

A close-up, warm-toned photograph of a smiling woman with dark skin and curly hair, wearing a patterned headscarf and an orange top. She is looking off-camera to the right. In the background, another person is partially visible, holding a clear bowl of fruit. The overall mood is positive and healthy.

modifyhealth™

Control the cost
of your employees'
prescriptions.

A performance-based therapy designed to reduce prescription costs.

ModifyHealth's turnkey food as medicine platform provides a proven therapeutic approach for avoiding and deprescribing costly medications like GLP-1s, while helping your employees adopt a healthy, sustainable lifestyle. We do this by providing personalized physician oversight, dietitian coaching, remote monitoring, medically-tailored meals, and ongoing support to ensure outcomes while providing a foundation for self-sufficiency and long-term success.

Healthy outcomes, guaranteed. Performance-based fees.



Personalized physician oversight

Lifestyle medicine physicians prescribe and deprescribe medications as needed.



Registered dietitian coaching

Lifestyle medicine certified RDNs support dietary change with live, virtual consultations.



Remote health monitoring

Measures patient progress and streams data back to our dietitians.



Medically-tailored meals

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



Patient engagement app

Designed to help create accountability and deliver an amazing patient experience.



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.