

Your Health, And Your Technology

(Focus On Apple Technology)

By
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Outline

- Emergency Information
- Find Me(my)
- The Health Application
- Activities
- Other Applications
- Other devices

Emergency Info

- On your iPhone
 - Open the Health app on your iPhone.
 - Tap your picture at the top right, then tap Medical ID.
 - Tap Get Started or Edit, then enter your information.
 - Below Emergency Contacts, tap Add Emergency Contact, then add your contacts. ...
 - Tap Done.
- On you Android phone
 - On your phone, open the Safety app .
 - Sign in to your Google Account.
 - Tap Settings .
 - Add your emergency info.
 - For Medical information:
 - Tap Medical information.

Make Emergency Call

- On iPhone
- Set up -
 - Go to Settings > Emergency SOS, then turn on Call with 5 Presses
- To use-
 - Press the side button five times,
 - Then drag the Emergency SOS slider
- On Android
- Set up
 - open the Settings app. Emergency SOS.
 - Turn Use Emergency SOS on.
- To Use
 - press the Power button 5 times or more.
 - A 5 second countdown begins before emergency actions are started.
 - After the 5 second countdown, emergency actions are started depending on your settings.

To access Your Emergency Information on your Smart Phone

- On An Apple
 - Go to the lock screen
 - Then tap emergency
 - Then tap Medical Id
 - Or dial 911 to make an emergency call.
 - Now all the emergency information along with emergency contacts will be in front of you
- On an Android
 - Go to the phone's lock screen and swipe to unlock.
 - Now tap on the Emergency call just below the pattern/pin/keyboard.
 - Tap on View emergency info to open the Emergency information page.
 - Or dial 911 to make an emergency call
 - Now all the emergency information along with emergency contacts will be in front of you

Find My Phone (me)

- **Set up Find My on your iPhone, iPad, iPod touch, or Mac**

- Open the Settings app.
- Tap your name, then tap Find My.
- If you want friends and family to know where you are, turn on Share My Location.
- Tap Find My [device], then turn on Find My [device].
- To see your device even when it's offline, turn on Find My network.*

- **To use –**

- **Go to [iCloud.com](https://icloud.com) and log in with ID and password**
- **Or if you have shared your location just use the find my application**

- **Set up Find My on your android**

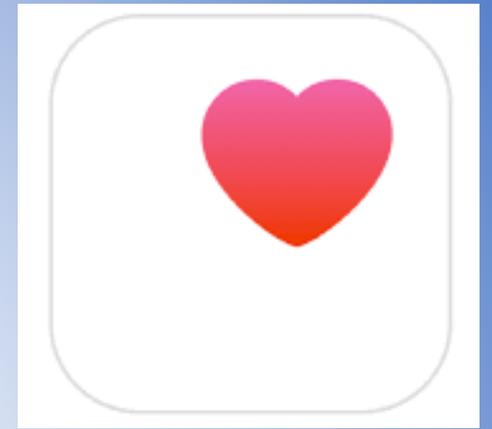
- Open your device's Settings app .
- Tap Security. Find My Device. If you can't find "Security," tap Security & location or Google. Security.
- Check if “Find My Device” is turned on.

- **To Use –**

- **go to google.com/android**
- **Sign into your account**
- **Or use the find my device application**

The Health App

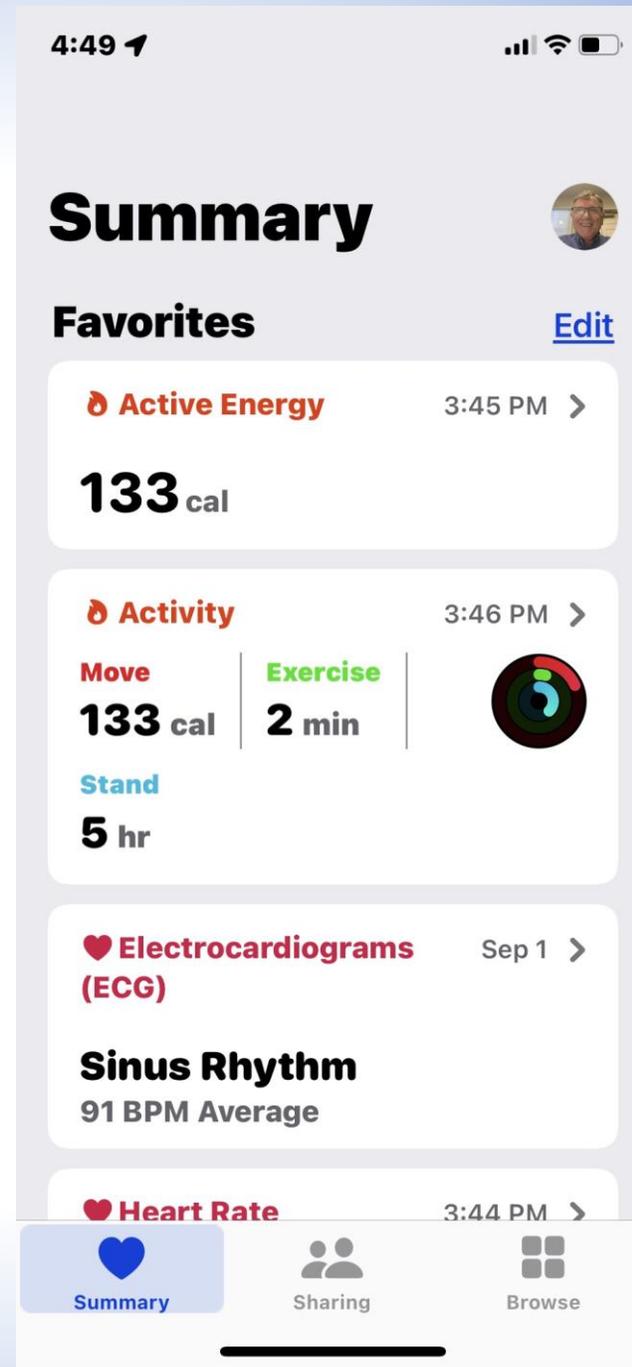
- It is a hub for all your health activities and a collection of the information from other applications
- Track your steps, speed, distance, and sleep
- Also helps to have an Apple Watch
 - Steps
 - Standing
 - Exercise
 - Heart rate
 - Blood Oxygen level
 - ECG



- Interface with many apps
 - Under Armor
 - Weight Watchers
 - Nike
 - My fitness pal
 - Map My Walk
 - Etc.

