

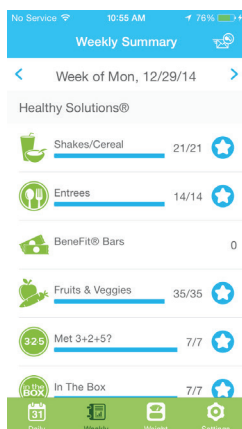
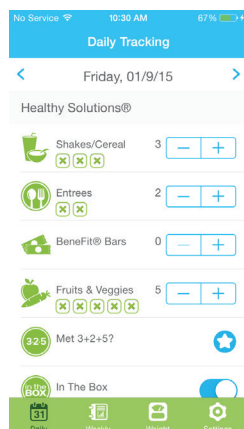
IT'S HERE!

Introducing our newest tracking tool... the HMR mobile app!



With the HMR app, keeping records of your HMR foods, fruits and vegetables, and physical activity is easier than ever. In just a few seconds, you can track your progress each day to support your weight management goals. Key features of the app:

- Daily Tracking lets you quickly keep track of your foods and physical activity throughout the day.
- Convenient Weekly Summary lets you see, at a glance, how close you are to your goals.
- Physical Activity Calculator estimates your exercise calories automatically. You can add in “multiple bouts” of exercise with ease.
- Chart your weight over time to track your progress.
- Use Daily Notes to help with plan making.
- Send your midweek and end-of-week records to your HMR Health Coach/ Health Educator. Bonus: Let the app do the calculations for you!



The app is available for iPhones and Android phones. To get your download of the free HMR mobile application, visit *iTunes* or *Google play*, and start tracking your progress from the convenience of your smartphone, wherever you are!

We Value Your Feedback

Right now we are only doing a “soft launch” of the app and letting a limited number of people know about it. With your advance access to the app, we want to hear what you think about it! Once you’ve downloaded the app and have started using it, please take a minute to complete our survey, by visiting:

<https://www.surveymonkey.com/s/HMRAppAssessment>

