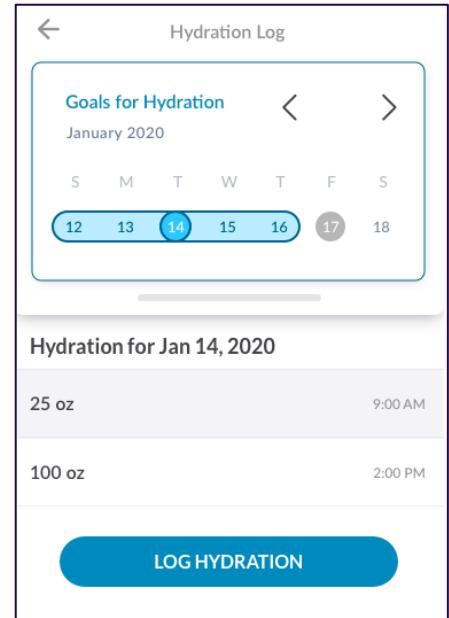
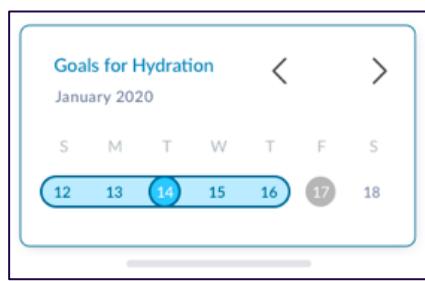
To view weekly progress on goals, tap on the Week tab to toggle from Daily progress to Weekly progress. This screen shows you how close you are to completion of all your weekly streaks.



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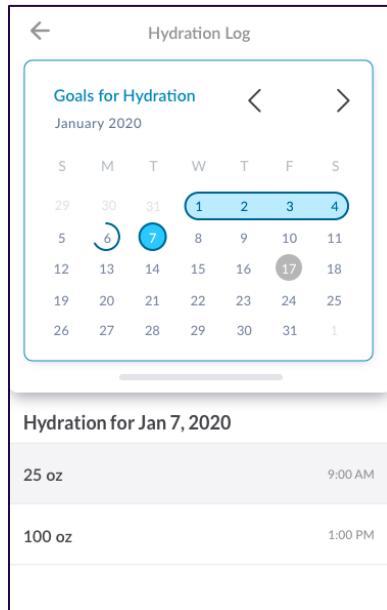
To see weekly progress and streaks specific to a pillar use the left and right arrows in the top calendar widget on the dashboard to toggle through the health pillars and find the one of interest. Tap on the widget once you found the health pillar of interest to view the current week and to view past performance by using left and right arrows to advance or decrement the calendar week. Pulling on the horizontal bar just below the calendar expands the view from week to month.

Swipe Down on the horizontal bar just below the widget



Monthly Progress

on the log screen pull the horizontal bar to expand from week to month view. To see prior months, use the < and > to scroll through the months.