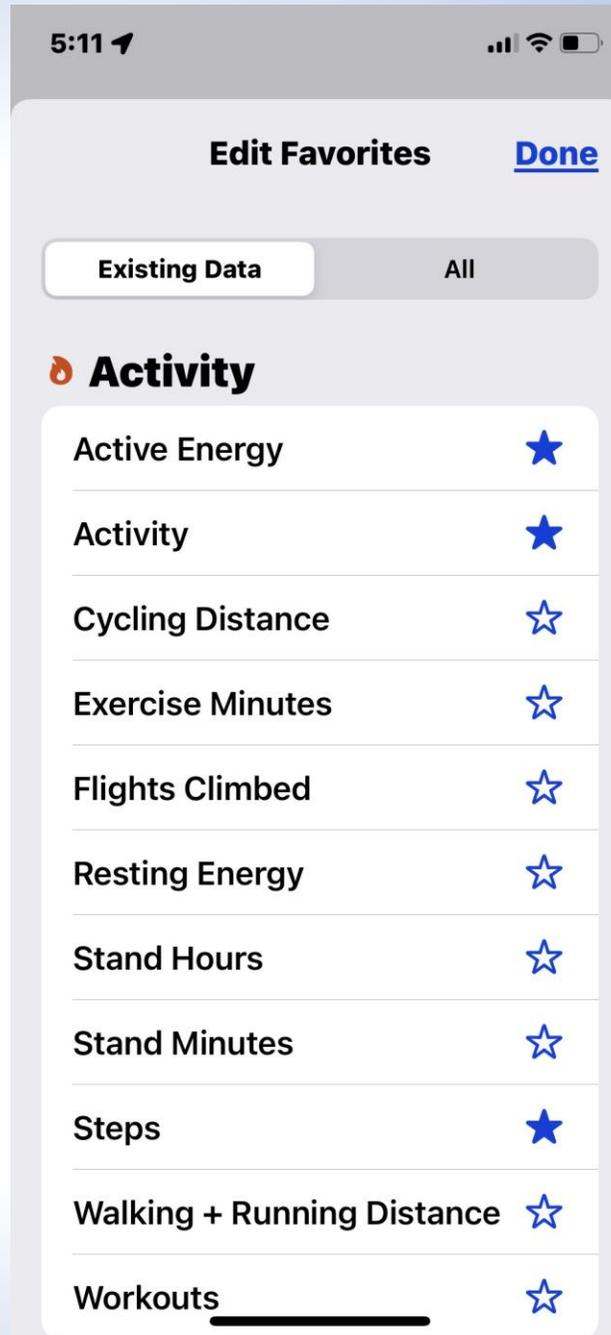
Open Health App

- Summary Page

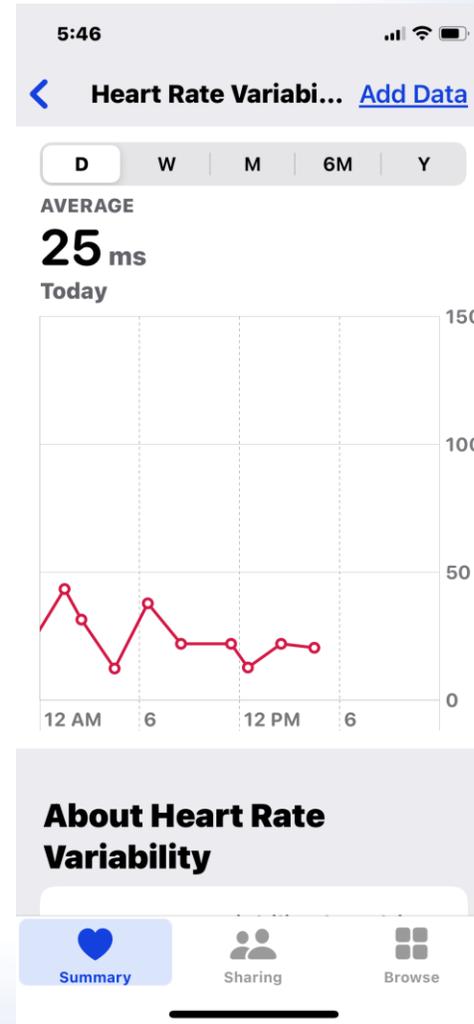
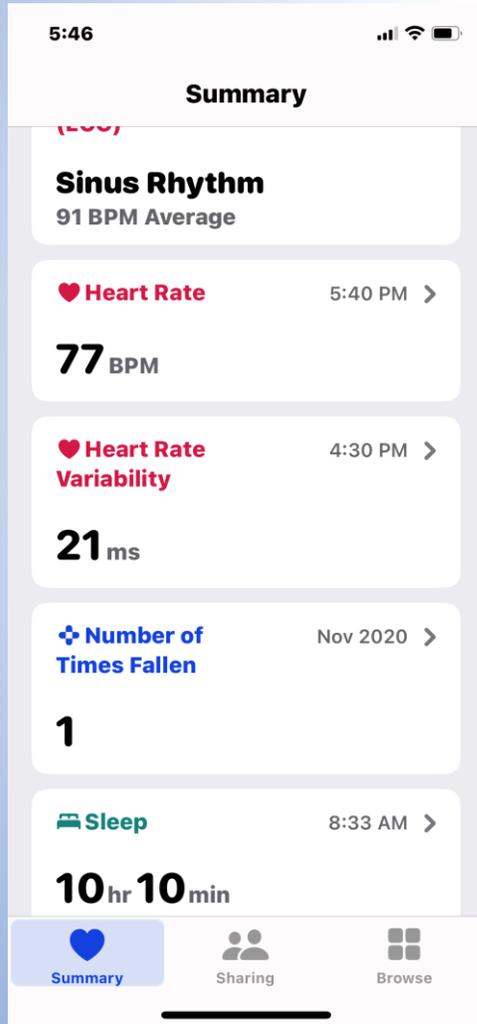


Summary Page

- Select The Data You Want To Track.

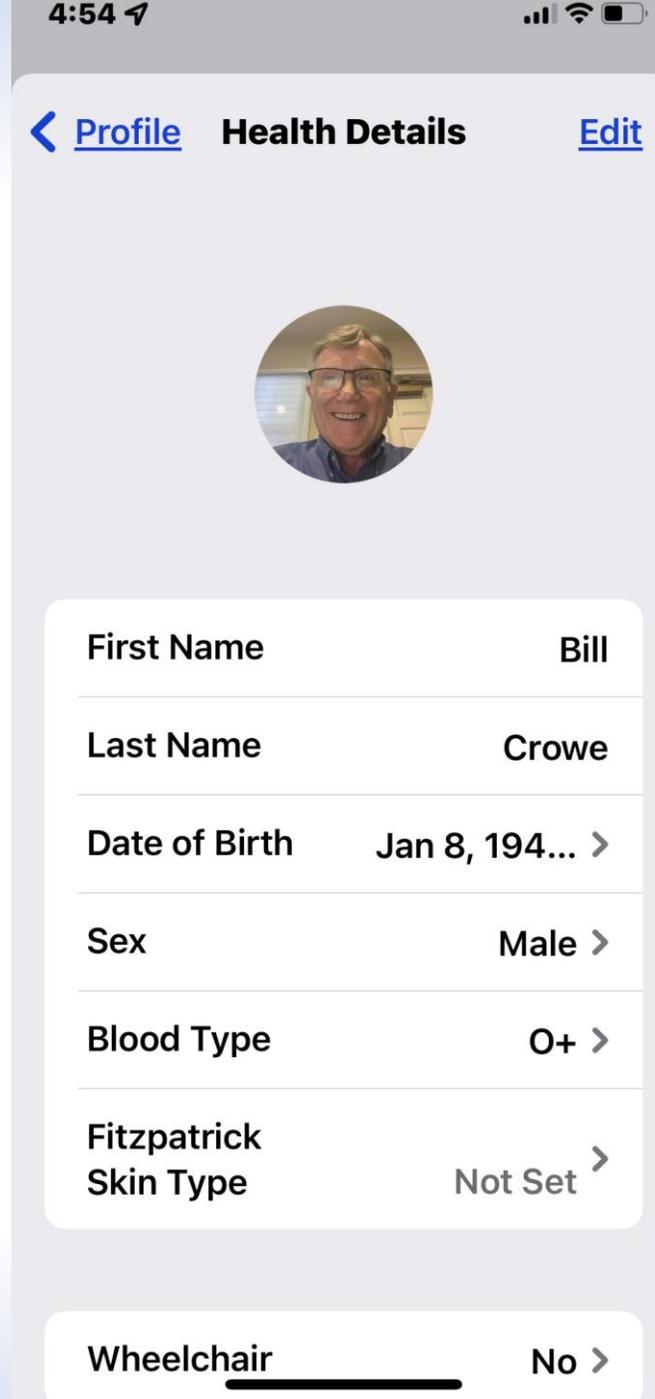


Deep Dive In Summary Data Like Heart Rate Variation.

