



**Log in steps:**

1. Navigate to the Dashboard. (<https://drjeffreytucker.stayhealthy.com>)
2. Enter the username and password of the patient.
3. Once logged in, the user or health coach can view all the trended data stored for that particular user, use the daily journal and log food or exercise.

**For more information, please contact your Dr. Jeffrey Tucker Health Coach.**

Username \_\_\_\_\_

Password \_\_\_\_\_

# The Dr. Jeffrey Tucker Dashboard

**This comprehensive body composition system provides trending of your users' crucial biometrics:**

- Lean mass
- Body fat
- Hydration level
- Weight
- BMR

These biometrics are collected from scans administered by the Dr. Jeffrey Tucker Body Composition Analyzer, which is an FDA-cleared Class II medical device, the USB-enabled weight scale, or manually entered.