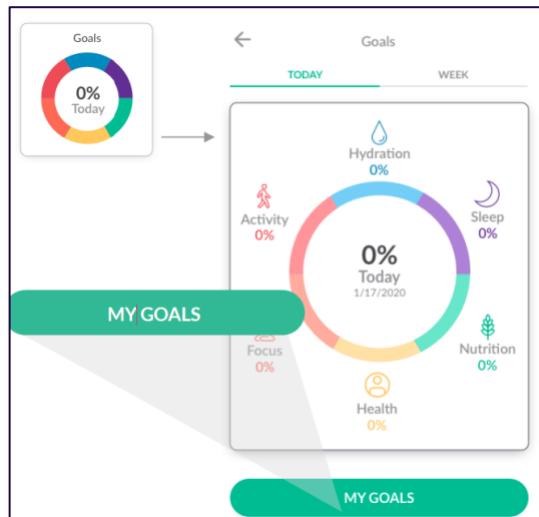


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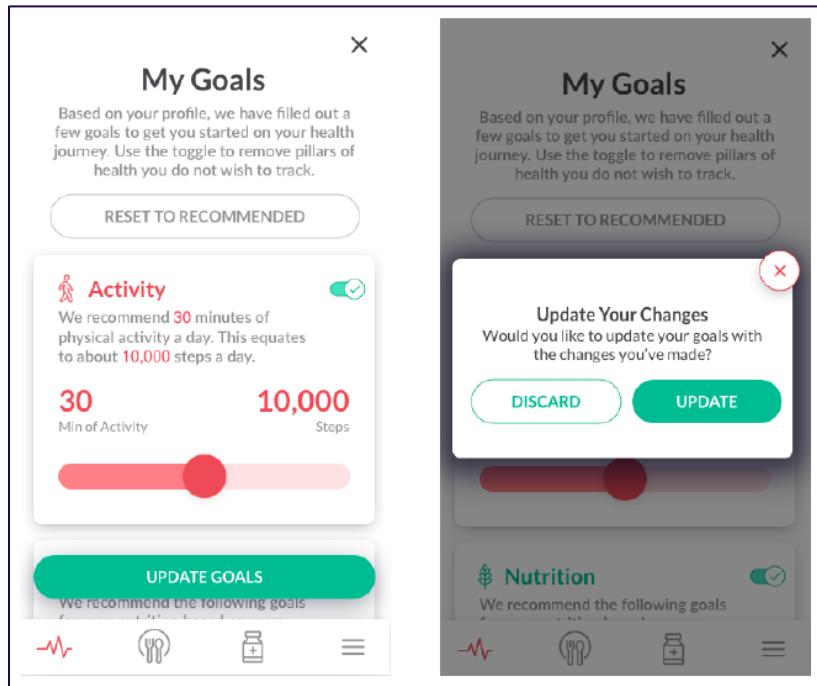
Setting or Updating Goals

If you completed the onboarding survey screens, the app preset some goals for you based on your responses – you can change them if you like. If you did not complete the onboarding, you can still set goals.

To change or set your goals navigate to the My Goals screen by tapping the goals card and then tapping the MY GOALS button. Goals are set from my goals screen and how you set goals differs by health pillar.

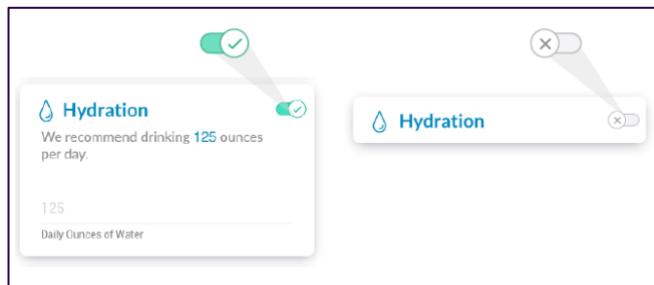


Set a value using the slider or by typing in a value depending on the health pillar. To save the input tap update goal and confirm by tapping UPDATE.

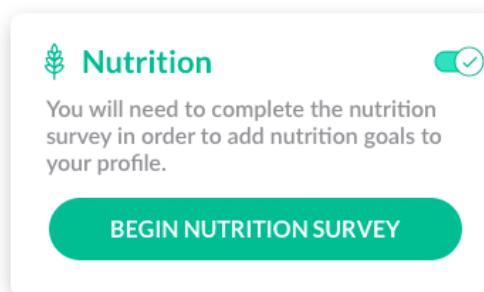


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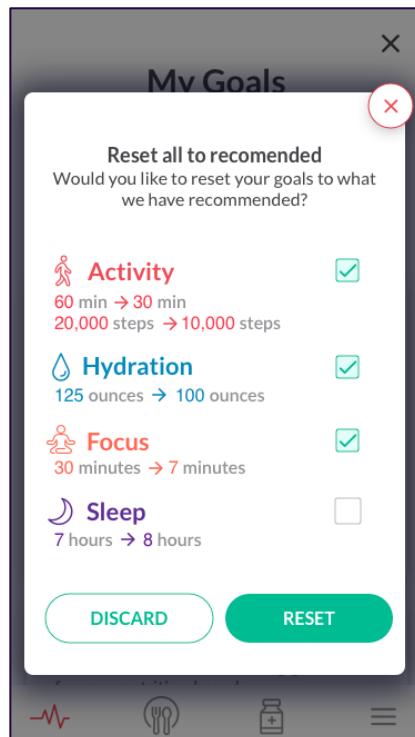
You can turn goals for each pillar on and off. Use the toggle button to turn the goal on or off. To save the change tap update goals and confirm or discard the update.



