

You Know Your Numbers. What's Next?

Find Support Through the WebMD Portal



Weight/BMI

- Set a goal with your health coach on increasing fruits and vegetables.
- Visit "Explore & Learn" in the WebMD portal to learn more about exercise.
- Start the Balance Your Diet Daily Habit plan in the WebMD portal.
- Track your daily steps by syncing your steps in the WebMD portal.
- Learn more about Body Mass Index by visiting [The CDC](#) website.

Congratulations! You are taking important steps to managing your weight.

Lipid Panel

- Set a goal with your coach to increase your daily fiber.
- Explore new recipes in the Explore & Learn section of your WebMD portal.
- Track your exercise through the WebMD portal tracker.
- Start the Enjoy Exercise Daily Habit plan in the WebMD portal.
- Learn more about lipid panels by visiting the [The American Heart Association](#).

High-Five! Your heart will get stronger with each healthy decision.

Blood Glucose

- Set a goal with your coach to reduce sugary foods.
- Reduce stress-induced blood sugar spikes by listening to a mental health podcast in the WebMD portal.
- Strive for more steps and sync your device in the WebMD portal.
- Start the Diabetes Daily Habit plan in the WebMD portal.
- Learn more about blood glucose by visiting [The American Diabetes Association](#).

Your future self is thanking you for the healthy choices you are making!