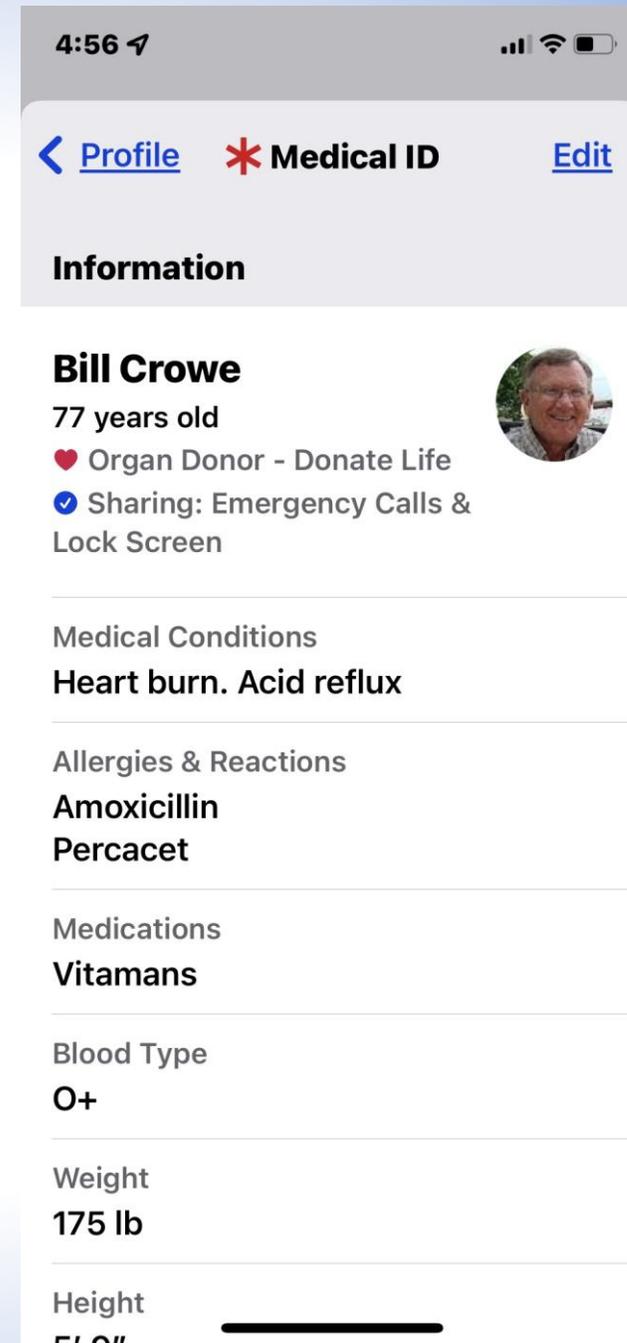


Open health app and Set up profile

- Health Details

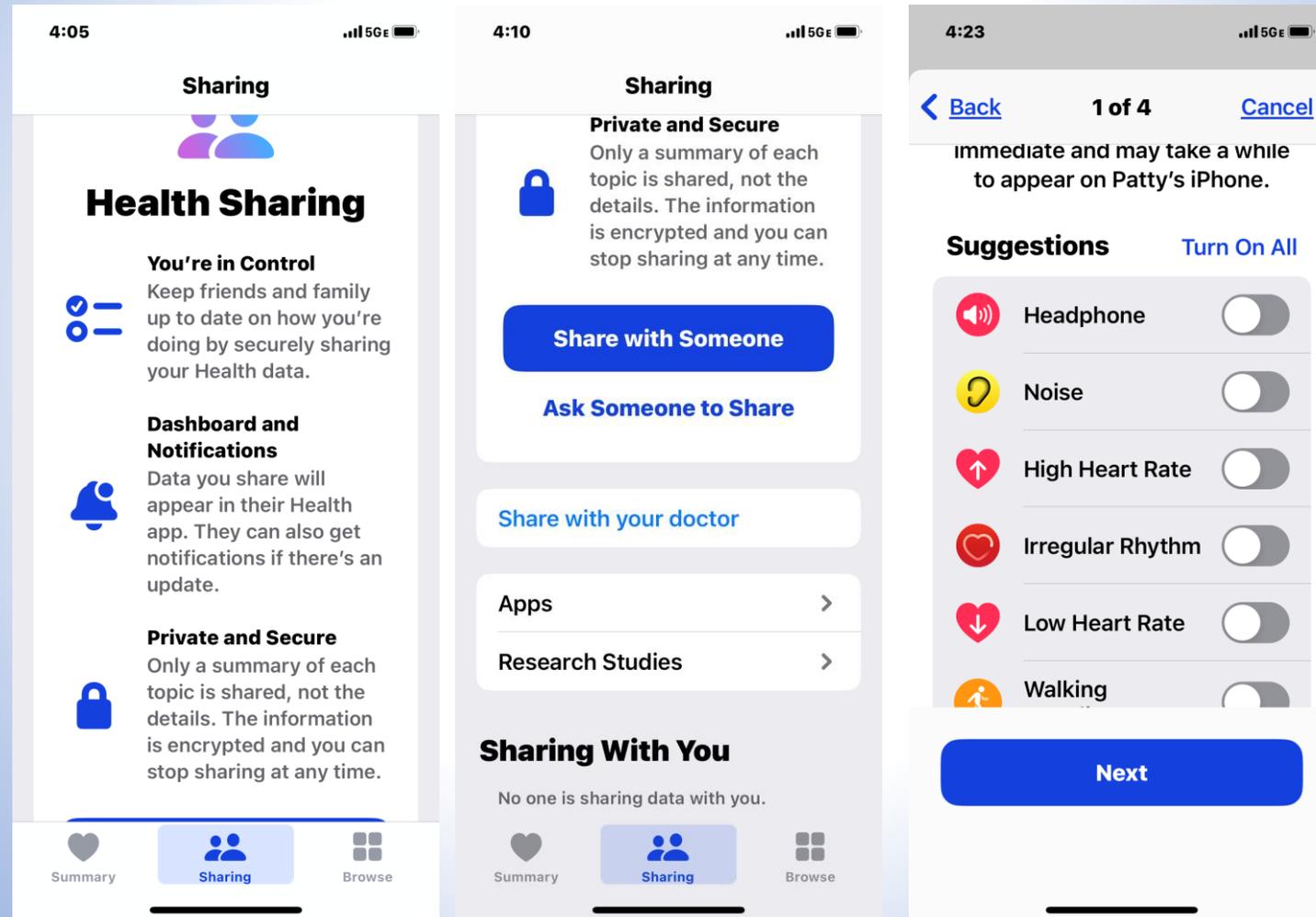


