

# Improve Your Health Through Better Nutrition

Looking to lose weight, prevent or manage a health condition, or make better food choices? Harvard Pilgrim has partnered with Good Measures to offer their Healthy Weight program to help you manage weight in a nutrition-focused way to help you reach your goals.

## Get personalized support to:

- Learn how different foods and nutrients affect your health
- Build new habits that help you sustain better health
- Fit healthy eating into your schedule and budget
- Help prevent or better manage conditions such as high blood pressure, type 2 diabetes and heart disease and avoid disease related complications
- Find easy ways to incorporate physical activity into your daily routine

## What's included:

- **Coaching by your own registered dietitian** — check in by phone or app messaging
- **Access to the Good Measures app** with personalized food recommendations, online classes, articles and tips, goal and food tracking
- **Fun challenges** with prizes

➤ Learn more and sign up at [harvardpilgrim.goodmeasures.com](https://harvardpilgrim.goodmeasures.com)  
or call 800-407-0399

The Good Measures Healthy Weight program is available to eligible Harvard Pilgrim Health Care members including all fully insured members (group and individual commercial plans). For self-insured accounts, program eligibility and benefits may vary by employer, plan and state.

An annual medical claim for nutritional counseling services will be submitted by Good Measures for engagement in the program. Under federal and state law, many preventive services and tests are covered with no member cost sharing; please see the Preventive Services Notice at [harvardpilgrim.org](https://harvardpilgrim.org) for a complete list of preventive services. Your engagement in the Good Measures Healthy Weight program with registered dietitian coaches is designated as preventive services.

