

BettrLife Announces Release of 'Smart' Food and Nutrition Logging for Mobile and Web

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/EINPresswire.com/ -- BettrLife announces a major update to its food and nutrition logging interface for its innovative provider/patient engagement platform and will demo the updates at the upcoming mHealth Summit in Washington DC, December 8 - 11.



Health and [wellness technology](#) leader, BettrLife, has announced a major update to its food and nutrition logging interface for its innovative provider/patient engagement platform. This includes the new [Smart Logging](#) functionality for individuals to easily log all aspects of their daily food and nutrition routines directly from its mobile application and web portal.

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BettrLife CEO, Don Schoen

BettrLife's Smart Logging promotes user engagement by intuitively suggesting foods that are eaten most often, allowing complete meal logging in only a few easy clicks. By recommending meals based on learned interactions and food pairings, Smart Logging lets users select common foods and will even suggest food pairings based on a selected entre. The prescriptive logging features simplify

the process of tracking nutritional intake for patients in a clinical setting. Additionally, the advanced search feature crawls Google for thousands of recipes, while the comprehensive databases of restaurants, USDA food data, and grocery items ensure all food can be easily logged.

“Smart logging is the next evolution in food and nutrition tracking, and is a step forward in functionality that simplifies and enhances engagement for the user,” said BettrLife CEO, Don Schoen. “Combined with our planning, activity tracking, and virtual health coaching features, BettrLife has the flexibility to meet the needs of evolving wellness programs”.

BettrLife will demo the new logging features at the upcoming mHealth Summit in Washington DC from December 8 – 11, where Schoen will also be a featured speaker during two conference sessions.

Other convenient features of the BettrLife's platform include:

- Meal plan development to create customized plans for patient groups that analyze and track nutritional content and patient adherence.
- A [Nutrition analyzer](#) which can instantly analyze any recipe, whether from a cookbook or website, for specific nutrition characteristics based on the ingredients.
- Secure Messaging for direct interaction between healthcare providers or coaches, and groups of patients or individuals to provide suggestions and encouragement.
- Enhanced analytics to measure success and compliance with custom reports.

Founded in 2010, BettrLife is a unique technology solution that enables healthcare providers to engage their patients to take control of their own health and wellness through an integrated suite of food, nutrition and activity tracking tools. This interaction facilitates patient engagement and leads to long-term healthy lifestyle changes within their populations. BettrLife's new Smart Logging features are now live on its web portal and Android application, with iOS functionality coming soon.

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