

Get expert guidance & personalized nutrition.

Whether you're focused on overall wellness or have specific health goals, our tailored pathways help you to meet your needs.

Some key pathways, more to explore

- ✓ Personalized nutrition for reproductive health
- ✓ Personalized nutrition for pregnancy and postpartum care
- ✓ Personalized nutrition for busy families
- ✓ Personalized nutrition for healthy aging

What's included?

- ✓ Nurse assessment and care recommendations
- ✓ 3 hours with a nutrition professional
- ✓ Access to an AI-driven nutrition platform to assess your nutrition
- ✓ Access to personalized education and insights

RxFood Tool: An app that makes nutrition tracking easy. Snap a photo of your meal for instant analysis, get a dietitian-guided plan, and track progress with clear, measurable reports.



Log into your GMS Care Network account to access all your services.

app.gmscarenetwork.ca