

PATIENT APPS TO HEALTH

HEALTHCARE APPS FOR WELLNESS

AND

MANAGEMENT OF HEALTH CONDITIONS

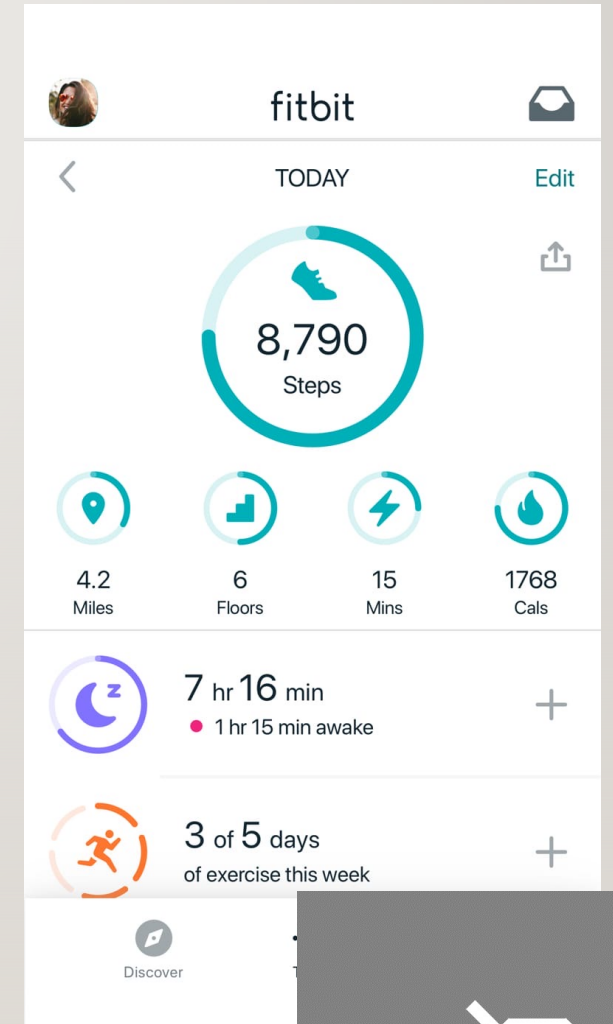


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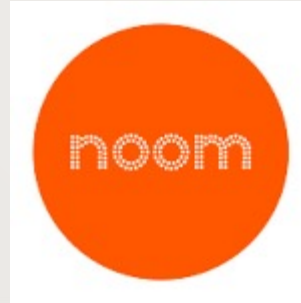


FITBIT SENSE

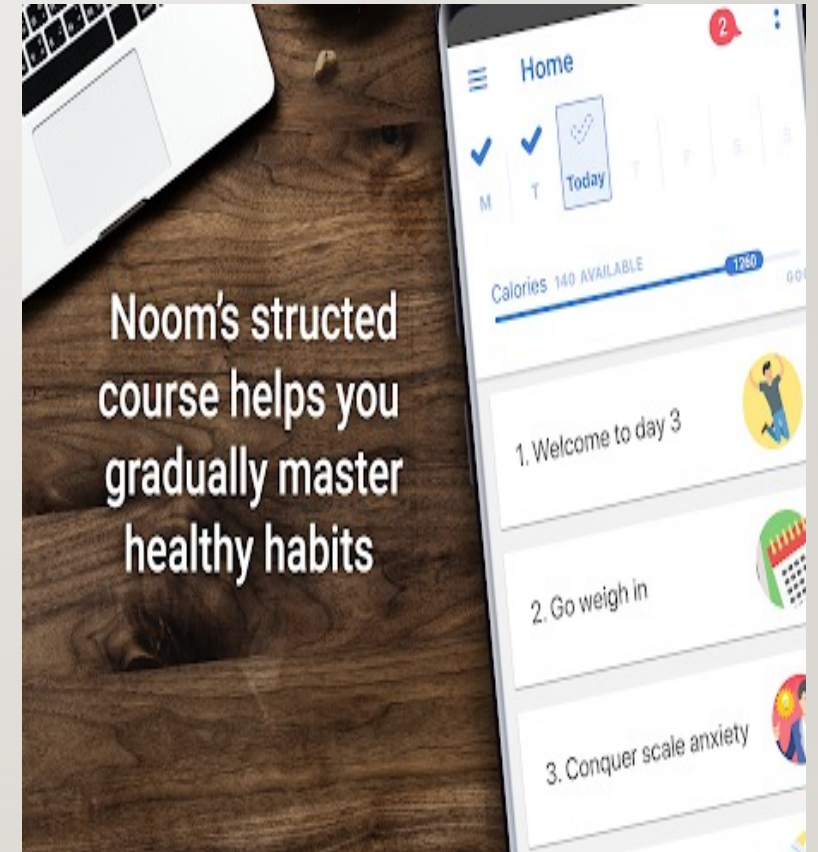
- Category: Exercise
- **Activities Tracked:** Activity, Calories Burned, Distance, Heart Rate, Sleep, Steps
- Android, iOS
- Water-resistant (up to 164 ft)
- \$299