Open Health App And Set Up Emergency Medical ID

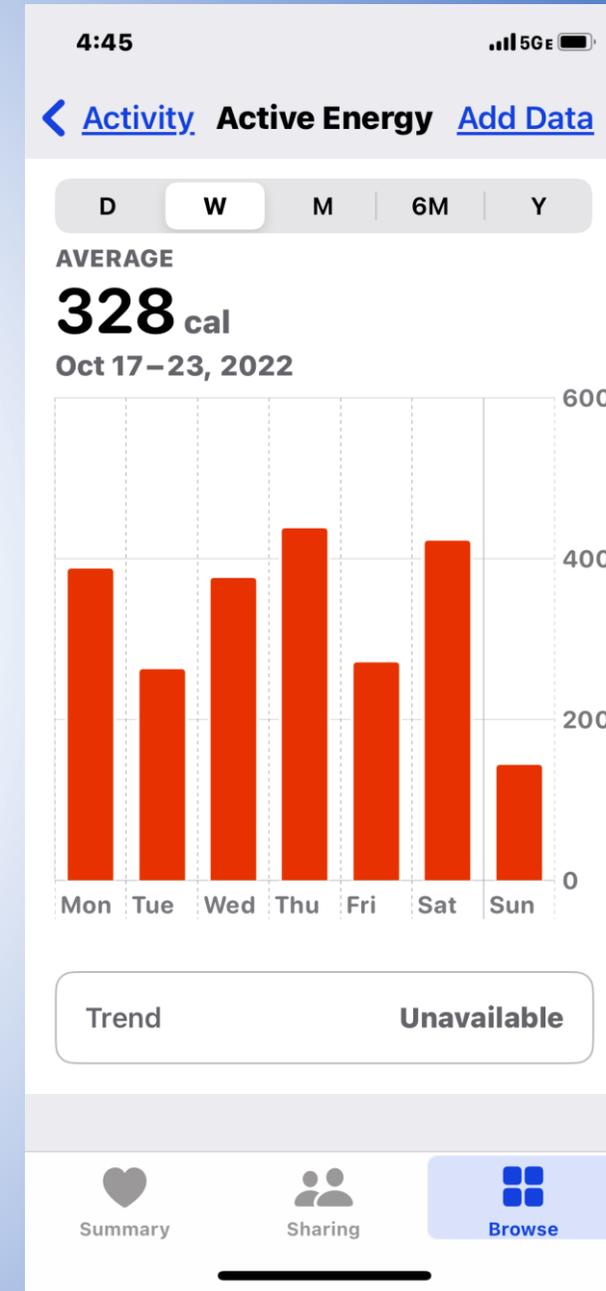
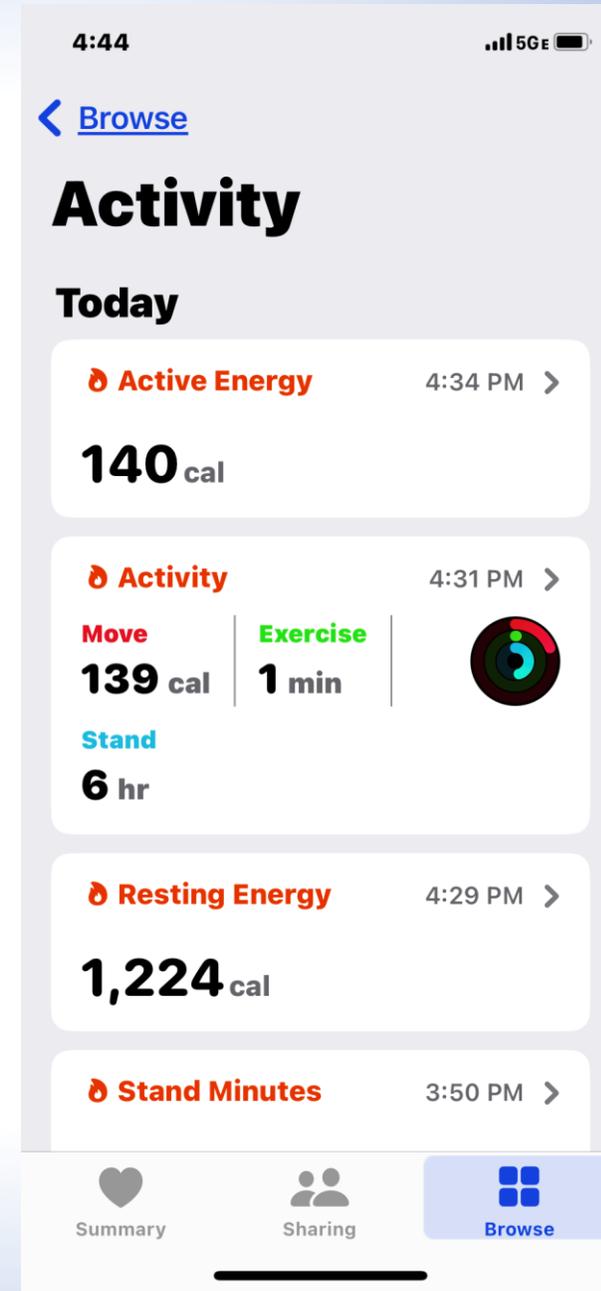
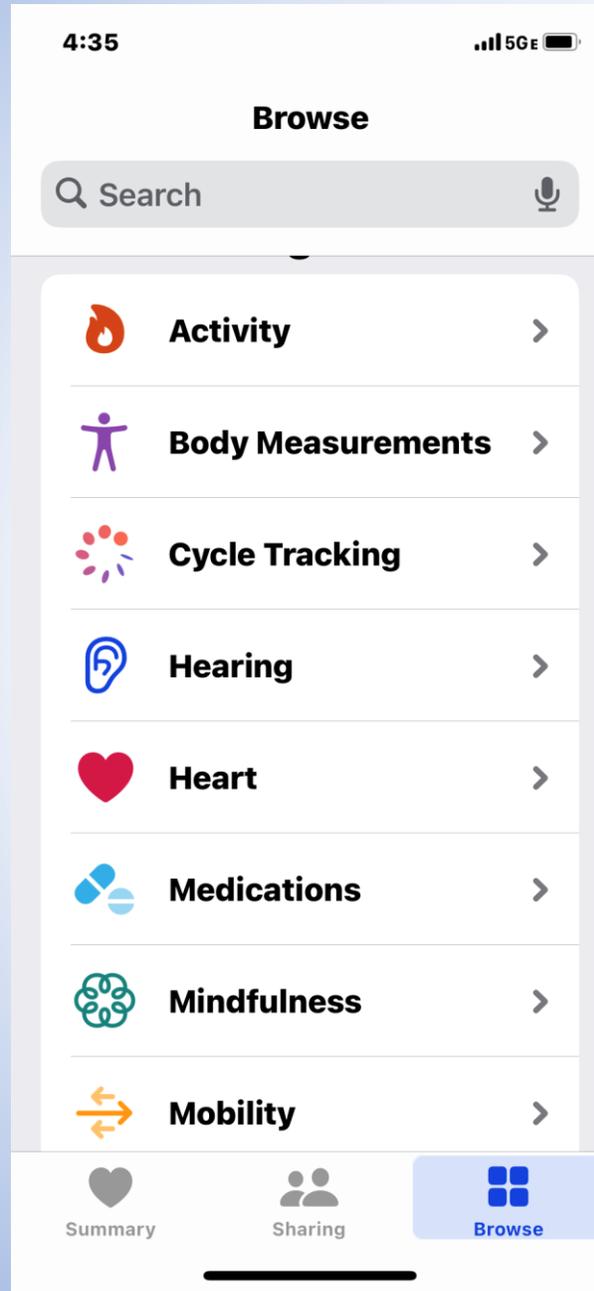


