



Mobile Health Apps

Basics

- Promote health and wellness with easy access to a variety of health metrics, tracking tools, and information
- Activity tracking (steps, distance, sleep, calories, etc.)
- Log your food/water intake, exercises, body measurements
- Data trends and personalized recommendations
- Integrate/sync with other devices and health & fitness apps

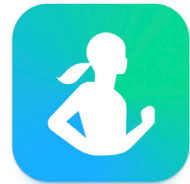
iPhone Health App

- Pre-installed on all iPhones
- Sharing options for family or caregivers
- Syncs with other apps to see health info in one place
- Medical ID feature



Samsung Health App

- Available in the Google Play store and Apple App store
- Extensive tracking options and data insights
- Community challenges and badges help motivate



Heart Rate Monitor Apps

- Use the smartphone's camera to measure your heart rate
- See how your heart rate is affected by certain activities
- Examples: Cardiio, Cardiograph, Instant Heart Rate



Considerations

- Health apps do not replace medical expertise or doctor recommendations
- Only use features you're comfortable with
- Review privacy policies and limit app tracking in the Settings
- Not protected by HIPAA