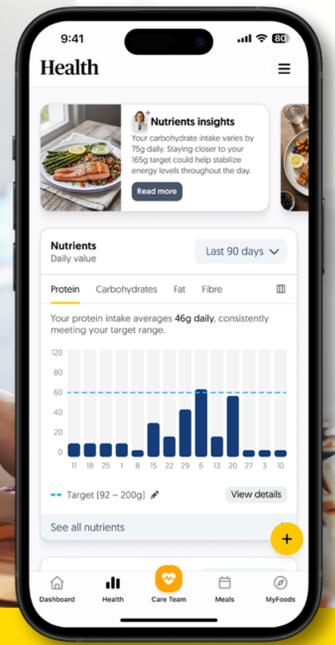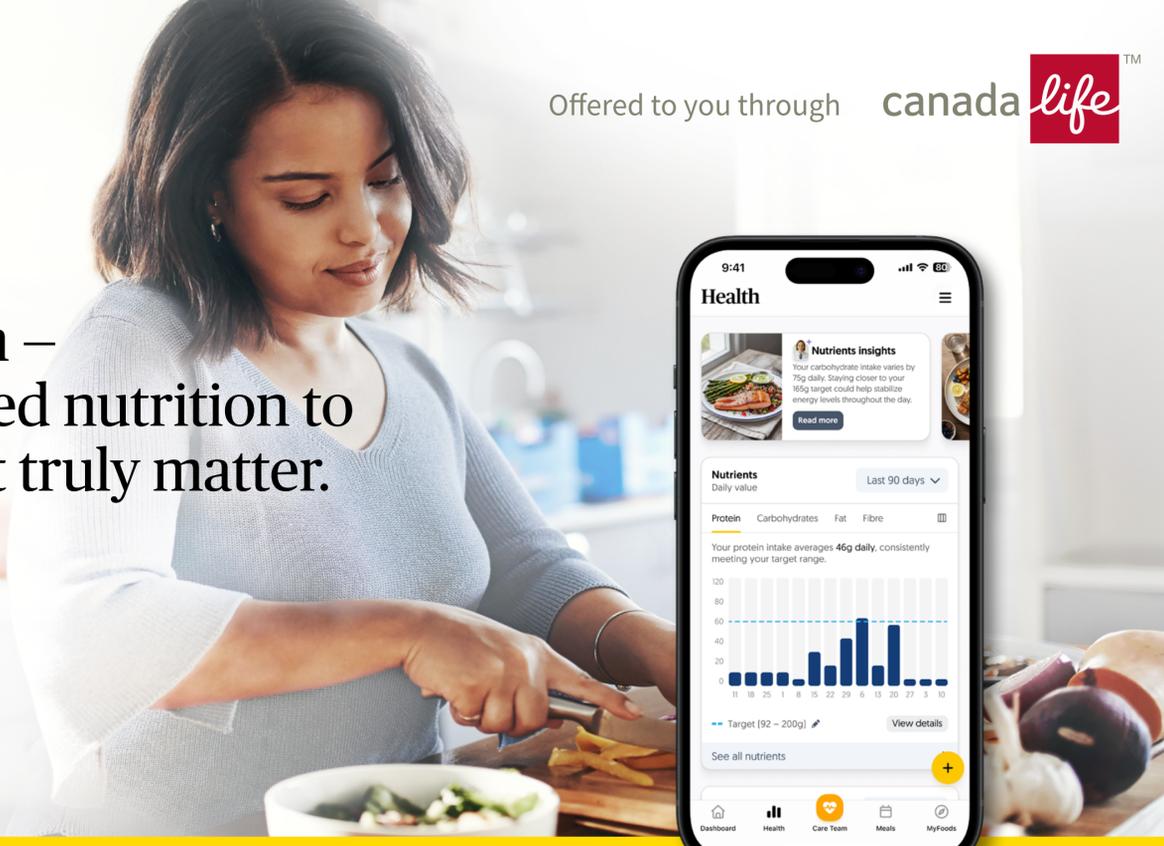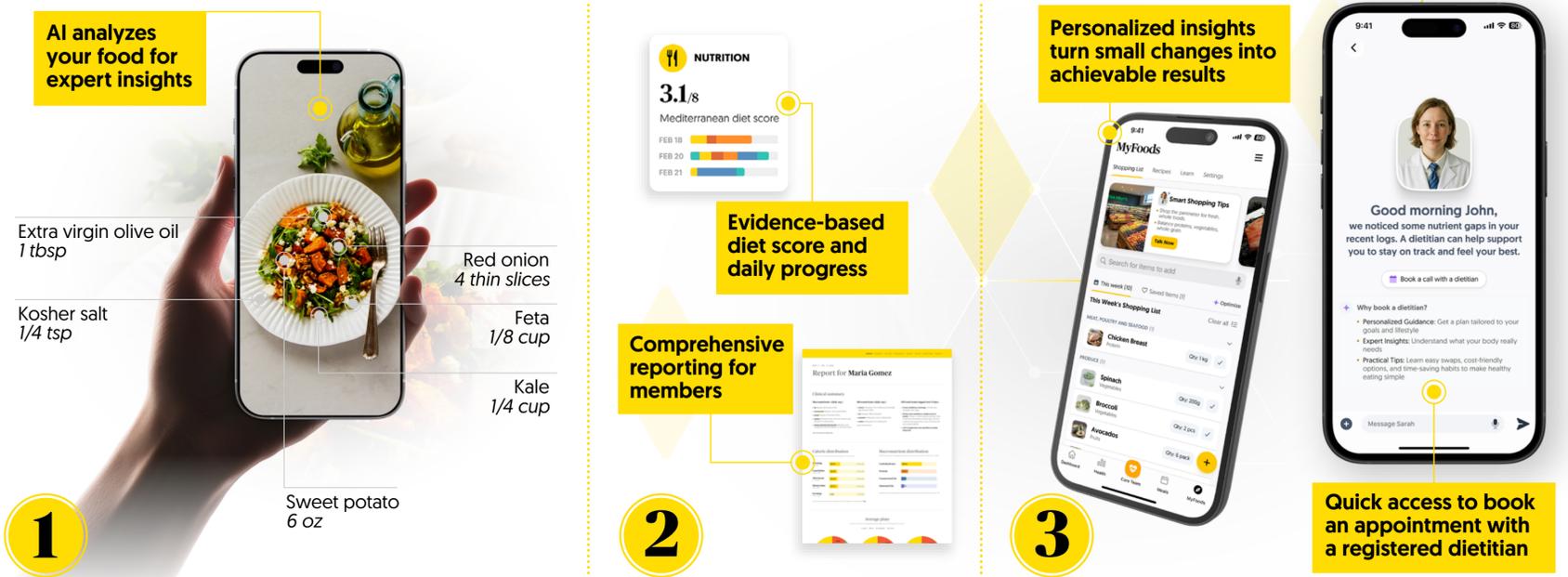**Rx FOOD**™