Share Tab - Sharing Your Health Data

- Dr Or Family



Browse



Health Applications

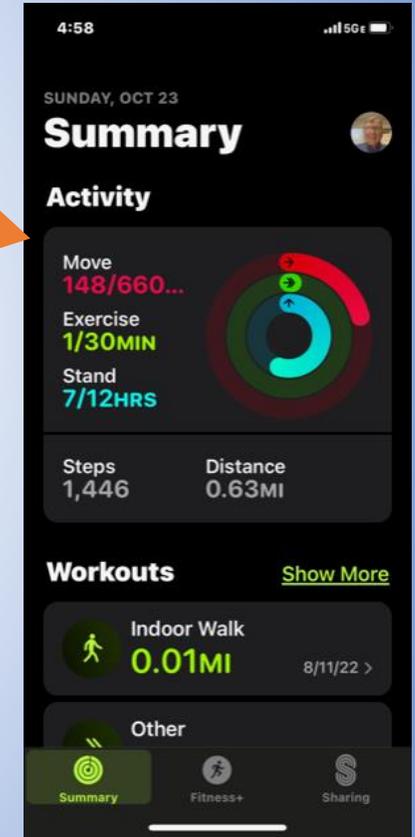
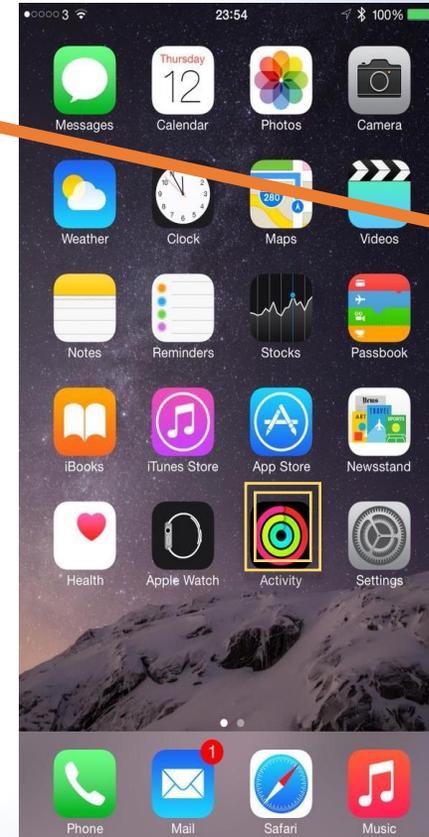
- Activities
- Heart rate
- ECG
- Blood Ox level
- Fitness
- Other health applications

The Activity App For the Apple Watch and iPhone

- The app **tracks how often you stand, how much you move, and how many minutes of exercise you do.** Three rings in different colors summarize your progress. The goal is to sit less, move more, and get some exercise by completing each ring every day.
- The Fitness app on your iPhone keeps a record of your activity. If you've tracked at least six months of activity, it displays daily trend data for active calories, exercise minutes, stand hours, stand minutes, walk distance, cardio fitness, walking pace, and more. In the Fitness app on iPhone, tap Summary, then scroll to Trends to see how you're doing compared to your average activity.

The Activity App For the Apple Watch and iPhone

- The circles represent your progress toward your goal.
 - Red – Movement
 - Green – Exercise
 - Blue – Standing



The Activity App For the Apple Watch and iPhone



Move

- The Move ring shows how many active calories you've burned so far. Complete your daily Move goal by burning active calories every day. Active calories, unlike resting, are ones that you burn by standing or moving around.

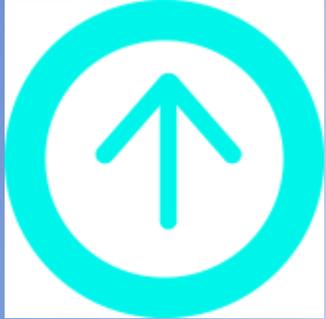
The Activity App For the Apple Watch and iPhone



- **Exercise**

- The Exercise ring shows how many minutes of brisk activity you've completed. Complete your daily Exercise goal by exercising for at least 30 minutes each day.

The Activity App For the Apple Watch and iPhone



Stand

- The Stand ring shows hours in which you've stood and moved for at least a minute. Complete your daily Stand goal by standing up and moving around for at least 1 minute during 12 different hours in the day. Even if you stand all day, you still need to move around to earn credit for standing.
- If you specify that you use a wheelchair, the Stand ring switches to the Roll ring. Roll shows hours in which you've pushed around for at least 1 minute.

The Activity App For the Apple Watch and iPhone

Get started

When you set up your Apple Watch, you're asked if you'd like to configure the Activity app. If you choose not to, you can do so later when you open the Activity app for the first time.

1. Open the Activity app on your Apple Watch.
2. Swipe left to read the Move, Exercise, and Stand descriptions, then tap Get Started.
3. Use the Digital Crown to set your sex, age, height, weight, and whether you use a wheelchair.
4. Choose an activity level and start moving.

The Activity App For the Apple Watch and iPhone

- **Check your progress**
- Open the Activity app on your Apple Watch at any time to see how you're doing. The Activity app displays three rings.
- The red Move ring shows how many active calories you've burned.
- The green Exercise ring shows how many minutes of brisk activity you've done.
- The blue Stand ring shows how many times in the day you've stood and moved for at least one minute per hour.



The Activity App For the Apple Watch and iPhone

Check your Activity history

- You can check your progress for the day on your Apple Watch, or check your entire history from the Fitness app on your iPhone.
- On your iPhone
 - Open the Fitness app on your iPhone.
 - Tap Activity in the Summary tab to see details about your all day activity.
 - Tap the calendar to see your progress for the month. On the calendar, a green dot appears next to the days that you worked out.

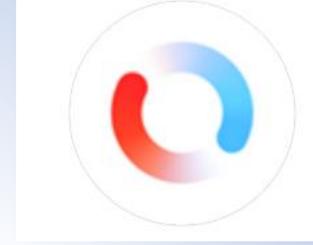


ECG



- Open the application on your apple watch.
- Lightly hold the crown and the opposite side of the watch with your finger and thumb.
- And watch it work
- After 30 seconds you will be shown the results.
- It does not find signs of a heart attack.
- It does say if you show signs of atrial fibrillation.

Blood Oxygen Level



- Data is collected by you watch on demand or automatically by opening the Blood Oxygen application.
- The reading takes 15 seconds, and shows you the results.
- Its is send to your phones health app and you can see the daily trends there.

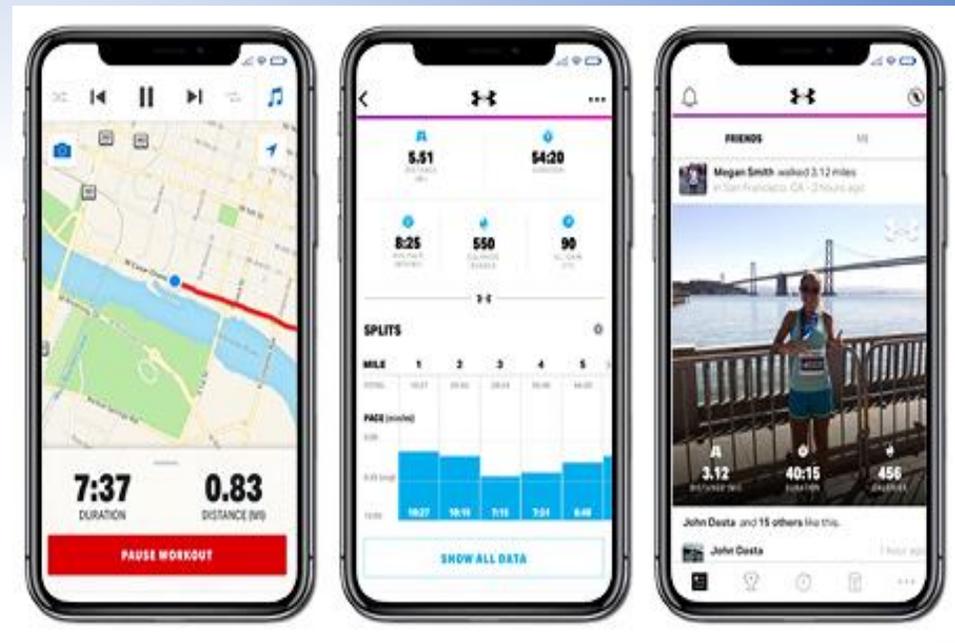
OTHER MEDICAL APPLICATIONS

- For Older Adults (for iOS and Android)
 - Map My Walk
 - Yoga Studio
 - SilverSneakers GO
 - C25K 5K Trainer
 - The Johnson & Johnson Official 7-Minute Workout
 - 7-Minute Chi
 - MyFitnessPal

Map My Walk (free?)



