



FOOD CONNECTIONS



Addressing Food Insecurity and Health Inequities

600+

Wellness West participants

Users by Insurance

80% **Medicaid**
20% **uninsured**

While participating in the program:

49%

of patients with diabetes improved their hemoglobin A1c levels

13%

of users applied EBT SNAP funds to their orders

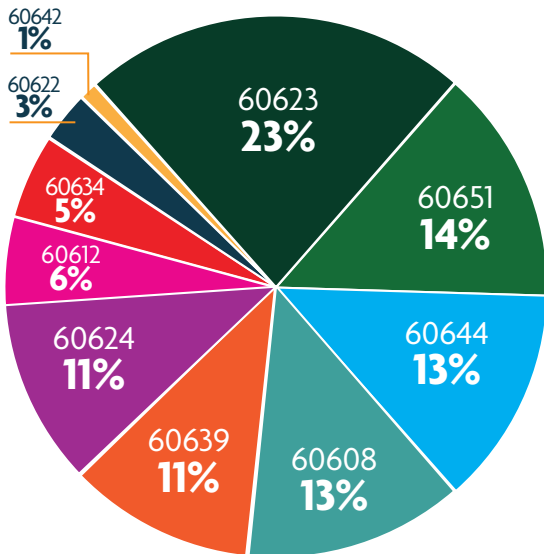
86%

of orders are delivered with remainder using pickup

59%

of patients with hypertension improved their blood pressure rates

Users by Zip Code



66%

of orders contain fresh produce

29%

of orders contain water

87%

of participants are repeat Instacart users

7%

of patients with depression had an improvement in their symptoms

All data current as of Sept. 6, 2024



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Wellness West and **Instacart Health** joined forces in fall 2023 to enable Wellness West Food Connections, a benefit program that provides a monthly grocery stipend via Instacart Health Fresh Funds technology to eligible Wellness West members. A year into the program, participants are seeing significant health improvements as a result, including:

- 49%** of patients with diabetes improved their hemoglobin A1c levels
- 59%** of patients with hypertension improved their blood pressure rate
- 7%** of patients with depression had an improvement in their symptoms

Food Connections Program

Over 600 participants within Wellness West's West Side community, who were identified as food insecure and managing chronic illness, were given access to a monthly stipend of \$79 in Fresh Funds as well as an Instacart+ membership with \$0 delivery. After redeeming their Fresh Funds stipend on Instacart, participants can shop on Instacart from local retailer(s) they choose for same-day delivery or pickup. The Fresh Funds stipend is renewed monthly and was restricted to specific food and beverage categories recommended by Wellness West. Fresh Funds can be used in combination with EBT SNAP, supplemental health benefit cards, and traditional debit/credit cards.

Wellness West will continue the Food Connections program leveraging Instacart Health's Fresh Funds technology over the next two years. In 2025 the program will support 1,000 West Side community members.

About Wellness West

Wellness West is a coming together of proven, mission-driven health care and social service providers who have deep experience serving the diverse communities on Chicago's West Side. Founded in 2020, Wellness West is creating a transformational provider network of six hospitals, 14 community health centers, four community mental health centers, and 17 community-based organizations (CBO) who are known and trusted in our communities. We employ more than 100 community health workers, most of whom live in the 10 zip codes that comprise our service area. Our collaborative care approach is principled on the idea that wellness is achieved when services are delivered at the community level, in-person, and by people with learned, or similar experience.

About Instacart

Instacart, the leading grocery technology company in North America, works with grocers and retailers to transform how people shop. The company partners with more than 1,500 national, regional, and local retail banners to facilitate online shopping, delivery and pickup services from more than 85,000 stores across North America on the Instacart Marketplace. Instacart makes it possible for millions of people to get the groceries they need from the retailers they love, and for approximately 600,000 Instacart shoppers to earn by picking, packing and delivering orders on their own flexible schedule. With Instacart Health, the company is providing tools to increase nutrition security, make healthy choices easier for consumers, and expand the role that food can play in improving health outcomes.



instacart.com/health



Wellness West
Partnering for Health Equity

wellnesswest.org



HTC
Healthcare Transformation
Collaboratives