Healthy Habit Tracking

- Artificial intelligence fuels a truly personalized experience and recommends habits that a member is likely to engage with and adopt.

- Make it easier for members to discover and build new habits with 400+ healthy habit trackers available, and the ability to custom create your own!

- These trackers may be used on a personal level to encourage adoption of new habits, or you may invite friends and turn it into a group challenge!

- Drives greater engagement in program overall

- Leverages one of the largest data sets in the industry to fuel machine learning and make intelligent recommendations for members