

SINGAPORE

## **USER GUIDE:**

Healthier Me, Healthy Weight

# How to Add Health Goal

Amway

# Help & Support

## Need more help?

## Call or write to us



### Helpdesk Email us @

sghelpdesk@amway.com



## **Call Centre**

Call +65 6550 9911 Monday to Friday 9am to 7pm Saturday 12pm to 7pm (excluding Sunday & public holiday)

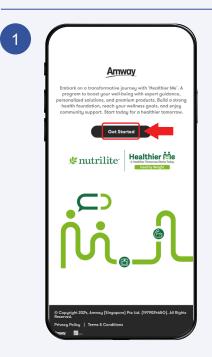


### Chatbot

You can also chat with our Amway Chatbot button at the bottom right on the website screen to get started!

## Amway

## How to Add Health Goal

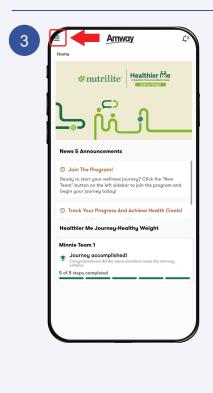


## Click **Get Started** to continue

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Amway
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Email or Phone
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Password
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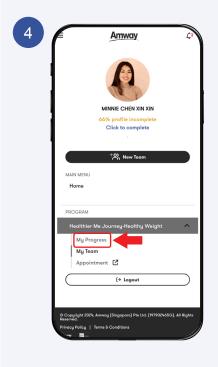
Sign In with your Amway ID & Password.

## How to Add Health Goal



Click on the **Menu Icon**.

Amway



Select the program & Click the **My Progress** to continue.

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### How to Add Health Goal

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#### Click on the +Add Goals button to continue.

\*Health goals are optional and are intended for your personal records to help you stay focus throughout the journey.

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### Enter Your Health Goal & click Save to Continue.

#### Specific

Write down exactly what you are you trying to achieve.

For example: Rather than "I want to do more exercise", make it specific, such as "I will ride my bike to work on Monday and Wednesday".

#### Measurable

Use numbers or amounts where possible. For example: I will eat 2 portions of fruit, each day

Action-based Write down a goal that you can reach. For example: If you know you are unlikely to start exercising 40 minutes daily, a better goal might be exercising 20 minutes daily

#### Realistic

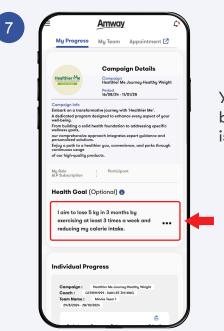
Realistic Your goal needs to be achievable and meaningful. For example: When I feel stressed, instead of snacking, will stop and ask myself why I feel this way. I will focus on this thought for 10 minutes to establish whether I am hungry before I eat anything

#### Time-bound

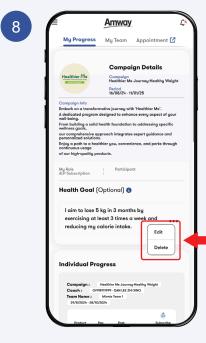
Set a time frame for your goal to track your progress. For example: I will walk to work twice a week by the end of May

## Amway

## How to Add Health Goal



Your **Health Goal** will be displayed once it is saved successfully.



You can **Edit** or **Delete** your Health Goal.