



modifyhealth™

**A complete food as
medicine platform**
for your employees,
members and patients.



A complete food as medicine platform.

ModifyHealth's turnkey food as medicine platform makes adopting a healthy diet simple, achievable, and sustainable. We do this by providing delicious, medically tailored meals, dietitian coaching, remote monitoring and ongoing support to ensure outcomes while providing a foundation for self-sufficiency and long-term success.



Medically-tailored meals

Delicious, dietitian designed meals delivered nationwide right to the patient's door.



Live RDN support

ModifyHealth dietitians deliver live, one-to-one consultations over video or phone.



Remote health monitoring

Monitors patient progress and streams data back to our dietitians.



Patient engagement app

Designed to help journal and identify any dietary sensitivities.

**Real.
Sustainable.
Results.**



47%

Lose 5% weight*

-1.1%

Average A1c
score reduction*

95%

Maintain weight loss
6 months post program*



"This program changed my life."

Tina - Verified Patient



Together, let's create a recipe for better health outcomes.

Contact us to learn how to get started, drive down costs, drive up utilization and guide your employees, members or patients to higher levels of health and satisfaction.

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*All results are 6 months after ModifyHealth intervention, illustrating habit formation and sustainable change