- Walking is a fantastic low-impact activity you can do every day to stay healthy, and this app makes it easy to stay on track. You can set personal goals, log your walks, save your favorite routes, and even find new places to walk nearby.
- The app also offers audio feedback designed to help you improve every time you head out the door. (Can you go faster? Walk farther?)



- Don't let the name fool you: Beyond walking, you can track more than 600 sports and activities, including cycling, hiking, swimming, yoga, and even your go-to exercise classes.

Yoga Studio for Beginners (Free)

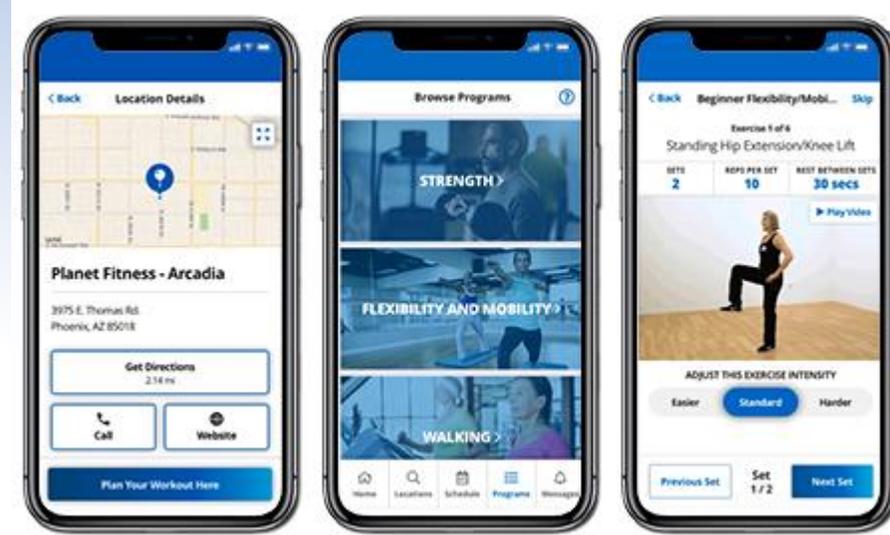
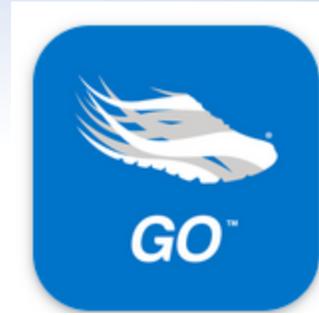


- Slow down with Yoga Studio's library of more than 100 ready-made yoga videos and meditations. You can search for classes based on duration (five to 60 minutes); ability (beginner to advanced); focus (balance, strength, relaxation); and intensity (low to high). Or build your own class from a library of 280 poses, complete with detailed instructions for each one.

- You can download videos to get your yoga fix anytime—after downloading, you can view the videos without internet access. And if seeing a class on your calendar motivates you, the app's scheduling feature will be your best friend.

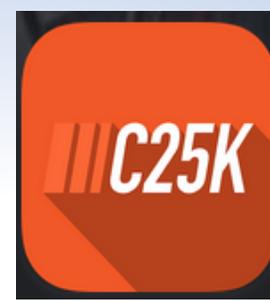
SilverSneakers GO (Free)

- Finally, a fitness app designed with you in mind. SilverSneakers GO offers four- to 12-week strength, walking, and flexibility and mobility programs that can be tailored to your fitness level.
- Within each program, you'll have access to easy-to-follow exercise demonstrations and tips to modify any movement to fit your comfort level and equipment needs.



- Prefer working out with friends? The app will help you find nearby fitness locations and classes. Plus, activity tracking helps you keep tabs on your weekly and monthly progress, while mobile reminders ensure you never miss a workout.

C25K 5K Trainer (Free)

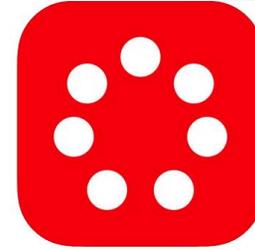


- Ease into jogging and ignite your competitive spirit with an app designed for beginners. C25K, which stands for “Couch to 5K,” will guide you from inexperienced to 5K runner in eight weeks. You’ll start out walking more than jogging and gradually progress until most of your session is spent jogging.



- Just press “start,” and let the audio coach guide you through a series of walking and jogging intervals for 30 minutes per day, three days per week. You may want to register for a 5K race so you’re not tempted to skip your session.

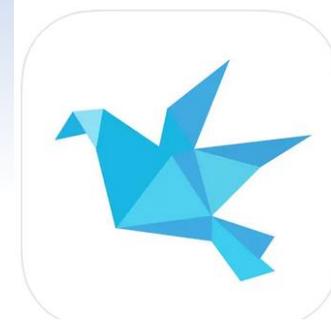
The Johnson & Johnson (Free) Official 7-Minute Workout



- The Johnson & Johnson app makes starting up a regular workout routine a breeze. All you need is seven minutes, a wall, and a chair to get an effective strength and cardio workout.
- The video demonstrations and audio cues make it easy to follow along, while the app allows you to indicate your like or dislike of exercises like jumping jacks, squats, lunges, wall sits, and more. Stick with the original seven-minute workout, pick from 21 other ready-made routines, or utilize the custom workout feature as your fitness improves.
- Looking for a beginner-friendly workout? Check out the First Timer, which features modified exercises like marching in place, chair-assisted squats, and kneeling pushups.

7-Minute Chi (Free)

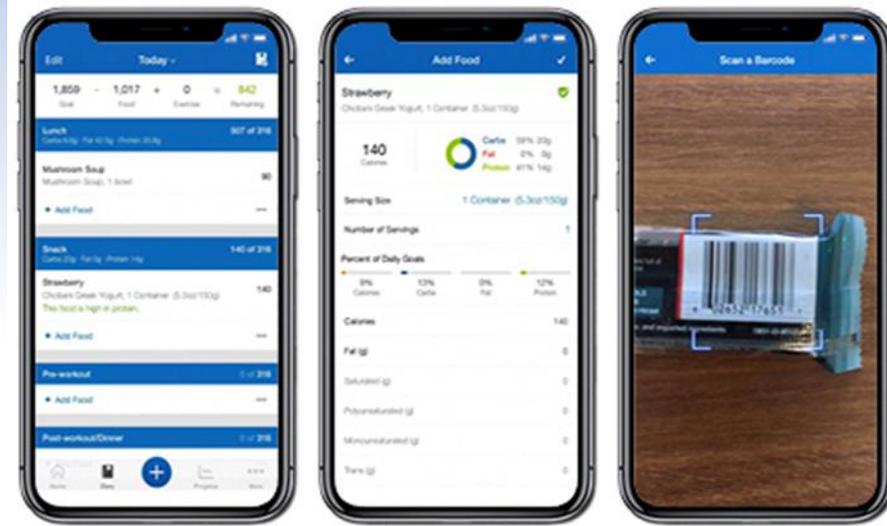
- Often described as meditation in motion, tai chi is an effective exercise for gently improving strength, balance, flexibility, and range of motion. It's especially beneficial for older adults with joint stiffness or who want to help prevent falls. And this app makes it easy to squeeze in a quick daily session.



