

# Information About “APPS”

## INFORMATION GUIDE



**App** is an abbreviation for *application*. An **app** is a piece of software. It can run on the Internet, on your computer, or on your phone or other electronic device.

The purpose of this guide is to identify applications (apps) that help patients and families focus on improving their cardiovascular health. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. Assistance in accessing these applications may be obtained at the Mardigian Wellness Resource Center, Room 2101 in the Cardiovascular Center. Visit our website at [www.umcvc.org/mwrc](http://www.umcvc.org/mwrc)

### CARDIOVASCULAR HEALTH



#### **Cardio Buddy Free – Touchless Camera Heart Rate Monitor by Azumio**

- Cost: Free
- Features: Determines your heart rate from a distance by using the camera sensor within your phone.
- For: iPhone, iPad and iPod Touch



#### **CardioSmart Med Reminder by American College of Cardiology**

- Cost: Free
- Features: Helps patients to track medication lists, deliver reminders, monitor compliance with therapy, and to share that information with their physician. Also provides drug information.
- For: iPhone, iPad and iPod Touch



#### **Healthy Heart 2 by Ringful Health**

- Cost: Free
- Features: Users enter medication and treatment information into a journal. App generates graphs and helps users figure out high blood pressure triggers, lifestyle effects on risk factors, effectiveness of treatment and medications, and potential medication side effects. Can share data with your doctor via email.
- For: iPhone, iPad and iPod Touch

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### Heart 360 – American Heart Association

- Cost: Free
- Features: Heart360® is a convenient and secure location for you to track and manage your heart health. Record your health data with online trackers, access additional information and resources on how to be heart healthy, and even share your results with your provider.
- For: Web based at <https://www.heart360.org/>



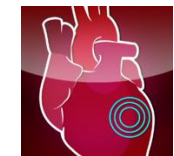
### Heart Decide by Orca MD

- Cost: Free
- Features: This app allows the user, whether contemplating an upcoming cardiac surgery or trying to understand their heart disorder, to virtually “slice” the heart and peer into it while it is beating, observing the interplay between the atria, ventricles and valves.
- For: iPhone, iPad, iPod Touch and Microsoft Windows



### HeartWise Blood Pressure Tracker

- Cost: \$0.99
- Features: Blood pressure log. You enter your systolic and diastolic pressures as well as your pulse and weight. The app will calculate your average arterial pressure and pulse pressure and generate graphs showing fluctuations in these values over time. Can export data, reports, and spreadsheets by email.
- For: iPhone, iPad and iPod Touch



### iHeart Touch

- Cost: Free
- Features: This app helps patients and their families clearly understand the progression and diagnosis of, and various treatment options for, coronary artery disease. View animated medically-accurate videos, patient handouts and interactive simulations to learn about atherosclerosis, coronary artery angiography, coronary artery bypass graft, coronary angioplasty and normal anatomy of the heart.
- For: iPad

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### Instant Heart Rate by Azumio

- Cost: Free
- Features: Check your heart rate using your mobile device. Place your finger over your phone's camera lens for 10 seconds to measure your pulse instantly. Can share data over Twitter, Facebook, and other social networks.
- For: iPhone, iPad, iPod Touch and Android



### ManageHF from the University of Michigan Frankel Cardiovascular Center

- Cost: Free
- Features: Get help managing your heart failure right at your fingertips! This app is full of helpful information, videos and educational materials designed to help patients manage their heart failure, decrease symptoms and prevent admission to the hospital.
- For: iPhone and iPad



### MyChart by Epic

- Cost: Free
- Features: Use your existing MiChart (MyUofMHealth.org) patient portal account to manage your health information and communicate with your doctor on your mobile device.
- For: iPhone, iPad, iPod Touch and Android

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### MyMedSchedule by MedActionPlan.com

- Cost: Free
- Features: Create a list of the meds you take, doses, etc. Can print pill schedules in different sizes (standard, large type or wallet-size) and formats (list by time, weekly or monthly checklist). Can set up reminders (email or texts) to take meds and to order prescription refills; find nearest pharmacy (location and phone number).
- For: iPhone, iPad, iPod Touch and Android



### My Blood Pressure and Heart Rate

- Cost: \$1.99
- Features: Blood pressure log. You enter your systolic and diastolic pressures as well as other information - which arm was measured and whether you were standing, sitting, or lying down when your pressure was taken. Can view and export charted data.
- For: Android

