

iPhone App

for My Pathway to Health®

The iOS App for My Pathway to Health® is available for your iPhone or tablet

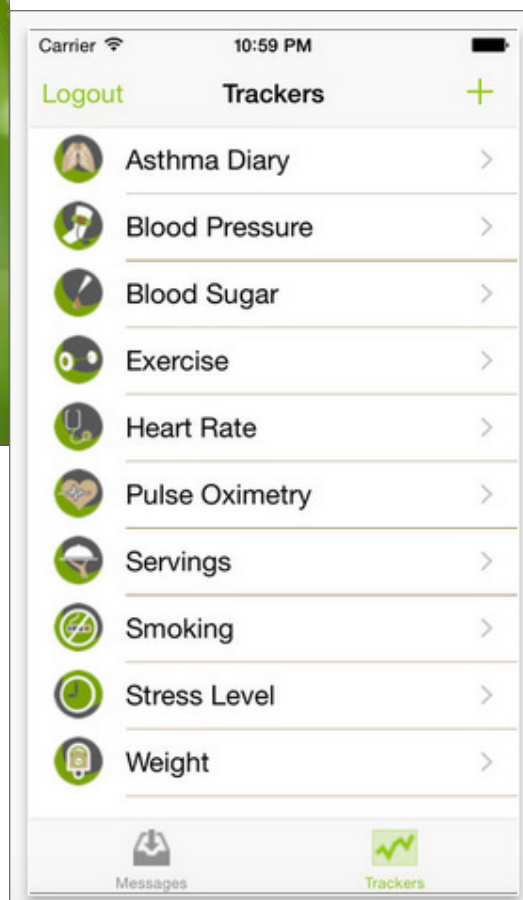


Visit the App Store, search on “My Pathway to Health” and download the app. Next you’ll be on your way to measuring, monitoring, tracking, and communicating your way to better health.



Add new entries and keep your personal tracking data with you at all times. No need to memorize or put off important information like blood pressure, blood sugar levels, exercise, and calories burned, among others.

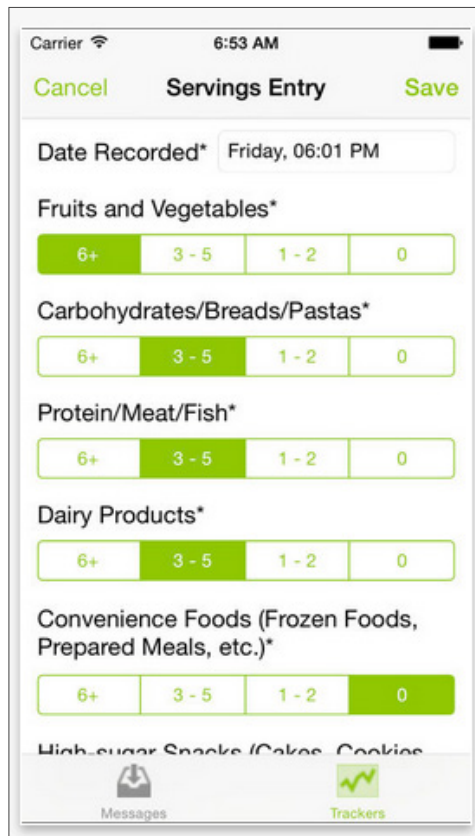
1. Login and click on the **Trackers** icon at the bottom of your phone screen
2. Add trackers by clicking “+” in the upper right corner
3. Highlight your new tracker and hit “Select”
4. Your new tracker is now added to your list of trackers



To Add a Tracker Entry

Click on the tracker you want to add an entry for

1. Click “+” in the upper right corner
2. Add your entry data and hit “Save”
3. To delete an entry, scroll down to the bottom of the entry and hit “Delete Entry”



Communicate with your health coach. Click on “Messages at the bottom of your phone screen. Send and receive secure messages with your coach at any time.

