



Health Trackers



Health Advocate's health trackers are great tools to help you take action toward your goals.

There are over 25 trackers to choose from, organized by our Learning Pillars of Well-Being. Many trackers encourage you to meet specific goal recommendations, while others allow you to track whether or not you completed certain activities.

Use the health trackers that help reinforce your specific well-being goals.

How to get started:

1. **Log on** to the Health Advocate website or mobile app
2. Select **Well-Being**, and then click on **Trackers**
3. View the available trackers and select **Activate** on the healthy behaviors you'd like to track



Take your tracking to the next level and jump-start healthy changes with interactive challenges!

Our challenges are designed to help you meet a variety of well-being goals by having fun while tracking healthy activities.



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 **HealthAdvocate**SM

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