If you did not take the or complete the nutrition survey as part of the registration process you will be prompted to do so before you can add nutrition goals.



You can reset your goals to recommended values by tapping the check box next to the goal and then tapping RESET.

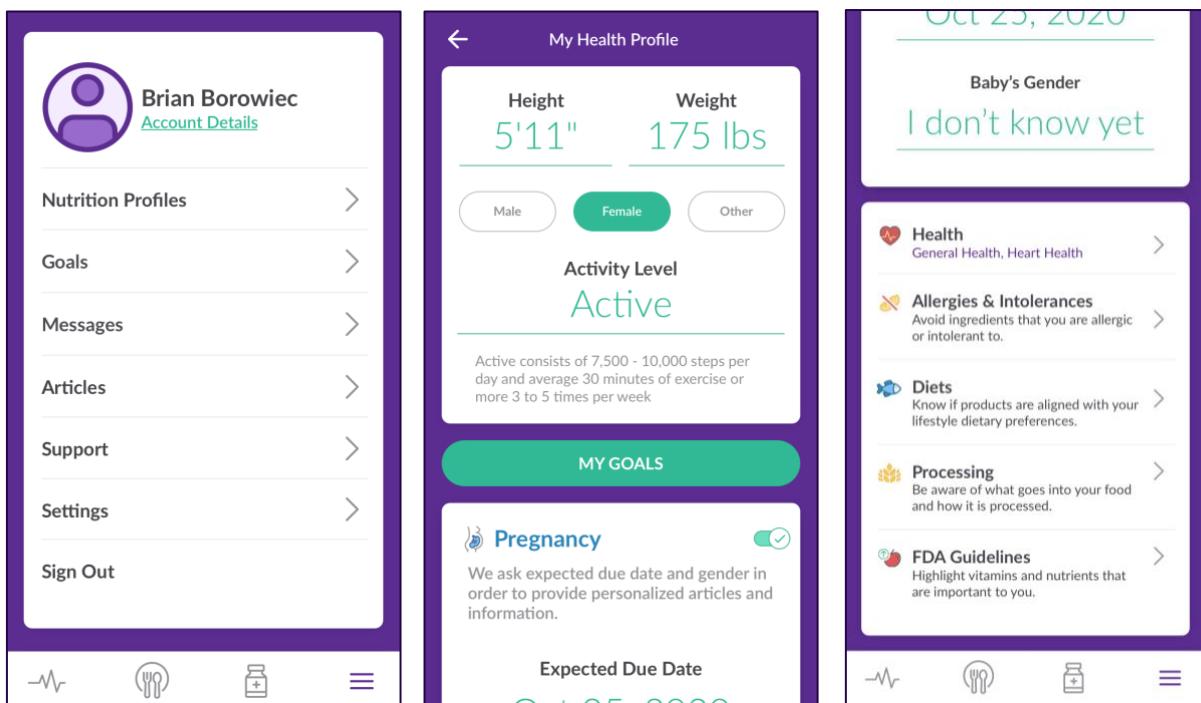


Nutrition Profile

Based on the information you provided during registration, we have established a profile using that data. You can change any settings or add information you may have skipped during the registration process in the Health Profile section of the application.

Access to your Nutrition Profile

Access your Nutrition Profile from the main navigation menu. Tap on the 3-bar icon on the navigation ribbon at the bottom of the screen. This icon opens the My Account main menu. From the main menu, select Nutrition Profile to access your nutrition profile.