Fuel better health – unlock personalized nutrition to make changes that truly matter.

Included in your Canada Life benefits plan, you and your dependants have free access to a personalized nutrition app powered by RxFood. Just by snapping photos of what you eat, you'll learn what you can do to improve your health.

Developed by doctors and dietitians, RxFood offers an AI-powered personalized nutrition solution to make healthy eating simpler, more personal and accessible. It helps turn daily food choices into lasting, measurable health wins and provides valuable support for managing medications when needed.

How it works

AI analyzes your food for expert insights

Extra virgin olive oil
1 tbsp

Kosher salt
1/4 tsp

Red onion
4 thin slices

Feta
1/8 cup

Kale
1/4 cup

Sweet potato
6 oz

1

Evidence-based diet score and daily progress

Comprehensive reporting for members

2

Personalized insights turn small changes into achievable results

3

Quick access to book an appointment with a registered dietitian

RxFood captures detailed food intake up front so you get personalized nutrition insights.

RxFood fits your life, whether you're juggling work, family, fitness, managing diabetes or chronic conditions, or just trying to feel more in control. Whatever your goals, RxFood shows how your food choices can fuel better health and gives you the tools to make changes that truly matter.

Here's what app users report based on RxFood's aggregate clinical data:

7.8%
average weight loss and 0.8% blood sugar reduction in three months

5%
more time with their blood sugar in a healthy range

97%
say RxFood is easier to use than any other nutrition platform

45%
boost in Mediterranean Diet Score – a proven path to better health

Individual results will vary.
Source: RxFood Virtual Obesity Medicine Clinical Program, 120 participants, 2021-2022.

Using a continuous glucose monitor? RxFood shows how your food choices impact your glucose in real time by integrating with select glucose monitors.

Ready to feel the difference?

You don't have to navigate it alone. Get expert, personalized guidance to build lasting habits, boost well-being and help prevent future health issues.

Download RxFood today

Information you share with RxFood won't be provided to your plan sponsor, if applicable. Read the RxFood privacy policy.

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