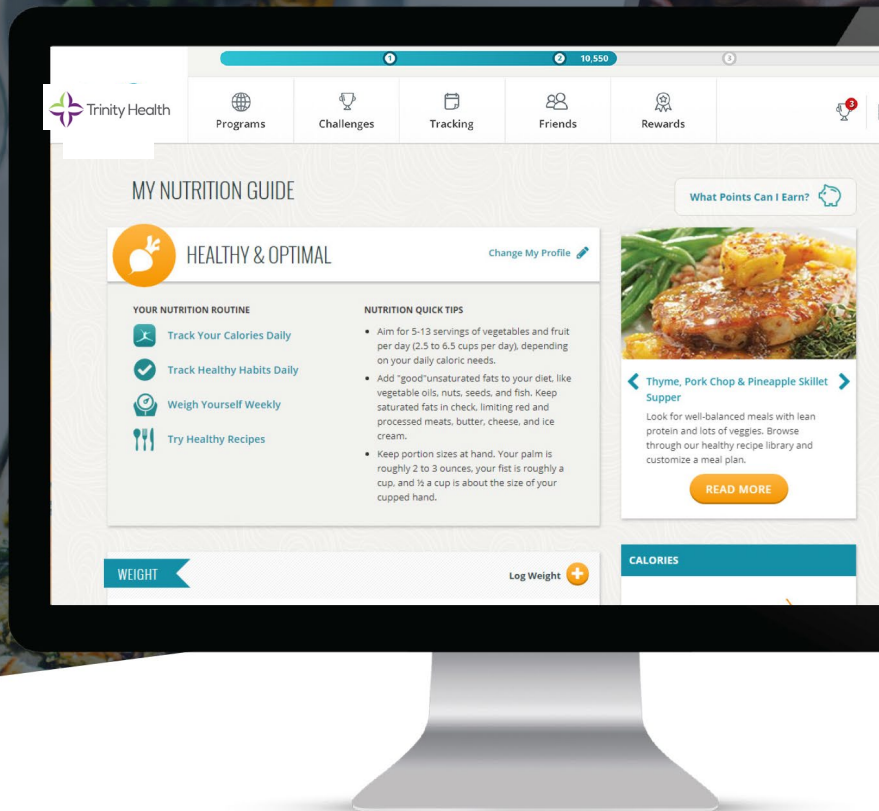


# Live Your Whole Life nutrition guide

Good food  
nourishes you and  
gives you energy.  
That's why we've  
made eating healthy  
simpler than ever.



First, tell us about your eating habits, like if you're a sweet tooth or if you're already a healthy eater. Then we'll give you recipes, personalized tips, and tools to help you track your calories. It's everything you need to eat healthy, stay on track, and help manage your weight too.

## Get started

Go to [mybenefits.trinity-health.org/lywl](https://mybenefits.trinity-health.org/lywl). Once you've signed in, click **Programs** from the main menu. Then choose the **Nutrition Guide**.