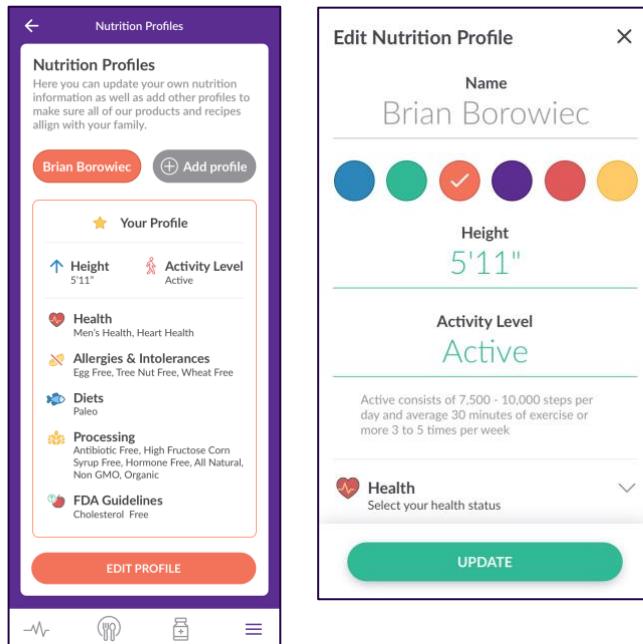


Change or update health related settings

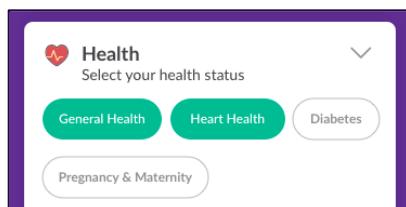
From your Nutrition Profile, tap on the Edit button at the bottom of the screen. Then tap on Health Related to access the configurable items in the Health Related category of your profile. After making your updates or changes tap the Update button to confirm and save the change.



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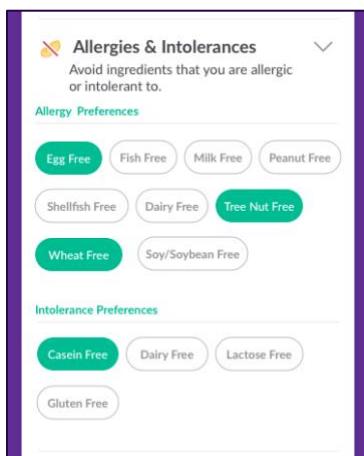
NOTE: You can change settings in other areas and update at the same time



Change or update allergens & intolerances

From your Nutrition Profile, tap on the Edit button at the bottom of the screen. Then tap on Allergens & Intolerances to access the configurable items in the allergens & intolerances category of your profile. After making your updates or changes tap the Update button to confirm and save the change.

NOTE: if you have other areas expanded, be sure to scroll to see all options

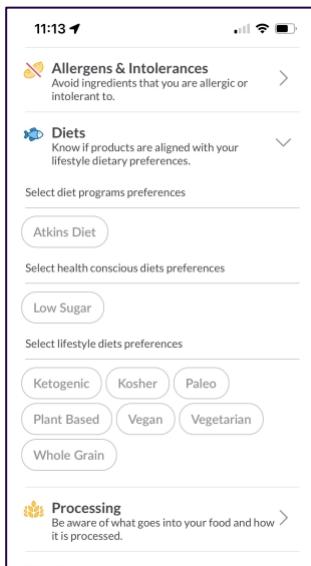


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Change or update diets

From your Nutrition Profile, tap on the Edit button at the bottom of the screen. Then tap on diets to access the configurable items in the diets category of your profile. After making your updates or changes tap the Update button to confirm and save the change.

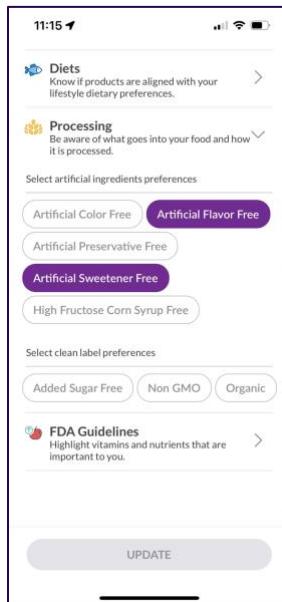
NOTE: if you have other areas expanded, be sure to scroll to see all options



Change or update processing

From your Nutrition Profile, tap on the Edit button at the bottom of the screen. Then tap on processing to access the configurable items in the processing category of your profile. After making your updates or changes tap the Update button to confirm and save the change.

