

HOW TO LOG YOUR BEVERAGES

Logging your beverages is simple using your myHealthCheck360 portal. Simply follow the steps below:

- 1. Log into your myHealthCheck360 account
 - First time users should create an account and sign in
 - i. Your company code is UCARK.
 - ii. Your unique identifier is your last 4 UCA ID number
- 2. On the left hand menu, select 'Track Health'
 - Select 'Food'
- 3. Under Log Food, simply type in the name of your beverage
 - Ex: Apple Juice: click the description that best fits your beverage

42	Dashboard	
≁	Track Health	~
	Food	
	Activities	
	Weight	

	Log Food			٩	ອ	•	Custom
	What did you eat?						-
	Untitled						×
	Apple Juice (Juice It Up)	12 oz	160 cals				
	100% Juice, Apple (Apple & Eve)	8 oz	110 cals				
	100% Juice, Apple (Apple & Eve)	6.75 fl oz	90 cals				
	100% Juice, Apple (Apple & Eve)	10 FI Oz	140 cals				
_	100% Juice, Apple (Apple & Eve)	125 ml	60 cals				
	100% Juice, Apple (Apple & Eve)	8 fl oz	110 cals				
	100% Juice, Apple (Apple & Eve)	236 ml	110 cals				-
	Anytime						

- 4. Enter amount
 - This field may also prepopulate

		8				OZ
5. 6.	Select Enter	t your meal time Log Food	Anytime	C Favorite	▼ Log Food	

Don't have time to log every day? That's okay! Simply click the blue calendar at the top right of your tracking screen, and select your day.

🛗 Today	<	>