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THINGS TO CONSIDER WHEN CHOOSING A *Health Smartphone* APP

With thousands of **Health Apps** available on our smartphones for almost any health inquiry, the options can be overwhelming. Here are some tips that will make it easier for you to choose the best health app for you.



Your Condition

Apps can be great for many purposes, such as tracking symptoms, managing chronic conditions or measuring fitness goals. Ask your doctor about how you'd like to use an app to ensure it's a good fit for your condition and wellness goals.



Ease of Use

Unless it is easy to use, you won't end up using it. Consider the amount of information you're required to enter, how often you have to enter it and if calendar reminders are available.



Effectiveness

Do your research! Reviews from other users can be insightful, especially from someone with the same health condition or goal.



Privacy

You'll want the information you enter to remain confidential. It's critical to research the privacy policies for apps and the companies behind them, and to also understand the privacy settings on your smartphone. Also remember, like any technology, apps can be vulnerable to hacking so consider the information you are giving out.



Safe

Some apps provide advice that doesn't reflect your medical history or conditions. A member of your health care team can provide valuable insights on this advice to ensure it's tailored to you.

Written by Dr. Kendall Ho with Canada Health Infoway

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Do you have health apps that you use? Let us know! Tweet **#myapps** to @eHealthStrategy



FACULTY OF MEDICINE
eHealth Strategy Office

IMPROVE YOUR HEALTH IN A MOBILE MINUTE!

Health-e-Apps

Improve your health in a mobile minute

View a series of video clips where selected health and wellness apps are reviewed by Dr. Kendall Ho, Director of the eHealth Strategy Office using the link here: <http://ehealth.med.ubc.ca/resources/mobileapps/>



MediSafe Medication Reminder and Pill Organizer

Track and manage your medications by recording all your medication dosages, measurements and much more. It will aid you in taking your medicine on time and safely using your mobile device.



MyFitnessPal Calorie Counter & Diet Tracker

Track your food and exercise with the fastest and easiest-to-use calorie counter app with its food database of over 5 million foods and built-in step tracker



Take a Break!

Enjoy the deep relaxation, stress relief and benefits of meditation now

Featured Apps

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eHealth Strategy Office

UBC Faculty of Medicine's eHealth Strategy Office carries out research, evaluation, engagement, educational, translational and policy informing work to explore and advance the use of personal information and communication technologies to connect people to better health. Check us out online at <http://ehealth.med.ubc.ca/>

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Dr. Kendall Ho is a practicing emergency medicine specialist in Vancouver, BC with a passion in technology-enabled patient care. Dr. Ho is dedicated to translating innovative ways to use information technologies to improve patient care.

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