NOTE: if you have other areas expanded, be sure to scroll to see all options

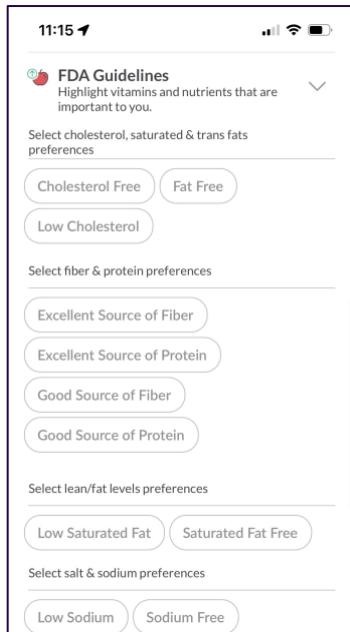


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Change or update FDA Guidelines

From your Nutrition Profile, tap on the Edit button at the bottom of the screen. Then tap on FDA Guidelines to access the configurable items in the FDA Guidelines category of your profile. After making your updates or changes tap the Update button to confirm and save the change.

NOTE: if you have other areas expanded, be sure to scroll to see all options



Nutrition

We provide nutritional information and food scores along with Better for You recommendations on foods you select. To find and select an item, follow the steps below for the various ways to search for food items and to access nutritional information.

Search / Selection of a food item

Searching for a food item can be done in three ways:

- Browsing through food categories,
- Manually entering a product / brand name, or typing in the UPC associated with the product barcode,
- Using a mobile device to scan a product barcode

All ways are accessible from the main Nutrition screen which can be accessed with these steps:

1. Select the plate with utensils icon  on the navigation menu at the bottom of the screen to open the main nutrition screen.
2. From here, you can access all the nutritional related features and functionality contained in the application.

Recommended Food Items

To search for a food item, tap on the Browse Food tile. This opens the Browse Food screen where you will see food item recommendations based on your profile and preferences. The number shown in the green circle, ranging from 1 to 100, over the product image is the Health Score for that product. Higher score items are better aligned with your profile and preferences. When the score falls below 70 the color of the circle changes to yellow. This indicates you should consider another product that is more aligned with your health goals.

To find out more nutritional information about a recommended product tap on that product and you are presented with additional Product Details.

Searching by Category

You can scroll through the food categories just below the recommended items by swiping the category tiles left or right. When you find the food category of interest tap on the tile to view the recommended food items in that category. They are arranged by Health Score with the highest scored listed first. Tapping on an item on the list brings you to the Product Details page for that item. The product details page opens on the overview, but you can toggle to Details by tapping on that tab. Here you will find specific macro and micro nutritional information about that food item.

Searching by name or brand

Use the search bar at the top of the Browse Food screen to search for food items. Enter the brand name or the name of the food item in the search box. Results are returned as a list sorted by Health Score. They are arranged by Health Score with the highest scored listed first. Tapping on an item on the list brings you to the Product Details page for that item. The product details page opens on the overview, but you can toggle to Details by tapping on that tab. Here you will find specific macro and micro nutritional information about that food item.

Note: If you do not receive any results, try removing filters. Filters appear just below the search box and can be removed by tapping on the X next to the filter to remove it.



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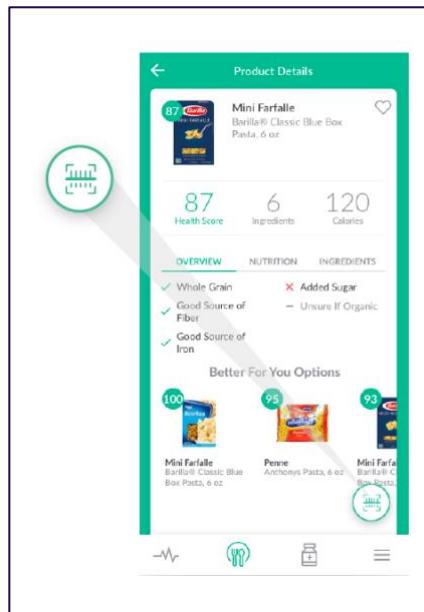
Searching by scanning a barcode

The barcode scanner is a quick way to look up food products if you have the product in hand.

To scan a barcode:

From the main Nutrition screen tap the barcode icon in the bottom right corner.

If prompted, tap OK to allow access to your camera. Follow instructions to get a good scan see Product Details to understand product information.



