



# Cook up healthier habits for life

## Redefine your relationship with food & make cooking fun again

Monj enhances your health and wellbeing by changing the way you cook and eat. By combining a unique skill-building approach with rich digital content, a friends & family focus, and a veggie-forward approach, Monj teaches you to eat with abundance and flavor, changing your relationship with food.

### Build new skills & expand your meal repertoire.



#### Methods

You'll master the fundamentals of sauté, stir fry and roast. Learn everything from crusting cod to cooking the perfect steak.



#### Knife Skills

Become a knife ninja! You'll learn how to use a knife properly and make cuts like a dice and chiffonade.



#### Flavor Framework

Learn how flavors like salty, sweet, umami and more come together to create the perfect dish.



**Monj** is an online skill-building platform that makes it easy to get hooked on healthy cooking! Each meal brings people together around the table to savor fresh flavors and exciting cuisines. As Monj guides you through dinner, you'll learn impressive new tricks and transform a night in your kitchen into a culinary adventure.

### How Monj works:

- Join Monj and pick a guided recipe from a curated collection
- Cook delicious veggie-packed meals at home
- Learn amazing new skills and tricks, plus track your progress
- Connect to friends and family in your kitchen (and with other Monj cooks using #monjlife)

### A Tasty Benefit

Personify Health provides tools and resources to help you invest in your personal health and wellbeing — all in one place.

- Find Monj in your PH portal, navigate to Benefits & choose Monj from the list of programs.
- Use the link from the Monj program in Personify Health to take your initial assessment & start your customized journey!