



DietMaster Web™

Track food and physical activity on the web

DIETMASTER WEB* is a powerful web-based tool for healthy eating and weight management.

Client Benefits



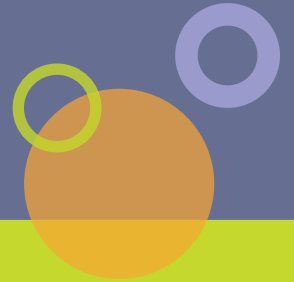
- **Boost your wellness efforts.** *DietMaster Web* is perfect for participants interested in losing weight and maintaining a healthy weight as well those interested in improving their nutrition habits.
- **Increase engagement.** *DietMaster Web* is ideal for organizations with on-site participants as well as dispersed groups.
- **Tracking and reporting.** Participants receive reports that provide a nutrient summary, calorie tracking, exercise log and body measurements.

Participant Benefits



- **User friendly.** The web-based program makes it easy to plan nutritional meals and track food and physical activity.
- **Easy to access.** *DietMaster Web* enables participants to set and track their goals from a home computer, office computer or cell phone with Internet access.
- **Simple tracking.** *DietMaster Web* supports healthy weight management by calculating calories consumed and burned for easy monitoring.

DietMaster Web



What you need to know

- With the click of a mouse, employees can access registered dietitian-designed meal plans, as well as track calories, nutrients and exercise against their target calorie level and weight management or nutrition goals.
- Participants receive an estimated daily calorie goal based on their height, weight, age, gender, resting metabolic rate and lifestyle factors.
- Program includes a database of more than 13,000 foods (including brand-name foods and menu items from national restaurant chains) and 250 exercises.
- *DietMaster Web* includes trackers to monitor intake of protein, carbohydrates, fats, cholesterol, fiber, sodium and other nutrients for better health and nutrient management.
- Participants receive reports that provide a nutrient summary, calorie tracking, exercise log and body measurements.

Add to your wellness programs

Contact your HealthFitness representative to provide *DietMaster Web* to your participants and add to your year-long wellness programming.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.



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