

# Benefits of Using the HealthTrac App to Track Health/ Fitness Goals



## 2-Way Texting Feature

In this way, you or your provider will be able to set you up with a daily text message reminder for certain metrics you would like to track. Replying to a text will automatically send the information to your Healthtrac account, allowing tracking to be simple, convenient and seamless



## Color My Day

The hallmark feature of the program! The simplest way of following your commitment and compliance with the program



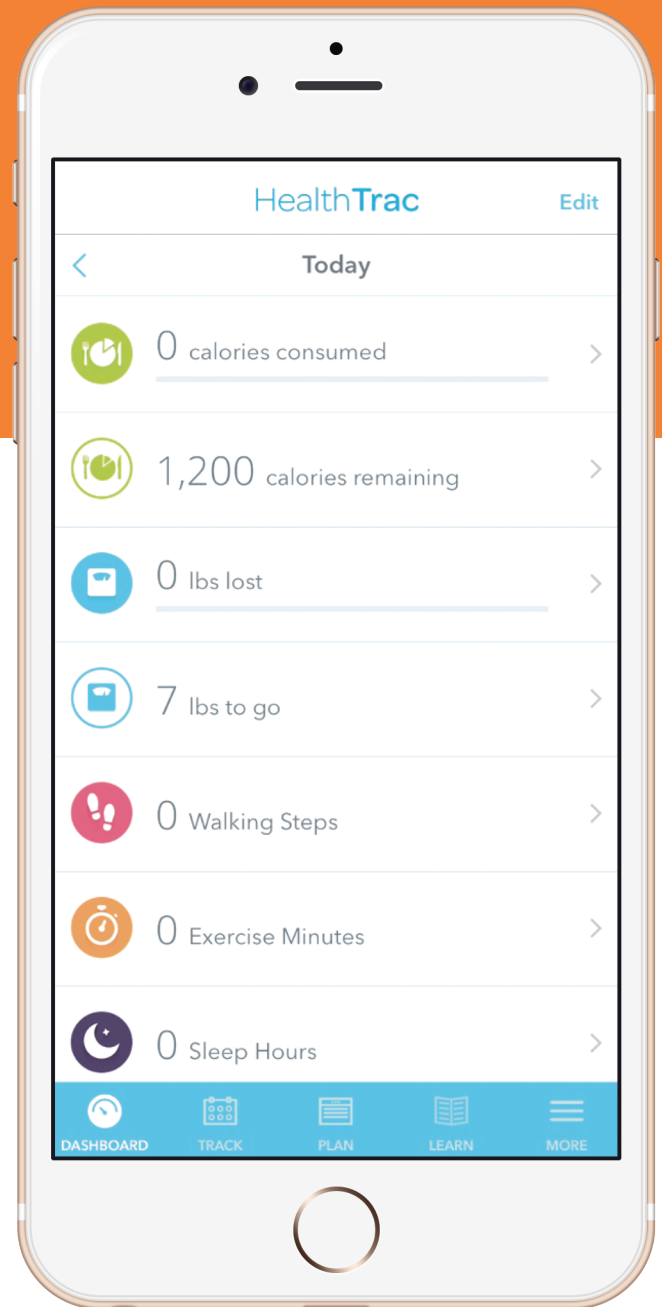
## Free Download

The HealthTrac app is a free download to anyone using an iPhone or Android device. When can you get anything free nowadays?!



## Linking/Syncing Activity Devices

You can link your Fitbit, Garmin, Jawbone or Apple Watch device to HealthTrac so that the information will automatically populate into the app, making tracking on the go a seamless and convenient experience



IF YOU PUT IT IN YOUR  
**SMACKER...**  
PUT IT IN YOUR  
**TRACKER!**