TotalHealth Matters



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:

- \checkmark Uses food images to help you understand how you eat
- \checkmark Allows you to set nutrition goals that are important to you
- \checkmark 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 <u>https://totalhealthmatters.dietid.com</u>. 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.

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 Enter some personal details so we can customize your report.



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