



Get to know Foodsmart through ThriveWellSM

Foodsmart is a digital nutrition platform with tools that make it easy to eat well!

How it works



NutriQuiz

See how your eating habits stack up and instantly get personalized tips and recipes.



Recipes

Our vast database of recipes has plenty for everyone's preferences, time, and budget.



Grocery list

A digital grocery list is automatically created for your selected recipes.



Favorites

Add your favorite recipes so you can easily find them whenever you want.



Blog

Educational tips and resources from Foodsmart's experts to help you eat your best.



Everybody
Benefits

personifyTM
HEALTH

Copyright © 2024 Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved.

Personify Health is an independent company and offers a digital wellbeing service on behalf of Excellus BCBS.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex. Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系。