HR BENEFITS FAVORITE WELLNESS APPS + WEBSITES

1. SUPERTRACKER – DIET AND PHYSICAL ACTIVITY TRACKER (WEB)

- ☒ Set personalized goals in the categories of weight management, physical activity, calories, food groups, or nutrients
- ☒ Sign up to receive tips and support related to goals through the "My Coach Center"
- ☒ Computer login available
- ☒ Evidence-based information
- ☒ Sample meal plans and more!

2. MOVE – DAILY ACTIVITY TO STAY HEALTHY (APP)

- ☒ Reminders to get up and move every so often and perform tiny exercises
- ☒ Helps create healthy habits through occasional reminders
- ☒ Customizable and flexible
- ☒ Includes 80+ coworker friendly exercises that can be easily implemented at work

3. ELEVATE – YOUR PERSONAL BRAIN TRAINER (APP)

- ☒ Cognitive training tool that can help improve communication and analytical skills over time
- ☒ Personalized game-based training program
- ☒ Detailed progress tracking
- ☒ Fun, simple and effective

4. HEALTH IQ – DISCOVER YOUR HEALTH IQ (APP + WEB)

- ☒ Comprehensive measurement of your health knowledge
- ☒ Debunks common misconceptions regarding wellness
- ☒ Available for free on Web and IPhone
- ☒ Determine your knowledge on 300+ unique and diverse topics.