

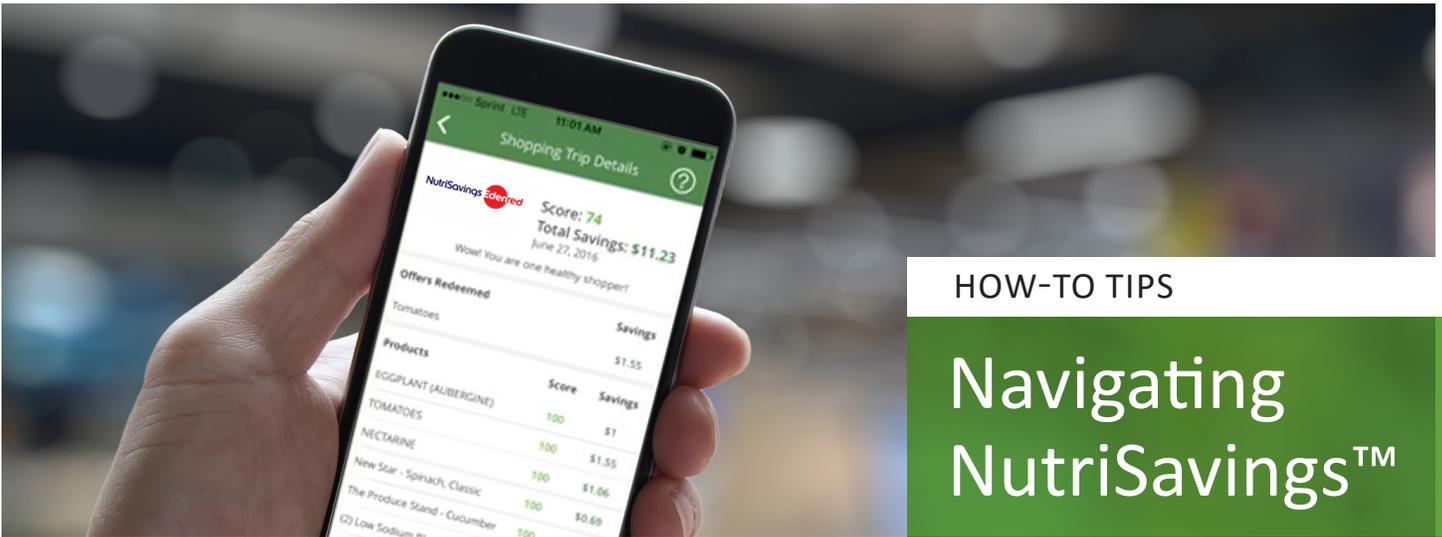


Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health



HOW-TO TIPS

Navigating NutriSavings™

How-To Tips for Getting the Most from NutriSavings

Brought to you by HealthFlex, NutriSavings adds health-focused, cost-savings opportunities to your grocery shopping experience. These quick tips can help you navigate the NutriSavings website and mobile app. (For simplicity, the instructions below focus primarily on the website. The mobile app has similar functionality.)

You can use NutriSavings for recipes, shopping lists, dietary preferences including nutrition for chronic conditions and much more.

Getting Started: Register for NutriSavings

- wespath.org; log in to **HealthFlex/WebMD**
- Under “HealthFlex Partners,” select **NutriSavings**
- Follow the prompts

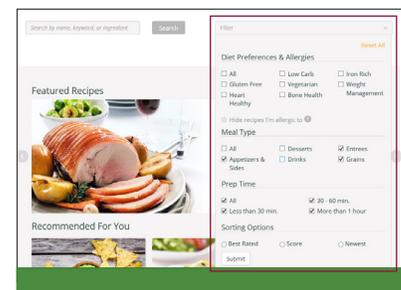
How-To: Search for Healthy Recipes

- Under the “Healthy Lifestyle” pull-down menu, select **Healthy Recipes**

Try the recipes recommended by NutriSavings or search for other choices.

