



"Connecting Health Professionals and Individuals"

## Benefits to the Individual

**My ProConnect** brings you enhanced individual care, and the knowledge that your Health Professional is at your side whenever you need them.

### You will have the ability to:

- benefit from a customized health, fitness and nutrition plan
- be educated and advised as often as you wish—everyday, if needed!
- capture all data relevant to your intake of meals, supplements, and exercise
- assess and analyze your progress at any given time
- be held accountable so you achieve your goals and results
- be motivated, counseled, monitored and supported through all your efforts
- have immediate private access to important personal health information when it is needed.

With **My ProConnect** you can enter into your computer, wireless PDA, or Smart Phone everything you eat or drink, do in the way of exercise, or take as supplements. This information is entered into the system and presented to you and your health professional, nutritionist, or fitness trainer for real-time, usable analysis and fine tuning.

Your health professional, nutritionist, or fitness trainer will be able to access this information and verify that what you are eating is within the personally designed scheduled care program they have developed for you. *You will feel they are with you every step of the way.*

**My ProConnect's** mission is to provide, through user friendly technologies, a uniquely personal level of contact between you and your health professional which will enable them to help you manage your health and wellness goals.

### Other benefits:

- One simple, low cost monthly subscription
- FREE upgrades
- FREE full technical support
- **My ProConnect** empowers you to reach your Health Management Goals



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