Health Goal

Set a Health Goal

From the homepage, click on the Set A Health Goal image to go to the Health Goal page. You can also click on the hamburger menu in the top left corner of the homepage and click on Set a Health Goal.

Click Add Goal and select a goal from the drop-down list. If you want to create your own custom goal, select personal goal. Once you select the type of goal, enter the requested information so you can track your goal and click Save. Please note that the text you enter into the description field will be what shows up on your tracking table.

Track Your Health Goal

Stay on track with your goal by tracking your progress. To do so, simply click on the icon related to that goal. For example, for the drink 64 oz. a day goal, click on the water glass icon for every time you drink 8 oz. of water. Once you reach 8 water glasses of 8 oz. each, you will have completed the 64 oz. of water for that day.

There will be a box on the right side of the screen that shows your Goal Summaries. It will show you how many goals you have that are at risk, may be at risk, or are on track. This will help you stay on track with the goals you set. You will also receive email reminders to help you stay on track.

If you would like to reach a member of the Be Well UC Team, please email wellness@uc.edu. If you need assistance or help with using the Alyfe Wellbeing portal, please contact Alyfe via email at bewelluc@alyfewellbeing.com or by phone (844) 384-0500. Revised 11/25/2019