

READY TO IMPROVE YOUR NUTRITION?

The food choices you make each day have a huge impact on your health, and it's never too late to start. That's why Total Health Matters now offers Diet ID, a web-based tool that:

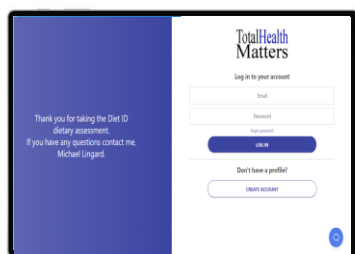
- ✓ Uses food images to help you understand how you eat
- ✓ Allows you to set nutrition goals that are important to you
- ✓ Helps you learn how to make small changes to achieve your goals

Start optimizing your diet and health today!

On your computer, tablet, or smart phone, go to

<https://totalhealthmatters.dietid.com>.

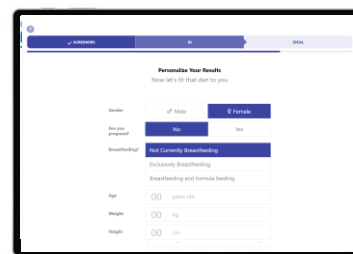
Follow the instructions and click on 'CREATE MY PROFILE.'



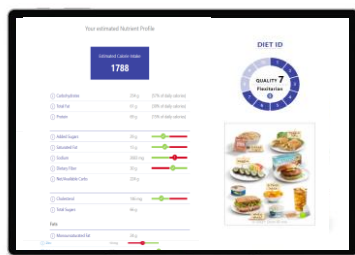
1. Sign up with your email and a password.



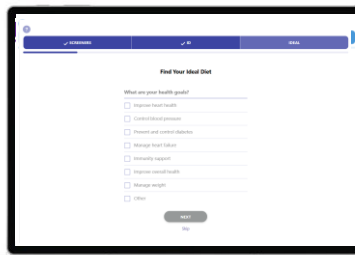
2. Keep choosing the image that's more like how you eat.



3. Enter some personal details so we can customize your report.



4. Receive a full analysis of your diet and any nutrient gaps.



5. Set health goals to find a better diet for you.



6. Compare your current diet and goal diet.

Ready to get started?

Go to: <https://totalhealthmatters.dietid.com>