



You are what you eat. Nourish™ is an online health coaching program to help you simplify smart eating decisions for living a longer, more vibrant life.

Nourish™, provided to you by Mercy Health Plans, works by performing a complete analysis of your daily food intake. It identifies your eating habits and readiness to change and delivers a tailored nutrition plan. The plan clearly explains the Dietary Guidelines and the relationship between good health and good nutrition. Proper understanding of these elements helps you increase energy and productivity, feel in control of your eating habits, manage your weight, and live a longer, healthier life.

Your Nourish program includes:

- Your Personalized Plan for Success
- A Complete Dietary Analysis of your Daily Food Intake
- Recipe Library Complete with Pictures, Instructions, Dietary Information, and Grocery List Tips
- A Tool to Calculate Healthy Substitutes for Your Favorite Foods
- And so much more!

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