



Tuesday Tech Talk Health-related Apps February 18, 2020

General and Lifestyle

My Fitness Pal –4.5 rating - \$9.99/month or \$49.99/year. Has both app and website options. Mostly for calorie counting but also integrates with other fitness and health apps. Provides exercise ideas and a community of support for the paid version.

Glucose Buddy – 4.1 rating - track blood sugar, insulin, medication, food and more. See summaries. Available on computer, tablet, phone. Premium version at \$5/month calculates A1C, is ad free, provides access to other nutrition and fitness apps.

Brain Health

Lumosity – 4.4.rating – 15 minute daily workouts train memory, attention, problem solving, processing speed, math and language. Premium account is \$14.95/month or annual fee of \$83.40 paid all at once (\$6.95/month), \$119.76 for 2 year subscription.

Elevate – 4.5 rating – games. Premium version allows more games/day and unlocks advanced game stats.

Sleep Cycle – 4.5 rating – A little iffy for some users, but scores are high overall. Costs \$30/year for premium version. But might be helpful for some. Monitors your sleep patterns to provide a gentle alarm at the perfect time in your sleep cycle. Find out how much you snore! Phone microphone near you is used to track movements or phone is placed on the bed to track movement. Some aspects only with subscription.

Headspace and Calm – two options for guided meditation and calming music. Both have limited free component and more substantial paid versions.

First Aid/Medical Advice

First Aid – American Red Cross – 4.6 rating – Free - provides expert advice for everyday emergencies. Videos, interactive quizzes and step-by-step advice. Can call 9-1-1 from the app. No ads.

Health Tap – 4.3 rating - Get free answers and instant help from more than 140,000 top doctors on your phone or tablet. You can also pay for a virtual consult by video, voice, or text chat with a primary care doctor 24/7.

Symple Symptom Tracker – 4.5 rating – iPhone/iPad only – record your symptoms, view step count, sleep stats and heart rate. Keep track of meals and meds with a photo record. Create list of questions for doctor.

Medication Management Apps

Free to download but requires fee or subscription for advanced features

Medisafe Medication Management and Pill Reminder App – 4.6 rating – reminders to take pills, refill reminders, drug interaction warnings and family scheduling so a notice is given to family when medication is missed. Easy to provide drug info to doctors/hospitals/emergencies.

CareZone Health Info Organizer App – 4.6 rating – you can scan the prescription bottle, keep a list of meds, set up reminders, track visits and download data.

DoseCast – 4.2 rating – creates list of meds with photo, lists dosage, set up reminders, logs history

MangoHealth – 4.4.rating – similar to others providing reminders, lists, but also offers points logged for good habits that can earn gift cards in regular raffles.

Low Vision apps

ViaOpta Simulator – 4.5 rating - mimics eye conditions to others can relate.

Magnifier and Flashlight – 4.7 rating – combination of flashlight and slider for magnification is very helpful.

Be My Eyes – 4.7 rating – allows sighted people to assist those who are low vision or blind with daily tasks via app.

Medication Monitoring

Drugs.com – 4.7 rating – app and website - Lookup drug information, identify pills, check interactions and set up your own personal medication records.

Medminder - <https://www.medminder.com/> - Medications filled by their pharmacy at the cost of your co-pay and arrive prepared for insertion into the dispenser. Also has SureMed, weekly pill pack. Dispenser rental fees vary from \$39.99 to \$64.99 and can include Medical Alert integrated.

Reminder Rosie - <https://smpltec.com/reminder-rosie> - \$79.95-99.99 - Reminder Rosie alarm clock is hands-free, voice activated low tech memory aid and daily organizer. It provides medication reminders, appointment information, activities calendar, meal reminders, etc – all provided in the voice of a loved one or caregiver.

Pillo – www.pillohealth.com – AI device with carousel that will dispense pills when the correct person is in front of the device. Also possible to video chat with family and friends. \$499 for device and monthly fee of \$39. Pila is second generation device by Black and Decker that also offers fall detection.