

SINGAPORE

### **USER GUIDE:**

Healthier Me, Healthy Weight

### How to Add New Progress

#### Amway

UPDATED AUG 2024

# 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!

#### How to Add New Progress



Click **Get Started** to continue

Sign in	
Email or Phone	ABO # or Customer
Amway ID	
Email Address or I	Phone Number
Password	
	Sign In
For	got Password?

Sign In with your Amway ID & Password.



#### How to Add New Progress



Click on the **Menu Icon**.



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



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#### **Amway**

#### How to Add New Progress



#### Scroll Down & Click **Add New Progress** to Continue.

\*Progress monitoring is optional and intended solely for self-assessment. It does not affect the winning criteria.

	Delore	Anter
	Pre-Assessment Date:	Post-Assessm Date:
	01/08/2024	01/10/2024
Add New	Progress	
Regularly trac progressing to you motivated your health joi	k your health records to e ward your goals. Monitori and helps you make info urney.	nsure you're ing your progress med decisions ab
Date *		
3/9/2024		
Weight (kg) *		
75		
Body Fat (%)	k .	
12		
Musele Marro	ka) •	
13	Kâ)	
<u> </u>		
I verify the acknowled	it the information provide Ige the requirements.	d is correct and I
	- • •	
(	Cancel	

Enter the necessary details and click **Confirm** to proceed.

### Amway

#### How to Add New Progress



The details you just entered will be displayed.



You can follow the same steps to add your next progress.