Product Details

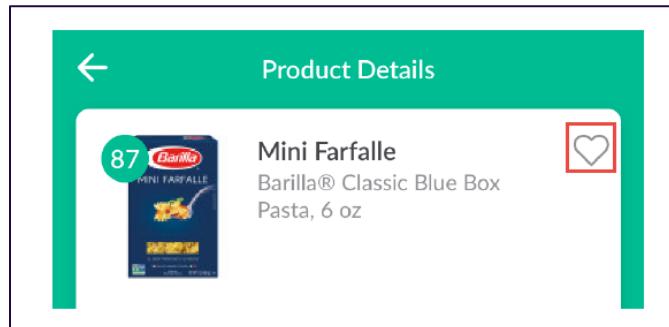
Once you have selected a particular food item you have access to:

- Better for You options (Product Details)
- Mark as a Favorite item (Product Details)
- Health Score (Product Details ! Overview)
- Number of Ingredients (Product Details ! Overview)
- Calories (Product Details ! Overview)
- Alignment with your food preferences (Product Details ! Overview)
- Detailed Label Information (Product Details ! Nutrition)
- Detailed List of Ingredients (Product Details ! Ingredients)

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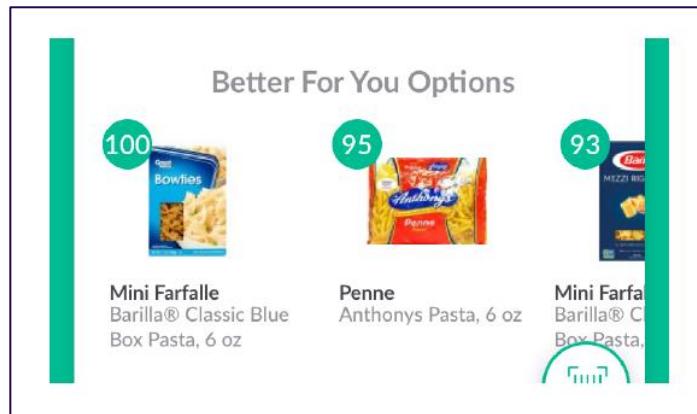
Mark as favorite

You can mark an item as a favorite from Product Details by tapping the heart icon (top right corner)



See better for you options

Use any method of Search (Browse Categories, Search by Entering Name, or Scanning) to find a product. Then tap the product and scroll through the Better For You Options at the bottom of the screen.



Overview — Health Score / Number of Ingredients / Calories

A product's Health Score, Number of Ingredients, Calories are on the Overview tab of Product Details.

To access Product Details / Overview:

Use any method of Search (Browse Categories, Search by Entering Name, or Scanning) to find a product. Tap to select a product. You will be on the Overview tab and below product name are:

- Health Score,
- Number of Ingredients and
- Calories

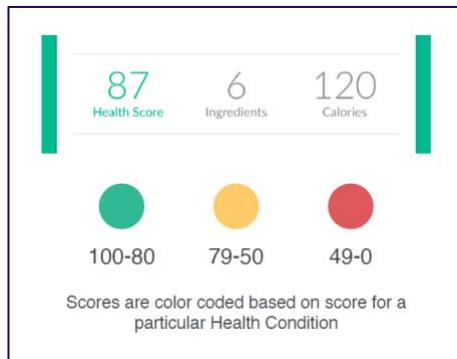
Note: You can return to this tab from the Details tab by tapping the Overview tap.

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Alignment with My Nutrition Profile

Whether or not a product aligns with the preferences you entered in your nutrition profile can be found from the Overview tab of Product Details.

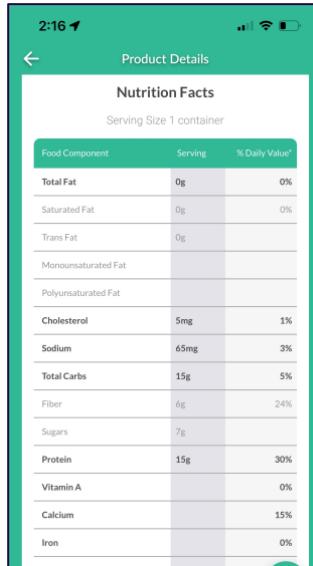
Use any method of Search (Browse Categories, Search by Entering Name, or Scanning) to find a product. Tap on a product to select it. You will be on the Overview tab. Find the Health Score tile with the score and tap on that tile to view information on how the product aligns with your preferences.



