

CBIA HEALTHY CONNECTIONS

Health

- [Health Logs](#)
- [Health Assessment](#)
- [HRA Report](#)
- [My Health Articles](#)
- [Risk Advisor](#)
- [Screening Results](#)

Wellness

- [Manage Workshops](#)
- [Progress Report](#)
- [Weight Log](#)
- [Wellness Workshops](#)

Diet

- [Add/Analyze Recipes](#)
- [Analyze My Diet](#)
- [Diets](#)
- [Find Healthy Recipes](#)
- [Food Log](#)
- [Meal Planner](#)
- [My Nutritional Needs](#)
- [Sports Nutrition](#)

Exercise

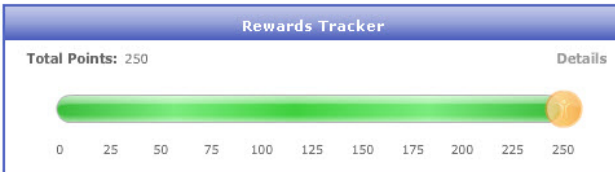
- [Cardio Log](#)
- [Exercise Examples](#)
- [Exercise Planner](#)
- [Pedometer Log](#)
- [Strength Log](#)
- [Stretching Examples](#)
- [Track My Exercise](#)

Community

- [Diet Buddy](#)
- [Event Registration](#)
- [Message Center](#)

Reference

- [About Us](#)
- [Activate Smartphone](#)
- [Healthy Habits](#)
- [Incentive Report](#)
- [My Profile](#)
- [User Guide](#)



My To-Do List

- Weigh In**
Exercise Workshop DO THIS NOW
- The Basic 3: Essential Elements of You...**
Exercise Workshop DO THIS NOW
- Start Off on the Right Foot - Safety F...**
Exercise Workshop DO THIS NOW
- Get SMART and Set Goals**
Exercise Workshop DO THIS NOW
- Start An Exercise Program**
Exercise Workshop DO THIS NOW

Today

George Marchetti DHA,
You worked very hard.
Here are your current results:

Current BMI: 30.5
Weight: 237 lbs
Weight change: None
Goal: 185 lbs

Target calories: 2200

Steps Goal: [Not Set](#)
Today's Steps: 0

Incentive Points: [250](#)
Wellness Score: [62](#)
New Messages: [None](#)

Water Consumed Today

Today: 0 Cups

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Quick Links

- [CBIA Healthy Connections Articles](#)
- [ConnectiCare My Health Center](#)
- [Oxford UnitedHealthcare Site](#)

ACTIVATE SMARTPHONE

