

Stay motivated managing your weight with a tracking app that's right for you

Work with your doctor to put together a long-term weight management plan and assess your progress over time. One way to follow your eating and activity level more closely is by using an app. There are many apps that can help. We have assembled some of the most widely used and described each so you can evaluate which app might be right for you.*

This app makes it easy to track your eating habits and activity level



My Fitness Pal

Extensive database simplifies tracking food and physical activity

Offers healthier choices based on your behaviour

Most downloaded health and fitness app worldwide

Right for me

This app lets you connect a wearable device to help you track everyday activity



Up

With a wearable device, sensors capture all your physical activity

Tracks results and provides reports over time

Easy-to-use health scoring system for food

Right for me

This app guides you to develop better eating habits and tracks your activities



Noom Coach

Personalised coaching keeps you on track

Meal plan suggestions based on your personal goals

Member community helps you stay motivated

Right for me

Download the app you've chosen at:

CIRCLE ONE



NOTES

* Novo Nordisk has performed an independent analysis of popular health and activity tracking apps on the market, which forms the basis of our recommendation. Novo Nordisk has no affiliation with any of the companies behind these apps and assume no liability for these apps. It is entirely your decision whether to choose any or none of the above apps. If you choose to use any of the apps above, please read carefully the terms and conditions communicated by the apps owner.

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