



Nourishly

Specialized Nutrition Management App

Say “Hello” to the new member of your treatment team.

Nourishly is a smart nutrition management app that fits into your life and links with your treatment team to keep you moving from strength to strength. The app is now available for you to use in connection with your treatment team.

Nourishly is an innovative tool to boost your ability to make day-to-day changes and meet your nutritional needs.

You might not be sure if you need nutrition counseling or if this is right for you. That is OK. No matter your situation, if you'd like to have a better relationship with food or your body, Nourishly was designed to help!

Nourishly allows you to track and reward your progress, and to access and practice proven behavior change strategies on a daily basis.

Wondering who the app is for? Nourishly has specialized content and tracking for individuals with diabetes type 1 and type 2, gastrointestinal problems, cardiovascular health concerns, bariatric pre and post op, general nutrition management needs, and for those who simply would like to build a better relationship with food.

The beauty of Nourishly is that it is built on the values of celebrating every-body, leads with science, and allows for you to learn in the context of everyday life!



Here's what Nourishly can do

- ✓ **Track your mood and meals:** find patterns and what is keeping you “stuck” so that you can learn in the context of everyday life
- ✓ **Link with your team:** connect with your dietitian and other team members to keep them in the loop and receive feedback and support
- ✓ **Teach you things:** packed with science-backed behavior change missions to help you keep up with the work of your customized nutrition management needs
- ✓ **Meal plan options:** Choose from hundreds of recipes in the app, based on your specific dietary needs

www.nourishly.com

Ready to give it a go?



1 INSTALL

If you have an iPhone, Android or iPad go to the App Store and search for 'Nourishly'. Tap Install.



2 EXPLORE

Log some meals and check out the "More" section to find skills, missions and log questions that are just right for you.



3 LINK

Ready to power up? Ask your clinician for their Link Code and type it into the Clinician Connect section of your app for connected care that meets you where you are.

Join over 800,000 people who have used Nourishly's family of apps to power-up their medical nutrition management. Download the Nourishly app today.

For questions or more information about Nourishly, please contact the Nourishly team at support@nourishly.com.

Important: Nourishly Is ...

- HIPAA compliant to keep your information secure, even when shared with your treatment team.
- Not to be used to report emergencies. In the event of an emergency, please dial 911 or visit your nearest emergency room.
- Not a replacement for in-person communication. Your treatment team is not expected to be aware of, nor respond to, events reported in your app, except in session or as your clinician chooses.
- Here to provide information, not medical, legal or psychological advice, diagnoses, or treatment.



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