


myignitehealth

Check out the great features available at Myignitehealth to assist your population in creating and exceeding their own personal health goals!


Track your daily exercise and nutrition!



Wellness Tracking

Program	Status
Add Exercise Activity	Add Exercise
Track Nutritional Activity	Add Food

Participate in Challenges!




Water Challenge

Read more about this challenge


Simply enter the number of glasses of water consumed each day to participate in this challenge.

Click on the day you wish to track your water consumption for:



How many servings of water have you had on 10/7/2016?

of 8 oz glasses



[Save](#)

Link with your Fitness Tracker!






Access on your phone!

Myignitehealth is 100% mobile friendly! Please click on the following links to create easy 'short cuts' and add icons to your mobile devices.

For instructions view our handy FAQs: [For iPhone](#) | [For Android](#)

View your past Biometric Results!

Your Risk Report for 10/6/2016



Low

Personal Biometric Risk Summary (Biometric recorded on 10/6/2016)

Low

6

Overall

2

High

0

Biometric			
Cholesterol Values			
Total Cholesterol	150	Acceptable	
HDL Cholesterol	100	Acceptable	
LDL Cholesterol	100	Acceptable	
TC:HDL Ratio	1.5	Acceptable	
Blood Tests			
Blood Glucose-Fasting	0		
Blood Glucose-Non-Fasting	0		
Triglycerides	0		
Blood Pressure			
Blood Pressure-Systolic	130	Borderline	

Health History	
Cardiovascular Disease: (CHF, CHD, Stroke)	
Female relative before 65 years of age:	Yes
Male relative before 55 years of age:	No
Diabetes:	No
High Blood Pressure:	No
Cancer:	No