

The Healthy Target Program

Ready to make healthy changes? We know it can be hard. That's where WebMD's Healthy Target comes in. There's no overwhelming list of things to do and no drastic measures to take. Each habit is designed to ease you into a healthier way of life. Not only will you succeed, you'll create habits that will last a lifetime.

Set Your Goals

Choose from six different goals:

- | | |
|----------------|---------------------|
| Lose Weight | Control Blood Sugar |
| Eat Healthier | Feel Better |
| Be More Active | Sleep Better |

We'll recommend three habits to help you reach your goals. If you dislike our picks, you can choose other habits. You can add to or change your goals and habits at any time.

Start Your Habits

Each habit has three levels: easy, medium, and hard. You'll always start a new habit at the easy level. Each habit will

last for one week, and you'll use the app to track your progress. You can set up reminders so you don't forget to do your habits.

Track Your Progress

If you complete your habits for 5 or more days in a given week, you'll have the option to "level up." Not ready to level up? That's OK. You can do your habits again for another week, try an easier level, or choose a different habit.

Once you've successfully completed the third level of a habit, you can continue with that habit or choose another.

At the end of each week, you can delete your habits and add new ones.

While the program works on a weekly schedule, there's no end point. You can stay on the program as long as you want.



View & Understand Your Data

You can track more than habits, including how many hours you sleep, the number of steps you take, your weight, and your blood sugar levels.

You can also connect a compatible fitness device, like an activity monitor or a wireless scale, and sync data directly from the device.

We'll use the data to get a more complete picture of the progress you're making.

If you don't have a device, or if you have a device that is not supported, you can manually enter your information.

We'll display your data both daily and weekly. With our easy-to-read graphics, you'll be able to see changes in your sleep, step counts, weight, and blood sugar over time.



Review Your Week

At the end of every week, we'll take a detailed look at your progress. We'll recap how you did with your habits and analyze any data you provided.

We'll give you personalized advice to help you be more successful.

Stay Inspired

Every day you'll see a snapshot of your habit and data tracking, along with tips, advice, fun facts, videos, and lots of inspiring reads to help you stay motivated -- all tailored to your habits and goals.

FAQ

Q: What happens if I don't like the habits you chose for me?

A: No problem! You can select another habit from our list.

Q: Can I have more than three habits?

A: During week one, you can only have three habits. After week one, you can have up to five.

Q: What if I don't want to go up to the next level of a habit?

A: No problem! You can stay on any level as long as you'd like. But we recommend trying the next level after 3 weeks. Challenge yourself! You can always drop back to the lower level.

Q: How many reminders can I set?

A: You can have up to three reminders for each habit.

Q: Can I change my goal or habit mid-week?

A: Yes. But if you change them mid-week, you'll need to start your week over.

Q: What devices do you support?

A: Supported device makers include Fitbit, Jawbone, Withings, Entra, and Telcare.

Q: How quickly can I expect to lose weight?

A: If you practice small habits and stick with them long-term, it can lead to permanent change and lifelong health benefits, studies show. So, it's okay if you don't see big weight loss right away. Healthy Target is designed to help you lose weight over time.

