



## Join our complimentary nutrition improvement program today.

Nourish is a complimentary online program that can give you an in-depth look at your diet and help you make healthy food choices. Among participants, 61 percent reported improving their nutrition habits.\*

After evaluating your daily eating habits, the program delivers a personalized plan for you as a guide to good nutrition and good health. It keeps your individual needs in mind such as food preferences and eating patterns, health condition, special diet needs, weight goals, and activity level.

To get started, go to [kp.org/nourish](http://kp.org/nourish).<sup>†</sup>

After completing the questionnaire, you'll receive a customized action plan to show how eating well increases your energy and helps you feel better overall. You'll also learn to control eating and manage weight to live a healthier life. Review your plan online anytime — 24/7, or print a copy to share with your physician.

Nourish yourself and get support to make smart food choices.

\*Kaiser Permanente Johnson & Johnson Health and Wellness Solutions Outcomes, December 2015.

<sup>†</sup>This program requires you to be registered and signed on to our website. If you haven't registered yet, start by going to [kp.org/registernow](http://kp.org/registernow).

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