## NUTRITION AND WEIGHT LOSS



### Calorie Counter by FatSecret

- Cost: Free
- Features: Gives nutritional content of thousands of foods, allows entry of weight and exercise regimens. Features a food diary, weight chart, and barcode scanner for nutrition labels.
- For: iPhone, iPad, iPod Touch and Android

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### Fooducate

- Cost: Free
- Features: Fooducate grades your groceries, explains what's really inside each product, and offers healthier alternatives. This app, selected as the best iPhone Health and Fitness App in 2011, takes the guesswork out of grocery shopping.
- For: iPhone, iPad, and iPod Touch and Android



### Healthy Recipes – by Spark Recipes

- Cost: Free
- Features: Over 500,000 recipes from the world's largest healthy recipes website, SparkRecipes.com.
- For: iPhone, iPad, iPod Touch and Android



### Lose it! from FitNow.Inc

- Cost: Free
- Features: “Beautifully designed weight-loss app” per NY Times. Tools to identify weight loss goals, recording meals and exercise. Allows users to share weight loss information with peers.
- For: iPhone, iPad, iPod Touch, Android, and on the Web at [www.loseit.com](http://www.loseit.com)

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### Calorie Counter & Diet Tracker by MyFitnessPal

- Cost: Free
- Features: This app has a user-friendly exercise log and food diary. It features the largest food database of all apps and also has a built-in barcode scanner to get nutrition facts.
- For: iPhone, iPad, iPod Touch, Android and on the web at [www.myfitnesspal.com](http://www.myfitnesspal.com)



### NHLBI BMI Calculator by The National Heart Lung and Blood Institute

- Cost: Free
- Features: This app has A BMI (Body Mass Index) calculator. BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. This app provides results right away along with links to healthy weight resources on the NHLBI Web site.
- For: iPhone, and iPod Touch



### Sodium One ~ Sodium Counter by Eulix Inc.

- Cost: \$0.99
- Features: Sodium and fluids intake counter or log. Set your daily quotas and enter intake to track progress throughout day. Includes 65,000 food items with 77 restaurants and over 700 food brands.
- For: iPhone, iPad and iPod Touch

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### Spot a Stroke F.A.S.T. by the American Heart Association

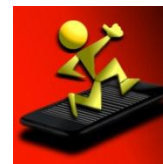
- Cost: Free
- Features: This app uses their mnemonic **FAST** (Face/Arm/Speech/Time), and gives details on what to look for in a patient. This includes questions to ask the patient, such as repeat a simple sentence like “the sky is blue.” The app also includes a quick rundown of signs and symptoms with a 30 second video built in.
- For: iPhone, iPad, iPod Touch and Android

## EXERCISE



### Cardio Heart Rate Monitor + 7 Minute Workout Exercise Routine

- Cost: Free
- Features: Scientists at MIT have developed an app that can measure your heart rate without you touching it. All you have to do is stare into your phone and the app will use the front-facing camera to take care of the rest. Also features the effective 7 minute workout featured in the New York Times.
- For: iPhone, iPad, and iPod Touch



### iTreadmill: Pedometer Ultra with PocketStep

- Cost: \$1.99
- Features: Pedometer - senses motion as you walk and determines the length of your stride. Estimates calories burned. Once you establish your pace, it can select a tune with a matching beat. Also tracks time, speed, and distance walked.
- For: iPhone, iPad and iPod Touch

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### MapMyWalk

- Cost: Free
- Features: MapMyWalk is a pedometer and a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map.
- For: iPhone, iPad, iPod Touch and Android



### Virtual Walk

- Cost: Free
- Features: Track your walking using GPS or a treadmill, and use your accumulated miles towards different walking routes around the world. Even if you are just walking on your treadmill at home, circling your neighborhood, or walking on your local high school track, you can challenge yourself to complete the Appalachian Trail or take a tour of the memorials in Washington D.C.
- For: iPhone, iPad, iPod Touch and Android



### Walking Paths by the American Heart Association

- Cost: Free
- Features: Find walking paths others have created near you or create a path where you are. Track and save your walks.
- Online at:  
[http://www.startwalkingnow.org/start\\_walking\\_paths.jsp](http://www.startwalkingnow.org/start_walking_paths.jsp)



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### Yoga Studio by Modern Lotus

- Cost: \$3.99
- Features: This app is loaded with more than 250 poses complete with advice, images, and tips for each one. There are 30 ready-made video classes and users can even mix-and match to create their own tailored routines.
- For: iPhone and iPad

