

You know what your patients should do. Healthy Enough helps you see what they actually do.

Healthy Enough makes the part of care between appointments visible. Your patients can easily track their food and exercise, and you get clear, actionable data to guide your advice, identify problems early, and improve outcomes.



HE-Food

Simple Tracking. Deeper Insights.



-  Photo entry
-  Voice entry
-  Barcode scan
-  Search foods
-  Saved meals & recipes
-  Food quality score
-  54 nutrients vs. 30 DRIs

HE-Move

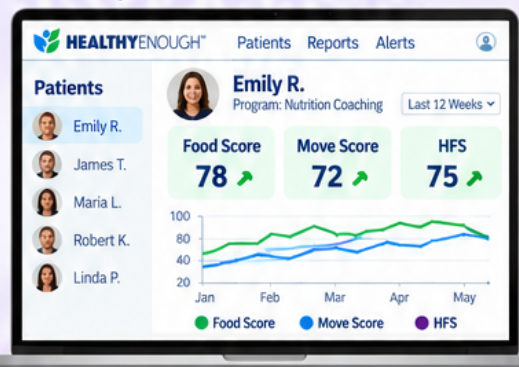
Five Key Components.
One Simple Score.

-  **Movement**
Daily activity
-  **Aerobic**
Cardiovascular fitness
-  **Strength**
Muscle and bone health
-  **Flexibility**
Mobility and function
-  **Balance**
Fall prevention

Professional Dashboard

Make the invisible part of care visible.

See trends, identify at-risk patients early, and focus your time where it matters most.



A More Complete Picture of Nutrition and Lifestyle

- 
Food quality & variety
- 
Detailed nutrients vs. DRIs
- 
Portion control
- 
Exercise & movement
- 
Minutes-of-Life information
- 
Sustainability (Eco impact)
- 
Weekly summaries for patients
- 
Professional monitoring

Proven with Real Users

In a 237-person pilot, participants were monitored through the professional dashboard and contacted when they began trending off track.



67%

achieved our adherence criterion, even when dropouts and participants who failed to maintain Food and Move scores $\geq 70\%$ were counted as non-adherent.

From Data to Better Outcomes

A simple process to support your patients between appointments.



A Simple 90-Day Pilot

Start with 50–100 clients or patients. No major integration required.

- 
50–100 patients
- 
HE-Food + HE-Move
- 
Professional dashboard
- 
Weekly reports
- 
Implementation support
- 
90-day results

A Powerful Tool for Your Practice or Organization

Healthy Enough complements your expertise and strengthens patient engagement. It can be used within your practice or branded for your organization.

Let's Explore a Pilot Together →