- Even if you're totally new to the practice, you'll have no trouble following along as Master Li guides you through a series of exercises. Audio prompts help you sync your breath with your movements and let you know what comes next so you can focus on your practice—not watching the clock.

MyFitnessPal (Free)

- Similar to other exercise-focused apps, MyFitnessPal lets you log workouts (choose from more than 350 exercises), track steps, and set daily movement goals. But what really sets this app apart is the nutrition- and calorie-tracking component.
- The app's database of more than 6 million foods makes it easy to monitor your diet, no matter what you eat. Whether you're trying to lose weight or put on muscle, the app helps determine the best things to eat to meet your goals.



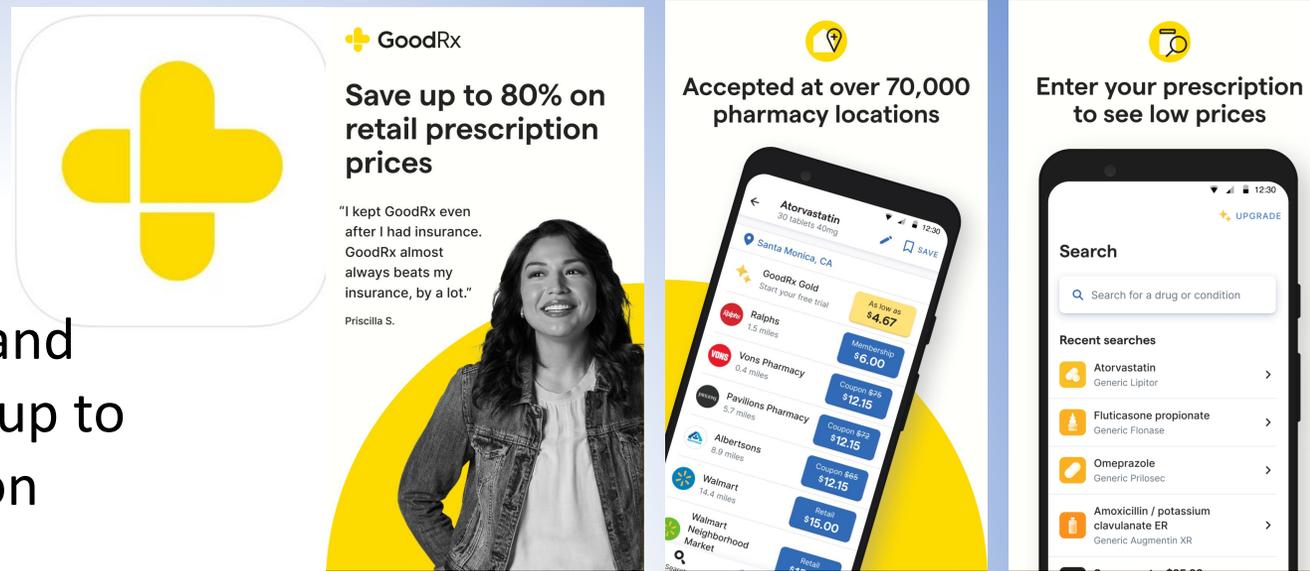
- Even if you made something from scratch, you can input the recipe, and the app will estimate its nutritional information.

Other applications

- Good RX
- CostPlusDrugs.com (a web site)
- Snore Lab
- Web MD
- Headspace

Good RX (Free)

- GoodRx is your solution to convenient and affordable medications. Find discounts up to 80% on prescriptions and save money on what matters.
- GoodRx is a free pharmacy coupons app that helps millions of Americans save money on pills, prescription drugs & medical costs. Our coupon finder helps find the best price on affordable prescriptions, medications & drugs you can't find on other medication apps. GoodRx is a medication app with Rx pharmacy discounts, a medication & pill reminder, medicine tracker & more.



GoodRx

Save up to 80% on retail prescription prices

"I kept GoodRx even after I had insurance. GoodRx almost always beats my insurance, by a lot."
Priscilla S.

Accepted at over 70,000 pharmacy locations

Enter your prescription to see low prices

The advertisement includes a large yellow cross logo, a woman in a denim jacket, and two smartphone screens. The first screen shows a search for 'Atorvastatin' with a list of pharmacies and their prices: Ralphs (\$4.67), Vons Pharmacy (\$6.00), Pavilions Pharmacy (\$12.15), Albertsons (\$12.15), Walmart (\$12.15), and Walmart Neighborhood Market (\$15.00). The second screen shows a search bar and a list of recent searches including Atorvastatin, Fluticasone propionate, Omeprazole, and Amoxicillin / potassium clavulanate ER.



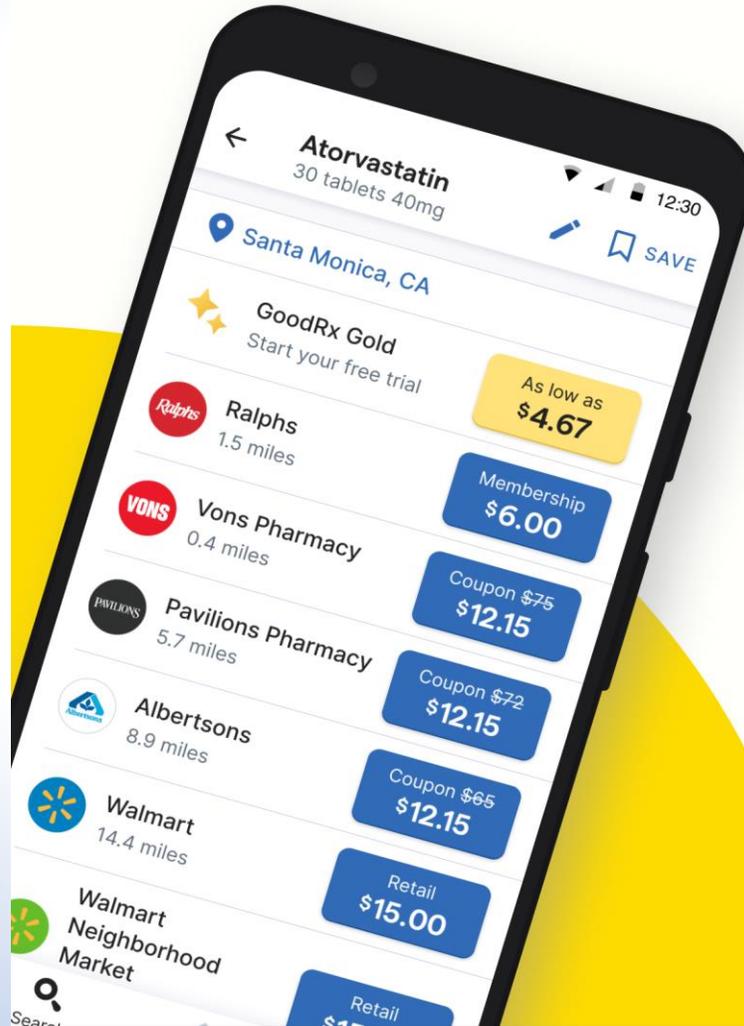
Save up to 80% on retail prescription prices

"I kept GoodRx even after I had insurance. GoodRx almost always beats my insurance, by a lot."