Detailed Label Information

Use any method of Search (Browse Categories, Search by Entering Name, or Scanning) to find a product. Tap a product to select it. You will be on the Overview tab. Tap on the Details tab.

Scroll down the screen to find the ingredients in the food item and below is the nutritional label information. Scroll down to view the full label information.



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Recipes:

The recipes tile on the main nutrition screen takes you to the list of recipes you saved as favorites.

Favorites

You can filter the list by mealtime, type of meal, quick simple & easy, cooking for..., and ingredients. This can be done by tapping on the Filter link on the left-hand side of the screen.

Search for recipes

You can also search for the recipes using the search bar at the top of the screen. Tap on the search bar to access the search page. You can either search by selecting a filter category element or by entering search terms into the search bar. Filters can be applied to the word search to narrow the results. You can add recipes of interest from the list displayed by tapping on the Plus icon to the right of the recipe name.

Recipe Details

To view more information about a recipe, tap on the recipe to open the detail page associated with that recipe. Included on the detail page are:

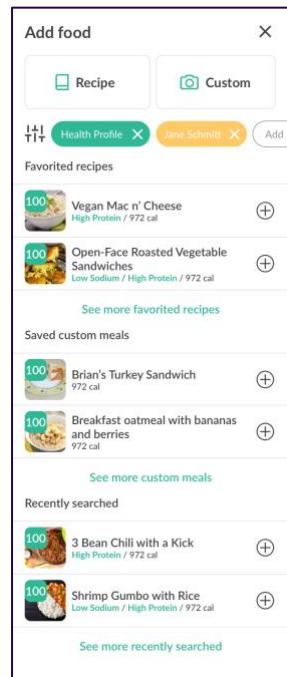
- Health Score – you can tap on the health Score for additional health Score information.
- Recipe information - Serving size, calories per serving.
- Recipe tips – information about healthy substitutions.
- Ingredients – ingredients and quantity needed for the serving size. You can change the number of servings using the Plus or Minus symbols to change the number of servings for the recipe and the ingredient quantities will change accordingly.
- Nutrition information – to view detailed macro and micro nutritional information regarding the recipe you can access that by tapping on the Nutrition tab to toggle to that screen.
- Using the Recipe – By tapping on the Plus icon at the bottom right of the screen, you can either:
 - Add to shopping list – This will add the ingredients for the recipe to a shopping list
 - Add to meal plan – This allows you add it to a selected day. The default is the current day.
 - Add to favorites – adds the recipe to your favorites list for future meal planning.

Meal Planning

You access the meal planner by tapping on the Schedule Meals for the Week Button. This action takes you to the meal planner page. From here you can use the calendar to select the week you want to plan meals for. Use the forward and back arrows to change the calendar week to the desired week for planning.

Use the Browse Recipes button to access your favorite recipes to search for building your meal plan. You can also use the search bar to find new recipes to add to your meal plan.

Select a recipe to you want to add by tapping on the recipe. This takes you to the Recipe detail page where you can app the recipe to your meal plan by tapping on the Plus icon at the bottom right of the screen. Choose the day you want to add the meal to by tapping on the day. You can remove the recipe by tapping on it again. Once you have made your selection, tap the Done button at the bottom of the screen.



Shopping List

The shopping list supports the creation of a curated shopping list to assist you in the grocery store or to purchase items online using one of our retail partners. You can create a list by adding recipe ingredients to a list or by adding your own needed items.

Access shopping lists

You may access grocery lists from the main nutrition screen by tapping on the Shopping List tile. This page displays your favorite shopping list by default.

Creating a shopping list

You may create a list if you do not have one by tapping on the three-bar menu at the top right of the screen. This will pop-up a menu that lists current shopping list, if any, and provides the option to create a new list by tapping on the Create New List button.

To create a new list, you are asked to provide a name for the list by entering it on the line provided. Then you are asked to confirm it by tapping the Create button. You can then begin populating the list by browsing recipes by tapping on the Browse Recipes button.

