

Make smarter food choices with our new iPhone® app

New iPhone app compares more than 100,000 grocery store items

When you go to the grocery store, you are faced with shelves and shelves of choices. Which ones are really the healthiest for you and your family? To help you make healthier choices when you shop for groceries, you can download the Anthem Blue Cross Grocery Guide app for the iPhone.

How does the Anthem Blue Cross Grocery Guide app work?

The app provides expert nutritional advice from Dr. Melina Jampolis, a doctor who is board certified in nutrition. Dr. Jampolis worked with a team of dietitians to rank and review more than **100,000** branded grocery store items. Products are organized the same way your grocery store is set up – by “aisle” or types of foods, such as snacks, frozen foods and desserts. You can also search by brand name.

Each product is ranked on nutritional and dietary factors that consider content, such as sodium, saturated fat, total fat, sugar and fiber. Then, the app compares it to other products in the same food category to help you make the best choice.

Once you decide which product is best for you, you can build a list of products, or “favorites,” that meet your dietary needs. You can also e-mail a grocery list with your choices to another family member or friend.



How to get the Anthem Blue Cross Grocery Guide app

Go to anthem.com/ca and click on “Anthem Difference.” Next, select the “Mobile Network” link and click on the Anthem Grocery Guide icon. Choose “Continue” to download the Anthem Grocery Guide app. Please note that you must use your iPhone to download the app.

Anthem 
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Because of the large database, this application requires Internet access through WiFi or 3G. This product has U.S. branded grocery store products. It may not be suitable for grocery store products outside of North America.

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