## HEALTHY HABITS



### LIVESTRONG My Quit Coach

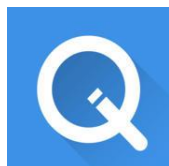
- Cost: Free
- Features: MyQuit Coach application creates a personalized plan to help you quit smoking. Through a physician approved, interactive and easy to use app, you'll evaluate your current status, set attainable goals and adjust preferences according to your needs.
- For: iPhone, iPad, and iPod Touch



### The Mindfulness App by MindApps

- Cost: \$2.99
- Features: Has relaxation exercises as well as guided meditations with instructions.
- For: iPhone, iPad, iPod Touch and Android

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### Quit Smoking - Quit Now! by Fewlaps, S.C.

- Cost: Free
- Features: This app will show you the time, down to the minute, since your last cigarette. You can also see how much money and time you've saved by avoiding cigarettes. This app also shares health improvement statistics for each day you're cigarette free. You can share your successes on Facebook, Twitter and other social platforms.
- For: iPhone, iPad and Android



### Sleep Cycle Alarm Clock by Northcube AB

- Cost: \$0.99
- Features: Sleep hygiene. You sleep with the phone on the corner of your mattress, held in place under the fitted sheet. App uses phone's motion sensor to chart sleep patterns. Within a week it supposedly knows you well enough to find the best moment (within a pre-set 30-minute period) to awaken you with your choice of tones or tunes.
- For: iPhone, iPad and iPod Touch



### Smart Alarm Clock by Plus Sports

- Cost: \$1.99
- Features: Sleep hygiene. Works much the same way as the Sleep Cycle Alarm Clock, above.
- For: Android

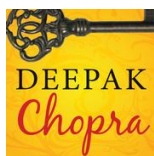
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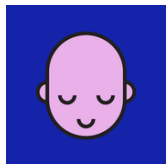
### Stress Check by Azumio - Lite

- Cost: Free
- Features: The Stress Check app can measure your stress levels by measuring your heart rate variability through the camera and light features on your smartphone. This allows you to track your stressors and therefore better manage them.
- For: Android, iPhone



### Stress Free with Deepak Chopra by bLife, Inc.

- Cost: \$0.99
- Features: Selection of relaxation tricks and exercises including meditation, yoga, journaling, and even emailing privileges with the master himself.
- For: iPhone, iPad and iPod Touch



### Stress Free with Andrew Johnson

- Cost: \$2.99
- Features: Stress control. Hypnotherapist Andrew Johnson offers soothing advice on taking charge of your thoughts, emotions, routine, work or studies, and the way that you react to problems.
- For: iPhone, iPad, iPod Touch and Android

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### OTHER



#### **Diabetes: Glucose Buddy** by Azumio Inc.

- Cost: Free
- Features: Diabetes management. Tracks glucose readings you enter four times a day, plus food consumed, exercise, medication. Can set alarms to remind you to take glucose readings. You can write notes to explain unusual circumstances, such as high-carbohydrate meals. Data can be uploaded to [glucosebuddy.com](http://glucosebuddy.com) for more detailed analysis.
- For: iPhone, iPad, and iPod Touch and Android



#### **First Aid by American Red Cross**

- Cost: Free
- Features: Provides learning portions, with facts and quizzes, as well as an “Emergency section to use as a guide during a real incident.
- For: iPhone, iPad, and iPod Touch and Android



#### **ICE by Catalyst**

- Cost: \$0.99
- Features: ICE allows you to keep a list of emergency contacts, known allergies, medications you are on, any conditions you have, and your personal information.
- For: iPhone, iPad, and iPod Touch

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### OnTrack Diabetes

- Cost: Free
- Features: This helpful app tracks your blood sugar, food intake, medication, blood pressure, pulse, activity, and weight. You can customize categories like medicine and exercise type, and export your data in several formats.
- For: Android



### Clinical Tests & Procedures

- Cost: Free
- Features: This app includes information on various medical tests & procedures. Each entry contains information on the procedure itself as well as any particular body part where it takes place. The app allows patients to learn about the possible reasons for doctors ordering a particular test and also advises the patient as to what they should do before the procedure is done as well as after.
- For: Android



iMedicalApps

### iMedicalApps

Provides physician reviews of medical and healthcare apps.

<http://www.imedicalapps.com/>

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