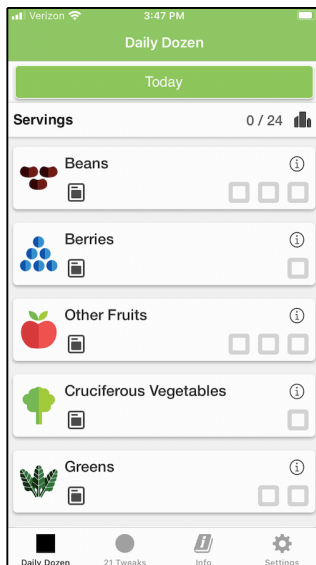




Healthy Living Apps

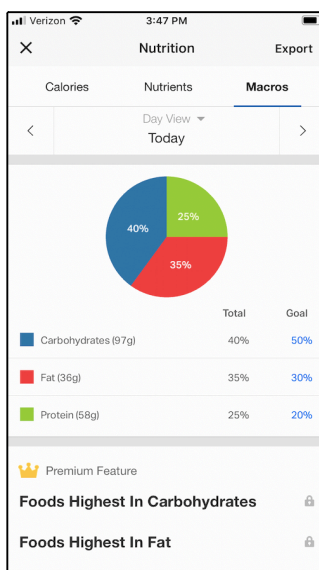
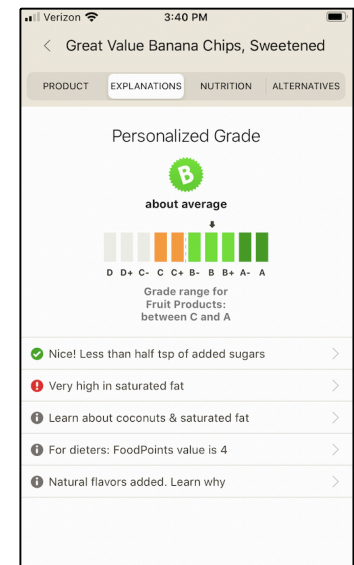


Dr. Greger's Daily Dozen - FREE
(www.nutritionfacts.org/topics/daily-dozen/)

Simplify your food tracking by focusing on eating healthier, whole foods daily. Compiled of the twelve healthiest foods for overall wellness, this checklist provides an easy way to track your nutrition without counting calories or macronutrients. Select the 21 Tweaks feature to include additional healthy habits, such as preloading water and undistracted meals, which can boost weight loss and weight management. Available for Android and iOS.

Fooducate - FREE w/ premium features upgrade (www.fooducate.com/)

Fooducate assesses a foods healthfulness and determines it's respective letter grade - simply by scanning the barcode! It then provides an explanation of the grade and suggests healthier alternatives, if applicable. Track your macronutrients and the overall quality of your calories. In addition, you can track exercise, water intake, hunger level and overall progress. Premium features allow you access to health condition and preference specific diets. Available on Android and iOS.

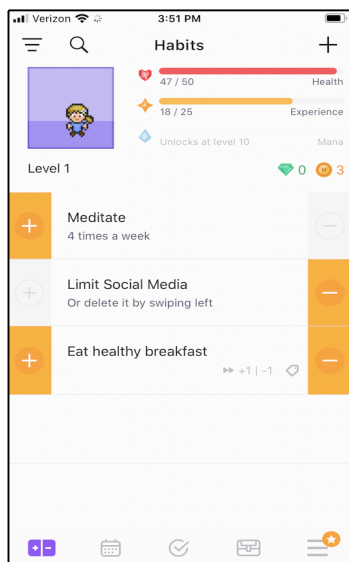
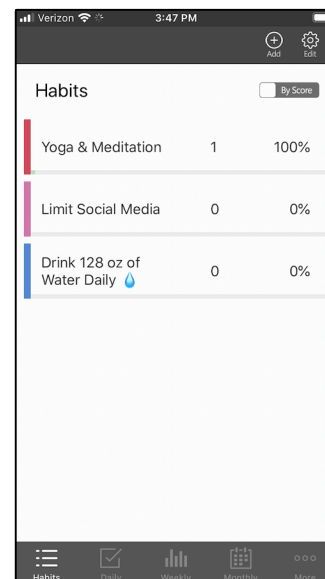


MyFitnessPal - FREE w/ premium features upgrade
(www.myfitnesspal.com/)

This app helps you set a weight loss goal, log your exercise and food, and track overall progress. It also creates a breakdown of your daily macronutrients: fat, protein and carbohydrates. With the largest food database, you can simply scan the barcode of the food and easily add it to your log, including popular items from restaurants. In addition, easily save recipes and commonly eaten foods to be easily added to your log. Available on Android and iOS.

HabitBull - FREE w/ premium membership upgrade (www.habitbull.com/)

Break bad habits like smoking or drinking, and build healthy habits like meditating or exercising. This app allows you to create your own personal goals and track your progress. Use your data to access various graphs that can help you see how you're progressing. You can also set reminders to help you stay on track and accountable for daily, weekly or monthly goals. Limited goals available with free version, upgrade to premium to track up to 100 goals. Available on Android and iOS.

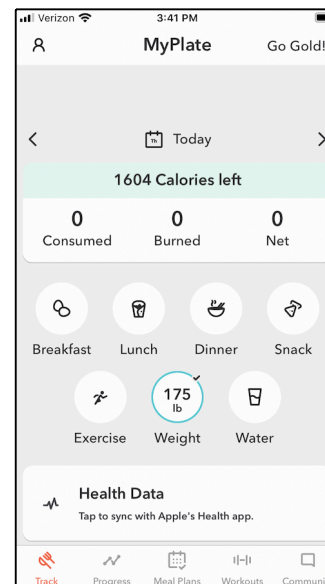


Habitica - FREE w/ premium membership upgrade (www.habitica.com)

Gamify your life and make it fun to set goals and to do lists. Check off tasks to level up your avatar and unlock features including skills and quests. You can also battle monsters and do quests with friends to hold one another accountable. A truly unique way of motivating yourself to reach your goals by making it fun to get things done. Available for Android and iOS.

MyPlate Calorie Counter - FREE w/ premium features upgrade (<https://www.livestrong.com/>)

The habit of tracking your calories can help you lose and maintain weight. Track your progress by viewing your daily nutrition, macronutrients and results over time. Access an 8-week meal plan with hundreds of recipes, along with the complimentary grocery list to make shopping easy. You also gain access to a large recipe library as well as few quick workouts. Upgrade to premium to access all workouts, recipes and meal plans. Available for Android and iOS.



Contact your onsite Health Coach for help:

Allison Knight, NBC-HWC, NDTR, CPT
National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer
262.804.1068 • allisonknight@employeehc.com