



Personalized Nutrition
for Optimal Health

Nutrition Your Body Needs

All Anthem members are eligible for cutting-edge personalized nutrition for only **\$2 per year**.

Use code **ANTHEM2024**
ahara.com/anthem

GET STARTED

Ahara is like having a nutritionist in your pocket. Our personalized nutrition plan uses your health history, goals, and lifestyle factors to uncover the key nutrients your body needs to achieve optimal health. Ahara's food-first approach shows you exactly what to eat, plus recommends supplements only as needed to ensure you achieve optimal nutrient levels.

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Make this the year you achieve your health goals!

- ✓ Reduce fatigue and anxiety
- ✓ Slow aging
- ✓ Sleep better
- ✓ Avoid chronic disease

3 Steps to Personalized Nutrition with Ahara

- 1 Take the Ahara health questionnaire and choose your health goals.
- 2 Receive a personalized nutrition report that focuses on the 3 key nutrients your body needs for better health.
- 3 Get a Personalized Meal Plan focused on your key nutrients and access to the Ahara app with your individual nutrition results, key foods, meal plans, recipes, shopping lists, and more.

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LEARN MORE

Developed by nutrition science experts and based on clinically-validated research.