- You can search Healthy Recipes by **name** (such as “guacamole” or “tomato soup”)

- You also can search Healthy Recipes by selecting **filters** (such as diet preferences, food allergies, preparation time, type of meal and more). Click **Submit** to explore recipes that fit your personal criteria.

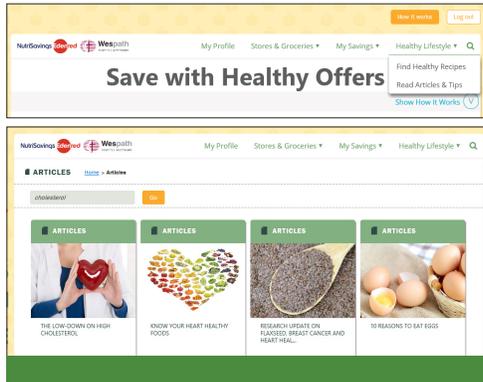


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Navigating NutriSavings (continued)

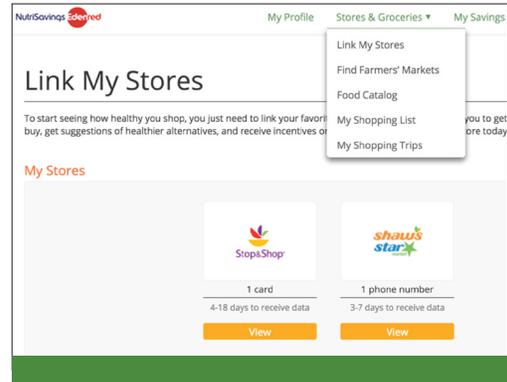
How-To: Search for Articles and Tips

- Under the “Healthy Lifestyle” pull-down menu, select **Read Articles and Tips**



How-To: Link Your Grocery Rewards Program

- Under the “Stores & Groceries” pull-down menu, select **Link My Stores**

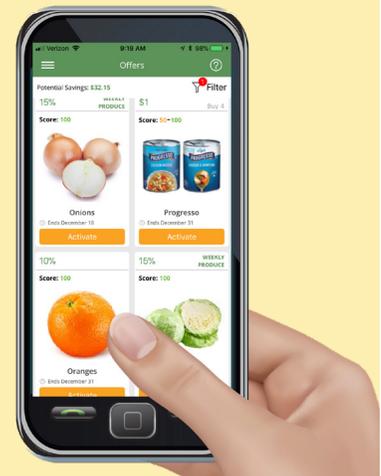


Mobile App—NutriSavings On the Go

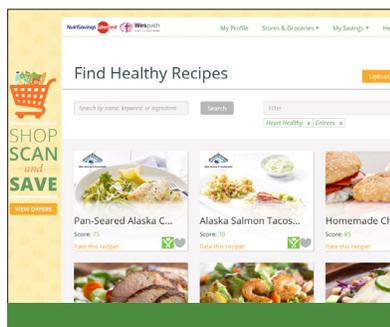
Download the NutriSavings app to your smartphone for shopping lists, recipes and savings on the go.

- Initial set-up: wespath.org; log in to **HealthFlex/WebMD**
- Under “HealthFlex Partners,” select **NutriSavings**
- Select **My Profile**, scroll to the “mobile information,” and set up your e-mail and password
- Download the **NutriSavings app** from the App Store or Google Play, and log in with the e-mail and password you set up in My Profile

Once the app is set up, you can simply open and use; no login needed.



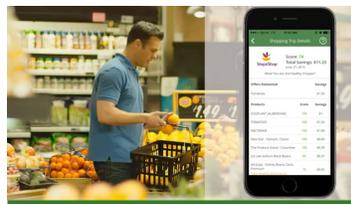
Heart-Healthy Recipes



Sample recipes located through “heart-healthy” filter

NutriSavings Video

Watch the **NutriSavings introduction video** for an overview of the program—available through the HealthFlex/WebMD website



Need Help?

Contact **NutriSavings** for help setting up your account and using the features

1-800-344-3593
(M–F, 9:00 a.m.–5:00 p.m., Eastern time)

Participation in HealthFlex well-being programs is voluntary.