

Health Educator Mobile Application Guide

Mobile App	Target Population	Highlights	Pricing	Apple, Android, Both?
 <p>text4baby https://www.text4baby.org/</p>	<p>New Moms and babies; Pre-natal care to the baby's first birthday</p>	<p>The app will send you reminders, advice, and messages until your baby's first birthday; keeps track of milestones and weekly progress; option to set appointment reminders.</p>	<p>Free</p>	<p>Both</p>
 <p>mySugr https://mysugr.com/apps/</p>	<p>Patients with Diabetes; mySugr Junior is also available for children and their parents</p>	<p>The app is a class 1 medical device in the US and EU; designed by diabetic experts; uploads blood glucose from devices; estimates your A1c; gives personalized diabetic coaching.</p>	<p>Free; Premium option for \$2.99 per month</p>	<p>Both</p>
 <p>myfitnesspal https://www.myfitnesspal.com/</p>	<p>Patients wanting help with nutrition and exercise</p>	<p>Food and exercise tracking; option to partner with friends or others nearby; large database of food items and exercise types to select from.</p>	<p>Free</p>	<p>Both</p>
 <p>Fooducate http://www.fooducate.com/</p>	<p>Patients wanting help with nutrition; scanning option helps make better choices when buying items</p>	<p>Set weight loss goals; track calories; all food is rated from A to F and the app explains why; option to scan food items before consumption or purchase to make the best choices</p>	<p>Free</p>	<p>Both</p>
 <p>Medisafe https://medisafe.com/</p>	<p>Patients and caregivers who need help with tracking and taking multiple medications; assists with medication compliance and med rec</p>	<p>Education regarding your medications & conditions; pill reminders; option to sync with your physician and/or family members to track progress</p>	<p>Free</p>	<p>Both</p>
 <p>MyQuit COACH http://www.livestrong.com/mobile-apps/</p>	<p>Patients who want to quit smoking/ use of tobacco products</p>	<p>Customize how you quit (i.e. cold turkey, cutting back over time); physician approved; set goals; adjust preferences</p>	<p>Free</p>	<p>Both</p>

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 <p>COPD Navigator http://www.lifemap-solutions.com/products/copd-navigator/</p>	Patients with COPD	Allows patients to monitor and manage their COPD; gives air quality updates for your location; sets daily goals (i.e. walking 4,000 steps); identifies patient-specific triggers and trends; embedded medication tracking for better adherence	Free	Apple
 <p>GreyMatters: Reaching Beyond Dementia https://www.greymatterstous.com/</p>	Patients with Dementia	Patients can create their own life story in an interactive storybook with pictures and music; options for personalized reminders; patients and caregivers can record new memories	Free; In-App Purchases available	Apple
 <p>Blood Pressure Companion http://www.maxwellapps.com/apps_16_bp_companion.html</p>	Patients with high blood pressure, heart disease	The app functions as a blood pressure, heart rate and weight tracker; patients can track their blood pressure ongoing and share with their doctor; abnormal readings are followed by prompts to help you bring your blood pressure down.	\$0.99	Both
 <p>Moodivator http://www.pfizer.com/news/press-release/press-release-detail/pfizer-launches-new-moodivator-app-to-help-support-encourage-and-motivate-people-with-depression</p>	Patients with depression	Allows users to set and track manageable goals and turn them into routines. Mood are used to identify changes or patterns over time. Track, sleep, physical activity, any other contributing factors to your mood. Users can set up positive messages to appear when they need them.	Free	Apple