NOOM COACH

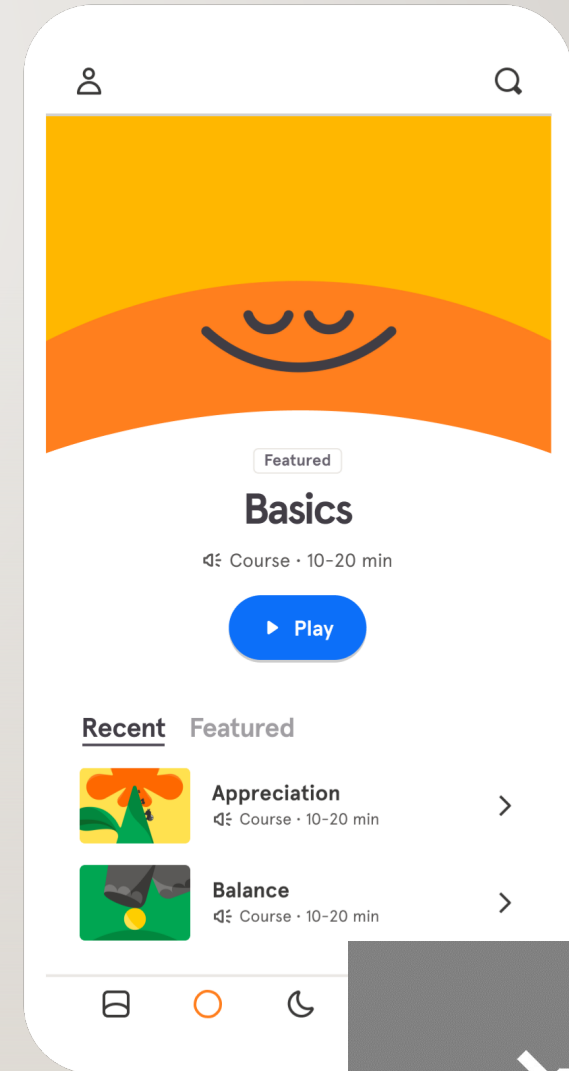
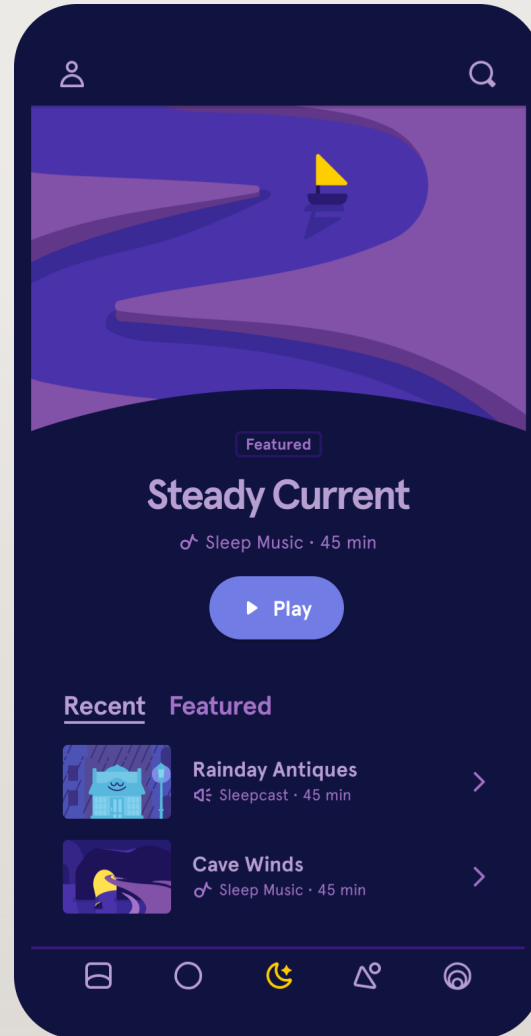


