



Get expert guidance, personalized nutrition, and AI-driven insights to support your health goals.

Whether you're focused on overall wellness or have specific health goals, our tailored pathways provide expert guidance to meet your needs.

The following are some key pathways, but there's more to explore - log into GreenShield+ to see the full range of support available.

Personalized Nutrition for Reproductive Health

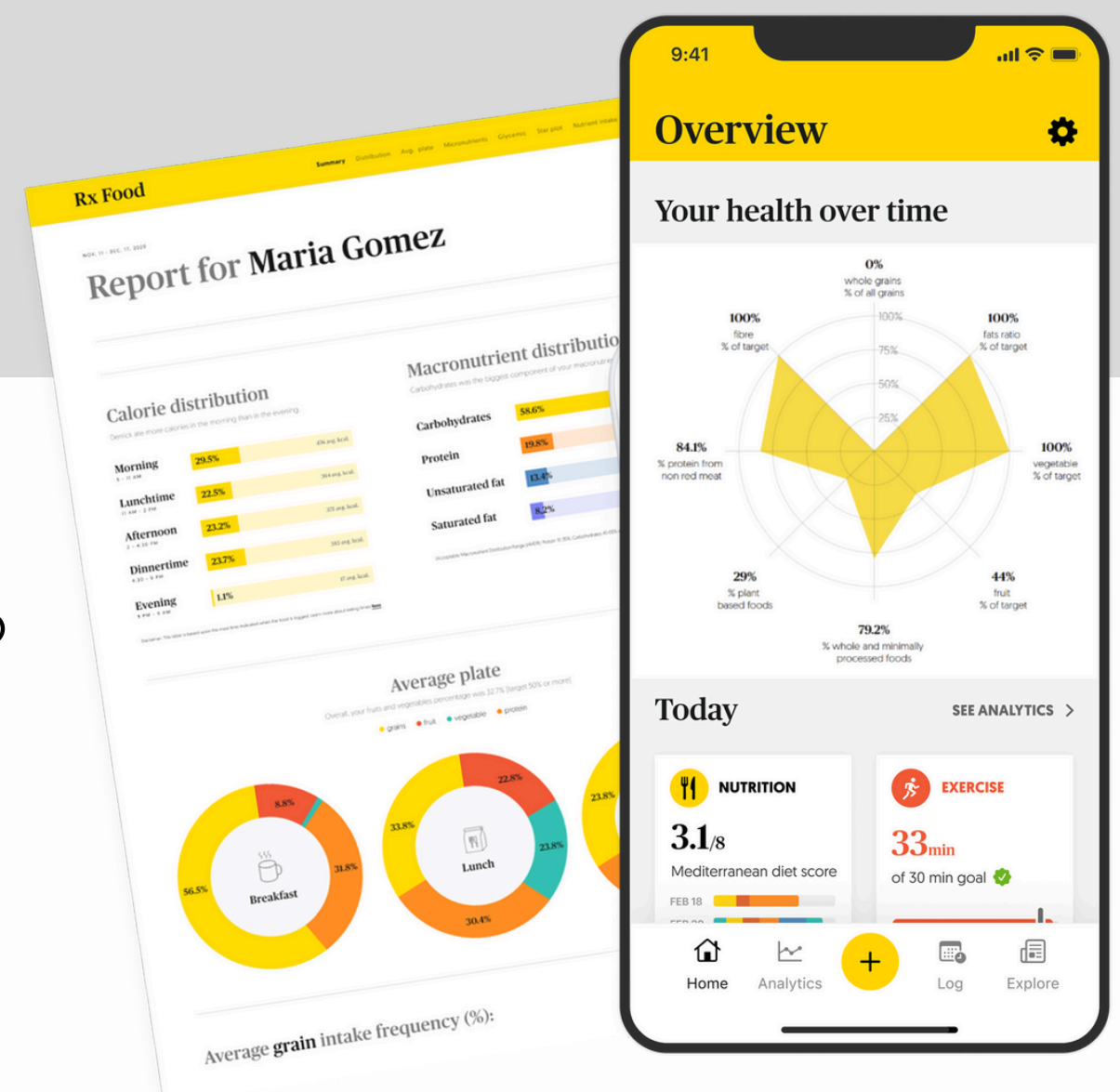
Personalized Nutrition for Pregnancy and Postpartum Care

Personalized Nutrition for Busy Families

Personalized Nutrition for Healthy Aging

What's included?

- Nurse assessment and care recommendations
- 3 hours with a nutrition professional
- Access to an AI-driven nutrition platform to assess your nutrition
- Access to personalized education and insights



The RxFood app simplifies nutrition tracking by enabling you to log meals with photos. The images are analyzed to generate a comprehensive diet assessment. A registered dietitian then works with you to develop a personalized plan aligned with your health goals. You'll also receive a detailed progress report, providing clear, measurable insights to track your improvements over time.

92% of patients said RxFood helped them understand how they were eating
94% of patients said RxFood helped them make positive change

Book a free initial assessment on GreenShield+ to see if this program is right for you