

Your goal weight is a step away.

With the RestoreHealth app and a live coach, you'll find it easier than ever to achieve your goals.

restorehealth
a healthfleet® program



Personalized Exercise and Nutrition

Access your very own nutrition plan and quick exercises to maximize your effort with minimal time spent.



Personal Health Coaching

Your health coach follows your journey to better health. You can reach out to them via text or calls!



Progress Tracking and Meal Logs

Easily snap a picture of your meals for your coach to rate. Track progress with weight, exercise, nutrition, sleep, and stress management.



Join for FREE today!
use group ID "smith_2026" at enrollment



SECURE AND CONFIDENTIAL: RestoreResilience is delivered on a highly-secure, HIPAA-compliant platform and therefore all personal health information (PHI) will remain safe and confidential. Additionally, since HealthFleet is a 3rd-party solution provider, participation within the program is also confidential and no information will be accessible by your health insurance provider.