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- Category: Healthy eating and weight management
 - app gives you feedback on your food choices to help you eat better and reach your target weight
 - has a built-in pedometer to keep track of your steps; offers exercise recommendations to get you moving more
 - regular feedback from a personal coach to motivate you toward your goal and help you overcome any obstacles along the way.
 - virtual support group.
 - \$59 a month



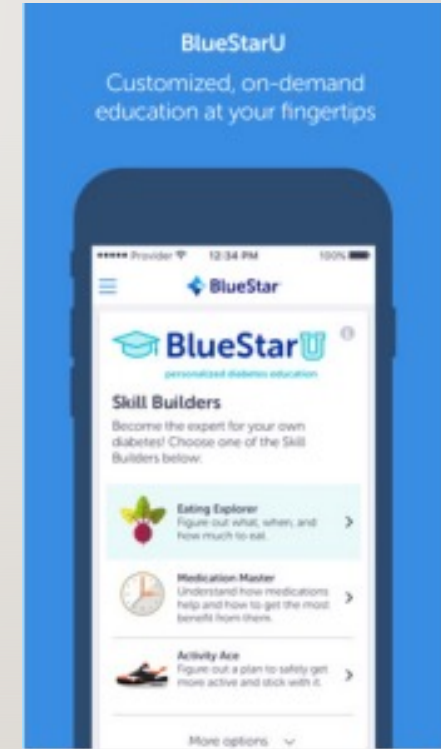
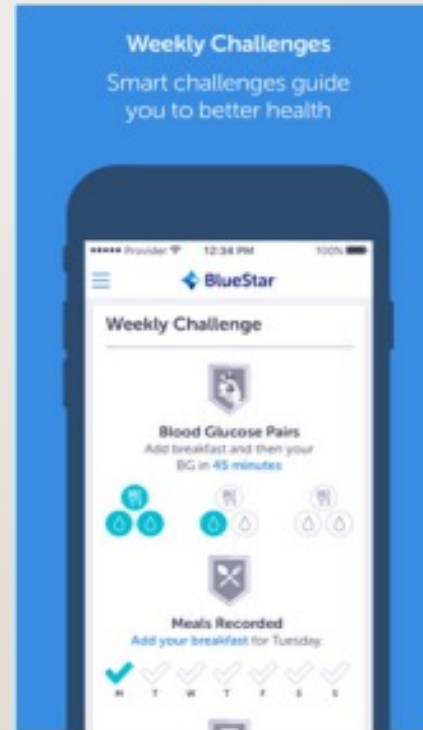
HEADSPACE

- Category: Stress management
- sleep exercises, bedtime sounds, and wind downs
- a new meditation every day
- “SOS” sessions for moments of panic, anxiety, and stress
- Move Mode workouts and mindful cardio
- Add Mindful Minutes to Apple Health
- \$12.99/month or \$69.99/year



BLUESTAR DIABETES

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- For Type 2 Diabetes
 - Sync with fitness trackers, pharmacy, lab, and patient portal
 - Real-time coaching as you enter blood glucose results
 - Pair your meter to wirelessly transfer blood glucose results to CGM
 - Apple Health® Integration
 - FDA approved as a medical device
 - \$0



TWINE- COLLABORATIVE CARE

- Category: Hypertension
- Developed by MIT; acquired by Fitbit
- General health and wellness coaching to complex care/disease management
- Program support for coaches targeting individuals with diabetes, hypertension, tobacco cessation, weight loss, and beyond
- Tracking for 100+ health and lifestyle-related metrics
- Rich health data accessible to both participants and providers
- HIPAA-compliant



PROPELLER HEALTH

- Category: Asthma
- When used with a matching bluetooth inhaler sensor that sits on top of an inhaler, the app records usage of the inhaler. The app collects data about where and when puffs are taken from the inhaler, pinpointing location by GPS, and the app automatically creates an 'asthma diary' for the user. The information can help people with asthma (and their doctors) track their asthma symptoms, and identify when their asthma is not under control.
- FDA approved as a medical device
- IOS, Google, Internet
- English and Spanish
- \$0



THANK YOU!

