

## Healthy Eating Doesn't Have to be Complicated!

Many people feel that maintaining a healthy diet is an overwhelming challenge. But making healthier food choices can be easier than you think. HealthMedia<sup>®</sup> Nourish<sup>™</sup> is an online personal nutrition program that can show you how to make healthy food selections that fit your lifestyle. The Nourish program starts by assessing information about you and your nutrition habits through a confidential questionnaire. Next, the program creates a personalized plan for healthy eating that makes sense for you.

### Why is nutrition important to me?

You've heard it before- "You are what you eat." Nutrition plays an important role in your health, your energy levels and how you look and feel. The advantages of good nutritional habits can benefit you today and in the long term.

But it can be hard to determine the right nutrition plan. Are you weighed down by nutrition information overload? Do you feel that you need to sacrifice your lifestyle to meet nutrition recommendations? The Nourish program can help you overcome these barriers.

### How can Nourish help?

The Nourish program was created by healthcare professionals and works like a virtual nutrition coach. By understanding your unique needs and nutrition habits, Nourish creates a plan that gives you the right information, tools and resources you need to help you achieve your goals for better nutrition. Nourish is confidential, convenient....and best of all, it works!

### About HealthMedia's Healthy Lifestyle Programs:

In addition to the Nourish program, HealthMedia offers programs for weight management, smoking cessation, stress management, and back pain prevention and care. These programs start by learning about you, and create a personalized plan for you that is as unique as your fingerprint. When you decide to take control of your health, HealthMedia's programs can give you the tools you need to achieve your goals.



### GET STARTED ON THE PATH TO SUCCESS.

- Go to [www.highmarkbcbs.com](http://www.highmarkbcbs.com).
- Complete the login process, entering your user name and password.
- If you do not have a user name and password, create one as instructed.
- Click "Your Health."
- Click "Improve Your Health."
- Choose HealthMedia Nourish.



HealthMedia<sup>®</sup>  
nourish<sup>™</sup>