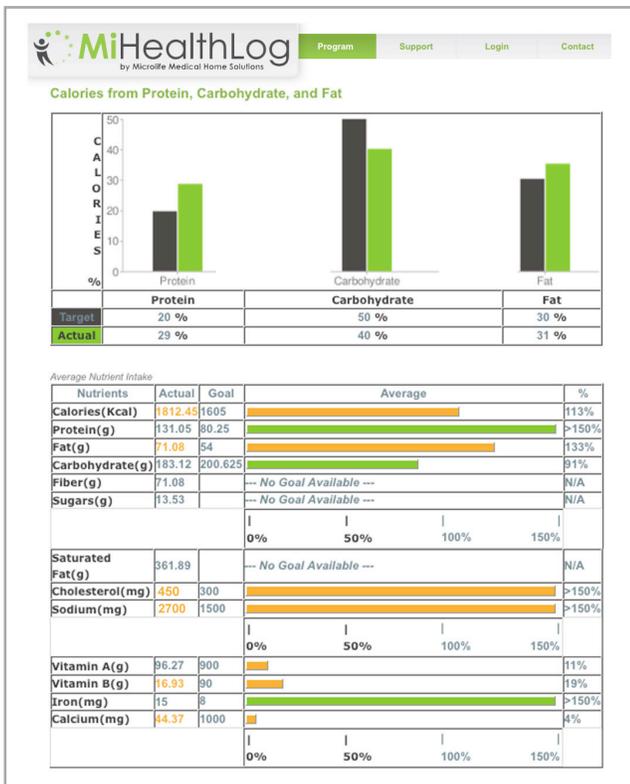


The MiHealthLog Internet Application Helps Manage a Healthy Lifestyle

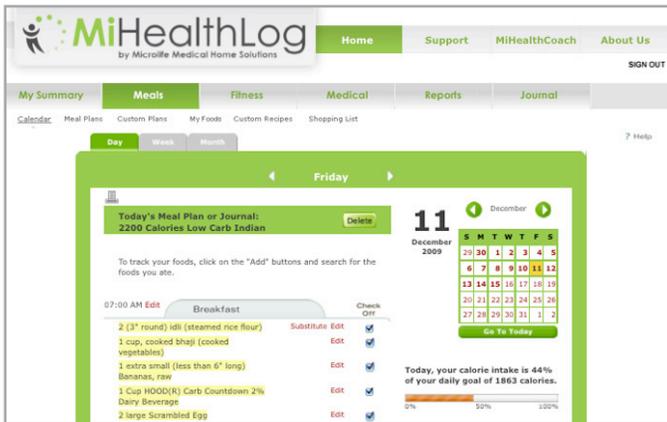
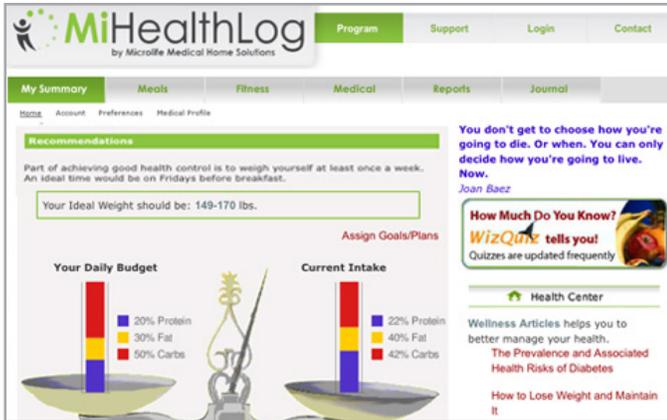
MiHealthLog is an easy-to-use, comprehensive self-management web program that helps patients and clients reach their personalized weight and health goals. Each individual's self-management program begins with a MedGem or BodyGem metabolic measurement to determine the most accurate nutrition and physical activity program to meet their health goals. Once an individual receives their personalized program from their healthcare or wellness provider, MiHealthLog makes it fast and easy to monitor calories, macro and micronutrients, physical activity, bodyweight and other important health measurements anytime and anywhere.

Studies routinely show that individuals who regularly self-monitor their nutrition, physical activity, and bodyweight lose more weight and maintain the weight loss. Individuals can make positive behavior changes by tracking food and physical activity on a regular basis. Individual self-monitoring empowers the patient or client to become more involved in their health, which leads to better results.



MiHealthLog is a comprehensive program that:

- Uses the WatchWT MedGem or BodyGem device to determine patient or client resting metabolic rate.
- Allows easy logging of food from over 50,000 foods and 1,200 physical activities. The food and exercise databases are updated monthly to ensure up-to-date information.
- Contains over 800 meal plan options for individuals with obesity, hypertension, diabetes, and gluten sensitivities. In addition, individuals can choose from various ethnic cuisines including American, Mexican, Indian and Soul Food.
- Provides educational articles on various health, nutrition and fitness topics to improve individual self-management.
- Promotes positive behavior change with easy to follow self-assessment quizzes and graphical reports comparing individual performance to their personal health goals.
- Includes motivational quotes and daily tips to inspire individuals to stay engaged with their self-management program.
- Provides multiple points of access (i.e.-computer and mobile phone) to their personal home page.



Comprehensive Feedback

MiHealthLog provides your patients and clients with immediate feedback on their progress — every step of the way. Reviewing nutrition, calories and physical activities in comparison to goals provides knowledge and promotes the specific behavior change needed to ensure long-term self-management success. The comprehensive reporting feature in MiHealthLog makes it fast, simple and easy for all individuals.

Anytime, Anywhere!

MiHealthLog enables individuals to stay on track wherever they go. Because self-monitoring is vital to overall success, MiHealthLog is a web application that can be easily accessed through any computer with an internet connection. Therefore, individuals can log at work, home, school or even at family member's or friend's home.

Individuals may access MiHealthLog Mobile through any mobile phone with an internet connection. No need to try to remember what you ate at a restaurant. Simply access MiHealthLog Mobile from the restaurant on your mobile phone to log the food in real-time!

Convenient access to log your food and physical activity from either a computer or mobile phone decreases the possibility of missed days and a return to unhealthy behaviors.



Sign-up now for a **7-day free trial** of MiHealthLog!

For as little as **\$0.20 per day**, individuals can effectively take control of their health and achieve positive results. Contact us today to learn more about MiHealthLog!

1-800-968-1378 • www.MiMHS.com • info@MiMHS.com