Shopping list features

Once you have a list established, you can use the list in a grocery store or online. You can toggle between these two features using the slider at the top of the shopping list screen. Tap on In-Store to use as a digital grocery list or tap Online Order to begin online order process.

A shopping list can be edited by tapping on the edit icon to the right of the Online Order/In-Store slider. Selecting this opens a pop-up menu that provides the following functions.

- Rename list – change the name of the list
- Make a copy – make a copy of a list and give it a new name
- Remove all items
- Manage recipes in list – add or remove recipe ingredients contained in the list
- Default list – Set this list as your default

Note: Pop-up menus can be removed by dragging the gray bar at the top of the pop-up down.

Items can be added to the list by tapping Add Item banner at the top of the list. Enter the item on the space provided. Enter the quantity and then tap Add to add the item to the list.

Delete items from the list by swiping left and tapping on the delete trash can icon.

In-Store Shopping List

The In-Store shopping list allows you to check off items as you place them in your cart or basket. This enables you to keep track of the items on the list and easily see what is remaining. You check off items by tapping on the box next to each item. Once you do that, the item is moved to the checked items list. Scroll down to view the checked items list.

Tapping on an item on the shopping provides information regarding the recipe this is associated with, and the quantity required. You are also able to access the recipe from this view by tapping on the recipe at the bottom of the pop-up list.



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Online Shopping List

For online shopping the list functions are your shopping cart. To manage the number of items in your shopping cart tap on the box to the left of the item name. If the box is checked, it will be included in your shopping cart. If it is not checked it will not be included in the online order.

You can edit, add, view, and manage the online shopping list the same as the In-Store list using the Edit icon, Add item banner, or by tapping on the item in the list. Please reference the appropriate sections in the shopping section of this guide for more specific information.

To begin the online order process, tap on the Checkout with Items button at the bottom of the screen. This brings you to a menu option list allowing you to select the online store you prefer from our list of partners. Then you are presented with a screen to confirm your store selection by tapping the Continue button or the Change Store button.

If you choose to continue to the store selected, you are taken to the store's online ordering process. The items selected on your shopping list will be entered into your cart to facilitate a simple and easy ordering experience.

Restaurants

The restaurants feature assists you with menu guidance. The guidance provided is based on your personal preferences and uses the Health Score to identify the best aligned items on a restaurant menu for you.

Access the Restaurant Guidance

From the main nutrition screen, you access the restaurant menu recommendations by tapping on the Restaurant tile. This opens the restaurant menu recommendations page, which has the following functionality.

- Search – Enter the name of the restaurant for which you are interested in receiving menu recommendations.
Note: local restaurants are most likely not available for recommendations. Restaurant chains are more likely to be found in a search.
- Zip Code Filter – Manage the responses provided by entering in the zip code you would like to search within.
- Restaurant List – The list shown is either based on the key words entered in the search box or the zip code entered. Zip code is the default and search results appear if key words are entered.
- View Recommendation – Tap on the restaurant in the list you would like to find menus recommendations.
 - Scroll across Best Option indicated by the health score. Tap on the Best Options for more information about individual selections.
 - Search menu categories for more detailed information by tapping on the category.
 - Tapping on individual items adds that to a meal. As you add more items you are provided the total nutritional information for the that meal. You can either add the meal to your meal plan by tapping on the that button or save it to favorites by tapping on that button.
 - Favorites – view any item saved to favorites by tapping on the favorites tab.



Articles

To help you in your nutrition journey, a library of articles and information related to nutrition, health, and wellness is available in the Articles section of the application. This information is updated on an ongoing basis and provides the user with general research information to help learn more about nutrition and health.

Access Articles

Articles are accessed from the main navigation menu at the bottom of the screen. The open book icon links you to the article library. Tap on this icon to access the main article page.

Search Articles

You can search articles using key words to find articles on topics of interest. Enter the key work in the search box at the top of the screen. This returns a filtered list based on the key word entered.

Featured Articles

You can easily scroll through feathered articles that appear just below the search box by dragging left or right. Tap on an article to read it.

Create Favorites

You can create a favorite article for quick future reference by tapping on the article and then tapping on the heart icon on the top right of the screen.

