

## Eat better with Zipongo <sup>[1]</sup>

July 3, 2018 by [Employee Services](#) <sup>[2]</sup>

We all know that healthy eating is important, but it's not always easy to do. That's why we are introducing Zipongo to primary CU Health Plan members and up to four household members.

Zipongo is a digital nutrition platform that does the hard work for you by taking down barriers to healthy eating with accessible, comprehensive guidance from your desktop or smartphone. Access personalized recipes, meal planning tools and shopping lists at your fingertips. Unlike traditional wellness programs, Zipongo aims for building sustainable, long-term behavior rather than food tracking and calorie-restricted diets.

### Here's how it works:

#### **Habits & Preferences**

Provide information about your eating habits, including the number of meals consumed per day, frequency of dining out, allergies, preferences and more.

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#### **Biometric Health Data**

Biometric information can provide a snapshot of your current health status, with data such as cholesterol levels, blood pressure, height, weight and body mass index.

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#### **Your Personalized Nutrition Plan**

Zipongo provides recipe recommendations, meal planning tools and smart shopping lists. You can also find healthy menu items at thousands of restaurants

[Sign up today](#) <sup>[3]</sup>

[be colorado](#) <sup>[4]</sup>, [biometrics screenings](#) <sup>[5]</sup>, [zipongo](#) <sup>[6]</sup>

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[2] <https://www.cu.edu/blog/work-life/author/9230>

[3] <https://www.becolorado.org/program/zipongo/>

[4] <https://www.cu.edu/blog/work-life/tag/be-colorado>

[5] <https://www.cu.edu/blog/work-life/tag/biometrics-screenings>

[6] <https://www.cu.edu/blog/work-life/tag/zipongo>