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**Subject:** Freshly brewed news for your coffee break

**Date:** Thu, 13 Feb 2014 16:52:18 +0000

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 header



## Withings World News

The Health Mate web dashboard has just welcomed new features, and the Smart Body Analyzer is now available in white. Two Withingers also recently shared their "360° health tracking experience" with us.

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### Health Mate **hits the headlines**



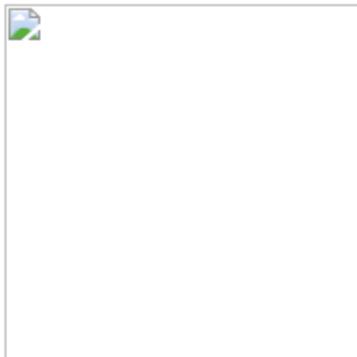
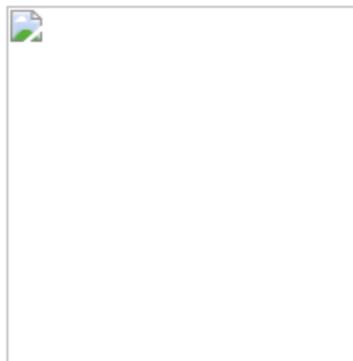
#### Showing you the way

We're proud to have added the Smart Activity Advisor system to your Health Mate dashboard. It's a proprietary algorithm that converts your weight loss goal into personalized daily activity recommendations. >> [Set a new goal](#)

## Tracking calories with MyFitnessPal

Balance nutrition and activity directly in the Health Mate web dashboard thanks to the new dedicated widget.

>> [Add it to my dashboard](#)



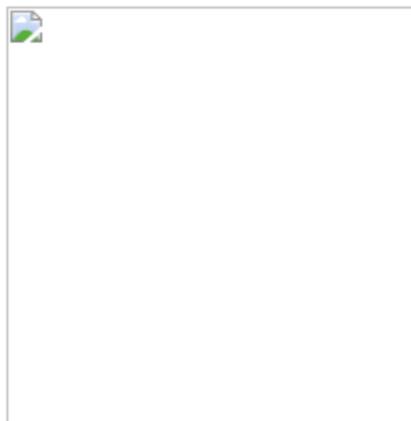
## Keep your doctor in the know

You can now easily share your blood pressure history to your doctor right from the Health Mate web dashboard!

>> [Start sharing](#)

## Widen the experience

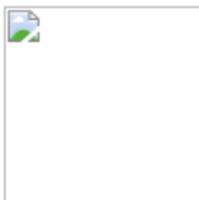
We revamped our partners page to make it easier for you to find the apps that fit your needs! >> [Discover our 100+ partners!](#)



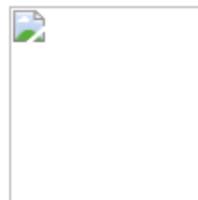
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## Withingers tell it like it is

Via a tweet, we asked the community to share their 360° health tracking experience. If anyone knows that it makes sense to look at your health from a wide angle, it's the Withingers!



*"I still felt that as a part of the Quantified Self philosophy, seeing my activity visualized as charts and graphs would make it easier for me to be more active and improve my well-being"* Draper H. (USA). >> [Read more](#)



*"I soon wanted to start growing my butterfly and was not content with only seeing a quarter of it filled in"* Stefan I. (Sweden). >> [Read more](#)

Tell my story!

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