

**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 help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at

<http://www.umcvc.org/mardigian-wellness-resource-center>

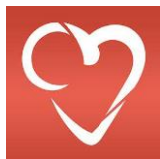
and online Information guides at <http://infoguides.med.umich.edu/home>

## Cardiovascular Health



### CardioSmart Heart Explorer by American College of Cardiology

- Cost: Free
- Features: Provides 3d animation of common heart problems and treatment.
- For: iPhone and Android



### CardioVisual

- Cost: Free
- Features: The app provides a wide range of information about heart disease, including risk factors and prevention. Its goal is to educate patients, making it easier for you to have informed discussions with your healthcare professionals. Get access to a library of 160 short videos and infographics explaining conditions, treatments, and more.
- For: iPhone and Android



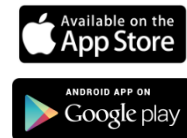
### Heart and Stroke Helper App

- Cost: Free
- Features: A self management app for people at risk for stroke or their caregivers.
- For: iPhone and Android



### Instant Heart Rate by Azumio

- Cost: Free with in-app purchases
- 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 and Android



### 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 and Android



### MyMedSchedule Plus 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).
- <https://medactionplan.com/mymedschedule/>
- For: iPhone and Android



### Pulse Point Respond

- Cost: Free
- Features: PulsePoint connects people who are trained in CPR with people nearby who are experiencing a cardiac emergency. It'll also tell a citizen responder where to find the closest automated external defibrillator for public use. Users can view the status of first responders to see when an ambulance will arrive to help.
- For: iPhone and Android



### Qardio Heart Health

- Cost: Free
- Features: This app is used to track your heart rate and blood pressure. It also collects different data such as irregular heartbeat, body mass index, weight, calories, skin temperature, and steps. It easily integrates with other apps like MyFitnessPal, Samsung Health, Google Fit and has an export feature.
- For: iPhone and Android



### Smart Blood Pressure -SmartBP

- Cost: Free
- Features: This blood pressure measuring app lets you track, record, and monitor progress toward lowering your blood pressure. When you enter systolic and diastolic blood pressure, pulse, and weight, the app will automatically calculate body mass index, pulse pressure, and mean arterial pressure. You can also export blood pressure reports to a PDF to share with your healthcare team.
- For: iPhone and 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 and Android



#### 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 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, Android, and on the Web at [www.loseit.com](http://www.loseit.com)



#### MyFitnessPal – Calorie Counter

- 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, Android and on the web at [www.myfitnesspal.com](http://www.myfitnesspal.com)



### MyNetDiary – Calorie Counter

- Cost: Free
- Features: You can log in your daily food by typing it in or by scanning a barcode. It also tracks macros and intermittent fasting.
- For: iPhone, Android and on the web at <https://www.mynetdiary.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



### Smart Salt – Sodium Tracker

- Cost: Free
- Features: "Smart salt - Sodium tracker" is an app that helps you to avoid going over the recommended daily sodium consumption. It calculates how much sodium you eat per day.
- For: iPhone



### Sodium in Foods

- Cost: Free
- Features: Foods are displayed in order from lowest to highest quantity of sodium. The quantity of nutrient will be based on 100 grams of each food. Further you can see the complete nutritional detail for each food item.
- For: iPhone and Android



### Start Simple with MyPlate

- Cost: Free
- Features: Set healthy eating goals within food groups. Sync to your smartwatch.
- For: iPhone and Android



### Yuka

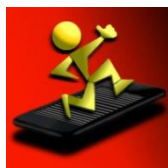
- Cost: Free
- Features: Analyzes food and cosmetic products and gives a health impact score. You can scan barcodes or type in the product.
- For: iPhone and Android

## Exercise



### Cardiio Heart Rate Monitor

- 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.
- For: iPhone



### 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



### MapMyWalk by Under Armour

- 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 and Android



### Pocket Yoga

- Cost: \$2.99
- Features: Pocket Yoga will guide you through various yoga sessions. Easy to follow and can work at your own pace.
- For: iPhone and Android



### Walk the Distance: 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, you can challenge yourself to complete the Appalachian Trail or take a tour of the memorials in Washington D.C.
- For: iPhone



### Yoga Studio

- 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 Android

### Healthy Habits



#### **Happify: for Stress & Worry**

- Cost: Free
- Features: This app uses science-based strategies developed by positive psychology experts to increase overall well-being and life satisfaction.
- For: iPhone and Android



#### **The Mindfulness App: Meditation for Everyone by MindApps**

- Cost: Free
- Features: Has relaxation exercises as well as guided meditations with instructions.
- For: iPhone and Android



#### **Nature Rx in the Michigan App: University of Michigan**

- Cost: Free
- Features: Navigating Nature to Support Wellbeing. Discover your next favorite place of relaxation in nature throughout the Ann Arbor and Michigan Medicine campuses with Nature Rx.
- For: iPhone and Android
- Available online at: <https://nature-rx.umich.edu>



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

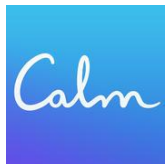
- Cost: Free
- Features: This app will show you the time, down to the minute, since your last cigarette. You can also see how much money and time you've saved by avoiding cigarettes. This app also shares health improvement statistics for each day you're cigarette free. You can share your successes on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





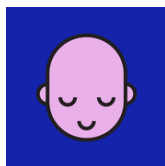
### Sleep Cycle: Sleep Analysis & Smart Alarm Clock by Northcube AB

- Cost: Free
- Features: Sleep hygiene. 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 and Android



### Calm by Calm.com

- Cost: Free
- Features: This app can help calm your mind and help you to meditate, sleep, relax, breathe and focus more.
- For: iPhone and Android



### 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 and Android

## 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 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 Android



### ICE Standard ER with Smart911™

- Cost: Free
- Features: ICE Standard ER lets you put your health information and emergency medical contacts on your phone's lock screen wallpaper, so if you are in an accident, EMTs and first responders can find your health information as soon as they turn on your phone.
- For: iPhone, iPad



### iMedicalApps

Provides reviews of medical and healthcare apps.

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

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