

SAN FRANCISCO, Feb. 22, 2014 /PRNewswire/ -- Prevently.com is a new health and wellness portal that aims to help people live a healthier lifestyle. The website provides users with health information reviewed by physicians, virtual video coaching with dietitians, a personal health record that integrates with wearable fitness devices such as FitBit, social networking tools, and an ecommerce portal that allows users to purchase health products and food reviewed by physicians.

Prevently plans to make its wellness coaching service available to the public in late March and is currently testing the service with private-beta users. The initial monthly subscription for the wellness coaching is set at \$199 per month - a premium price, for a premium service. Users who sign up for the service will be connected with registered dietitians who will video conference with them for 30 minutes each week and send them health tips to their mobile phone.

Prevently users can also sync wearable fitness bracelets such as FitBit and JawboneUP with their Prevently personal health record and share that sleep and exercise data with their wellness coach. In addition, iPhone can download Prevently's mobile application which allows them to take pictures of their food and create a visual food diary that is visible to their coach in their personal health record. The personal health record will also integrate with blood pressure cuffs and blood glucose monitoring devices from iHealth labs. The goal of the Prevently wellness program is to help people achieve their optimal healthy by improving their diet and lifestyle which includes sleeping properly and being physically active.

Prevently.com licenses consumer health content from Harvard Medical School. All the content is reviewed by physicians for scientific accuracy and focuses on prevention and wellness. This content will be sent to users who subscribe to the Prevently wellness program based on their individual health goals.

Users who sign up for a private wellness coach can also access Prevently's social networking tools to meet other users that have similar health goals. For example, if you are interested in jogging with other users in your local area then you might join a group called San Francisco Bay Area Joggers and organize jogging events with other users in your area.

"Two out of three Americans are overweight and tens of millions of people are at risk for chronic

Prevently.com Prepares to Launch Online Wellness Coaching Service

Written by Australian Business

conditions such as diabetes and heart disease. Our goal is to help people live a healthier lifestyle through technology and help them prevent these diseases from developing in the first place. Our team at Prevently is motivated by the idea of helping people improve their health," said founder and CEO Laurence Girard.

About Prevently

Prevently is a health and wellness website that helps people live a healthier lifestyle through its website and mobile app. The company's headquarters are located a leading tech co-working space called Runway in San Francisco, California. For more information, go to <https://www.prevently.com/>.

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