

# OnlineWellness

## PERSONALIZED WELLNESS DASHBOARD

An online welcome page tailored to you with health-tips, trackers and reminders.

## PERSONAL HEALTH PROFILE

Keep track of your current health risks and take a major step towards a proactive approach to diet, fitness, and wellness.

## EXERCISE & MEAL PLANNER

Plan your eating & fitness goals via an extensive array of interactive tools and more toward a more healthful lifestyle.

## ONLINE HEALTH COACHES

Our coaches reinforce and provide ongoing lifestyle-support for nutrition, exercise, weight management, tobacco cessation, and stress management to name a few.

## Good Health at Your Finger Tips.

Welcome to your personalized wellness program - your key to optimizing your fitness, dietary, and wellness goals.

Using our online wellness platform, mywelcoach.com, you can easily plan your fitness, dietary and health goals via an extensive array of interactive tools, and more toward a more healthful lifestyle.

**Create an Online Profile** - You have already taken the first step on your life's journey towards wellness.

**Create Your Wellness Profile** - This survey will help track your current health and identify any health-related risk-factors.

### **Track Your Daily Food Intake** -

Tracking your daily food intake is an essential skill of a healthy lifestyle.

### **Become Physically Active** -

Becoming physically active is one of the most important changes you need to make in order to transform your lifestyle.

Close adherence to these practices will help you learn everything you need to know to achieve your objectives, and attain the physical, psychological, emotional, and social benefits associated with a more active lifestyle.