



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health

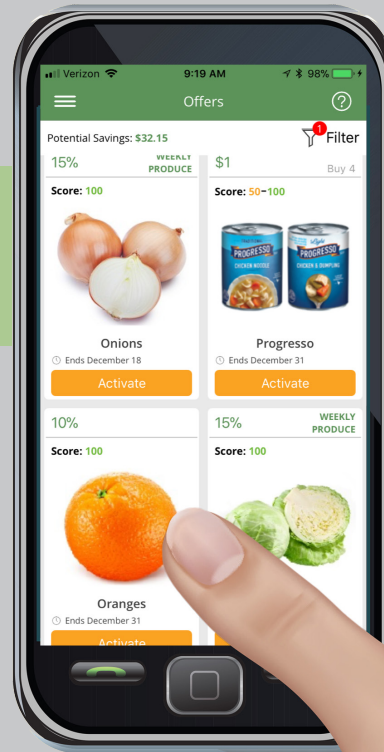
30
Points



Earn
Wellness Points

Enjoy
better-for-you
grocery shopping

Save money;
earn cash credits



NutriSavings FAQs

Q: What is NutriSavings?

A: NutriSavings is a program designed to help you make better-for-you decisions at the grocery store—and to reward you too! NutriSavings is a well-being program provided to you through your HealthFlex benefits.

Q: What does NutriSavings do?

A: NutriSavings helps HealthFlex participants make healthy nutrition choices in a variety of ways:

- **Rebates.** NutriSavings has coordinated rebates on fruits, vegetables and other good-for-you food items at over 25,000 grocery stores. You will earn rewards from NutriSavings by activating the offers (which update weekly) and using your linked grocery loyalty card when you check out.
- **Healthier choices.** Use the NutriSavings app to make better-for-you choices while you're shopping. Just scan the bar code on the back of any item in any grocery store (even if you are in a grocery store that is not part of the NutriSavings network). The readout will tell you if that is a healthy choice for you and if there are better selections you can make.
- **Personalization.** Enter any chronic conditions or allergies when you register. NutriSavings will help you make healthier choices that work with your unique needs.

- **Scoring your grocery trip.** NutriSavings has assigned over 100,000 grocery store items a score between 0 and 100. About a week after your grocery trip, you will find that your latest trip has a score. A higher score means you purchased many better-for-you items. If there is an item that didn't score well, you can click on it to find a healthier version. For example, if you chose a certain type of cracker, NutriSavings might show a better-for-you version that is lower in fat, made with whole grains, has a higher fiber content, or is lower in calories and sodium than the crackers you selected.
- **Recipes.** Check out the recipes section for great-tasting recipes that are good for you. Use the filters to refine your selection to best fit you and your family. When you find recipes you like, you can send the ingredients to your shopping list conveniently found on the app—so you have it with you whenever you go to the store.
- **Grocery sales.** NutriSavings collects the grocery store “sales circulars” in your area, even if the stores are not part of the NutriSavings network right now. Review these on the app before you shop to find the best prices in your area.

Q: Why is HealthFlex partnering with NutriSavings?

A: HealthFlex understands that making smart decisions at the grocery store positively impacts your health and well-being. But nutrition is complicated, and there is a lot of misinformation available that can make shopping confusing. NutriSavings helps cut down on the confusion with the latest evidenced-based information, and then rewards you for making healthier choices.

Q: Who can participate in NutriSavings?

A: NutriSavings is a family program—so the HealthFlex primary participant is the one who will register for the program. Once registered, each family member's loyalty card can be added to the account. Everyone can then shop independently, but their efforts will contribute to the family savings.

Q: How can I register for NutriSavings?

A: HealthFlex has made it easy—just go to wespath.org and log in to your HealthFlex/WebMD account. Click on “**HealthFlex Partners**” and then “**NutriSavings**.” You will be taken directly to the NutriSavings site. Remember: only the primary HealthFlex participant can register. After you complete the **My Profile** information online, you can download the NutriSavings app on your smartphone.

Q: How does NutriSavings work when I'm shopping?

A: Once you have registered on the NutriSavings website, follow the directions to link your grocery store loyalty card to NutriSavings. If you don't have a loyalty card yet, follow the directions on the NutriSavings site. Every time you go to the grocery store, just scan your card, and any offers you activated will then show up in your account (allow up to three weeks).

To learn more about the items you are purchasing, use the NutriSavings app on your phone to scan them as you go through the grocery store to see if the item fits your needs (such as: if you have a chronic condition, allergy or just want to eat healthier). If it doesn't, NutriSavings will suggest a better choice. For the first few shopping trips this process will make shopping longer, but as you know more and don't need to scan barcodes as often, the amount of time you spend in the grocery store will match your previous trips. You can scan items at any grocery store in the U.S., even if it isn't in the NutriSavings network yet.

Q: What if my grocery store isn't part of the NutriSavings network?

A: NutriSavings is constantly adding grocery stores to its network, but if your favorite store hasn't been added yet, inform the well-being team at Wespath Benefits and Investments (Wespath) by e-mailing wellnessteam@wespath.org or let NutriSavings know. Wespath will work to see if NutriSavings can add your store to its network. Don't forget that the app works at any grocery store regardless of whether the store is part of the NutriSavings network.

Q: What are NutriSavings Rewards?

A: NutriSavings has worked with vendors and suppliers to provide discounts on fruits and vegetables, healthy grains, soups and more. Each week you can activate new offers on the NutriSavings website or mobile app. Once you have activated the offers and purchased the items, you will see the amount of the discount put into your NutriSavings rewards account. This is coordinated by NutriSavings and can take up to three weeks to upload. Once your account balance reaches \$10, you can redeem the cash to your checking or PayPal account.*



Q: How are products scored?

A: NutriSavings uses third-party nutritional scoring to assign more than 100,000 foods a rating between 0 and 100. Foods rated 100 are considered the most nutritious. Fresh fruits and vegetables always score 100; while sodas and desserts fall in the 0-10 range. (While the average consumer's grocery-basket score is between 30 and 45, a good score is considered above 60. That means you are purchasing more healthy items than non-healthy items.)



Q: How do I earn Wellness Points?

A: HealthFlex primary participants will earn 15 Wellness Points for registering for the NutriSavings program and another 15 points for linking their loyalty cards to the program. (These are one-time rewards). It can take up to 45 days to see the Wellness Points credited in your WebMD account.



Q: How is NutriSavings data protected?

A: NutriSavings makes every reasonable effort to ensure all transactions that occur on its website are secure. NutriSavings stores personally identifiable information with Secure Socket Layer (SSL) encryption, the industry-standard protocol, to protect all data submitted on its site. All offline information is securely stored and accessible only by authorized staff.



About Your Privacy

NutriSavings never requests shopping data from retailers without express authorization from participants. When participants give NutriSavings their rewards card information, participants agree to share their shopping information with NutriSavings. In addition, NutriSavings does not share the individual basket data received from retailers with anyone other than the participant. Sponsors (the employer or HealthFlex plan) see only aggregate numbers—not personally identifiable information about

participants. Furthermore, NutriSavings is committed to ensuring the privacy and confidentiality of participants' Protected Health Information (PHI). NutriSavings collects and discloses such information only according to the company's strict confidentiality policies and federal and state laws designed to maintain privacy, including the Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy Rule.

Participation in HealthFlex well-being programs is voluntary.

**Note: The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.*

You must be in the Virgin Pulse® program to earn and redeem Pulse Cash from accumulated Wellness Points.

You do not need to be in Virgin Pulse to earn and redeem rebates from NutriSavings.