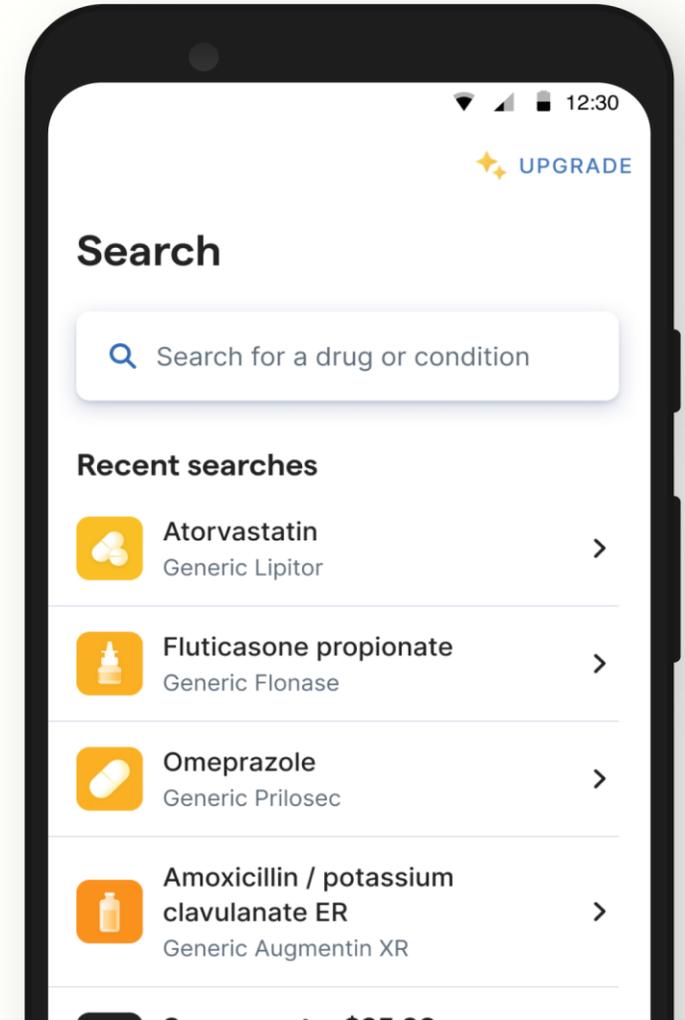
Priscilla S.



Accepted at over 70,000 pharmacy locations



Enter your prescription to see low prices



costplusdrugs.com



- No middlemen. No price games. Huge drug savings.
- How it works
 1. Find your medication.
 2. Ask your doctor to send our pharmacy partner your prescription.
 3. Receive your medications.

SnoreLab



- SnoreLab records, measures and tracks your snoring and helps you to discover effective ways to reduce it.
- The app is very easy to use: simply set SnoreLab running next to your bed whilst you sleep. In the morning you will discover your Snore Score, exactly when and how loudly you snored, and listen to some highlights!

- SnoreLab lets you log and track lifestyle factors and any snoring remedies so you can see how they impact your snoring.
- The app can be useful in medical consultations when investigating sleep disorders such as sleep apnea.

Record your snoring



Monitor your sleep



No.1 App for snorers



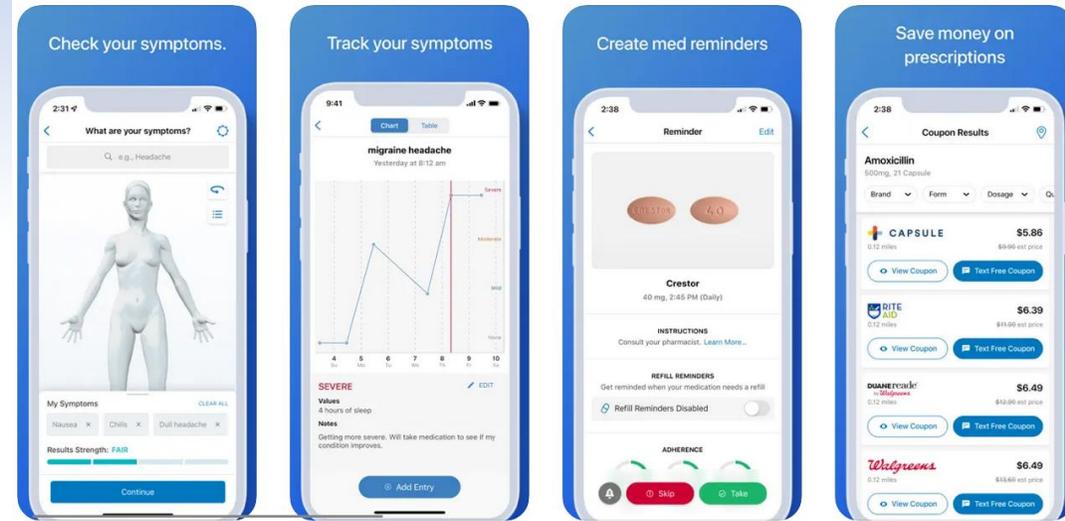
Listen to recordings



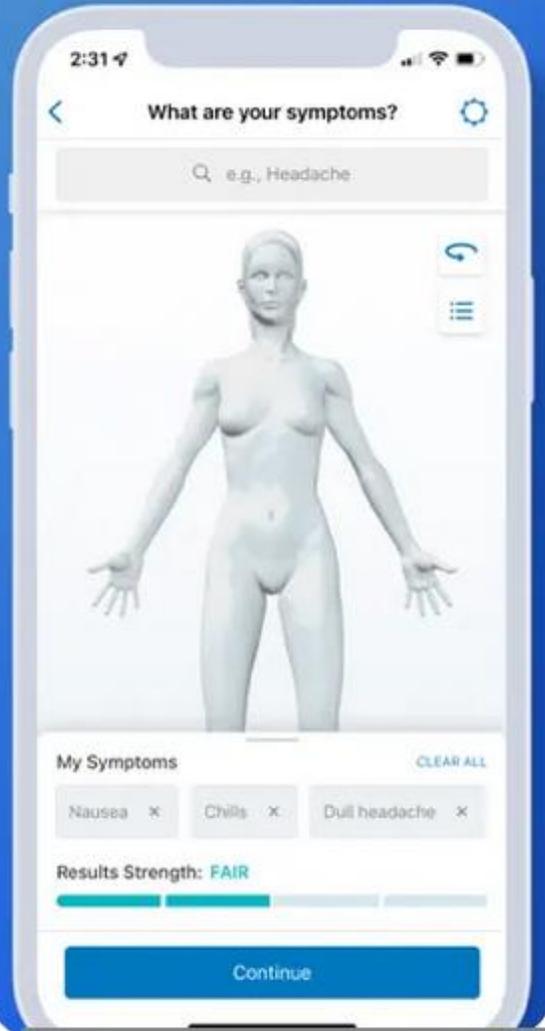
Web MD (Free)



- The one healthcare app you need to check symptoms, set medication reminders, get daily allergy alerts, learn about conditions and drugs, research treatments and diagnoses, find doctors and specialists in your area, and save on prescriptions at your local pharmacy.



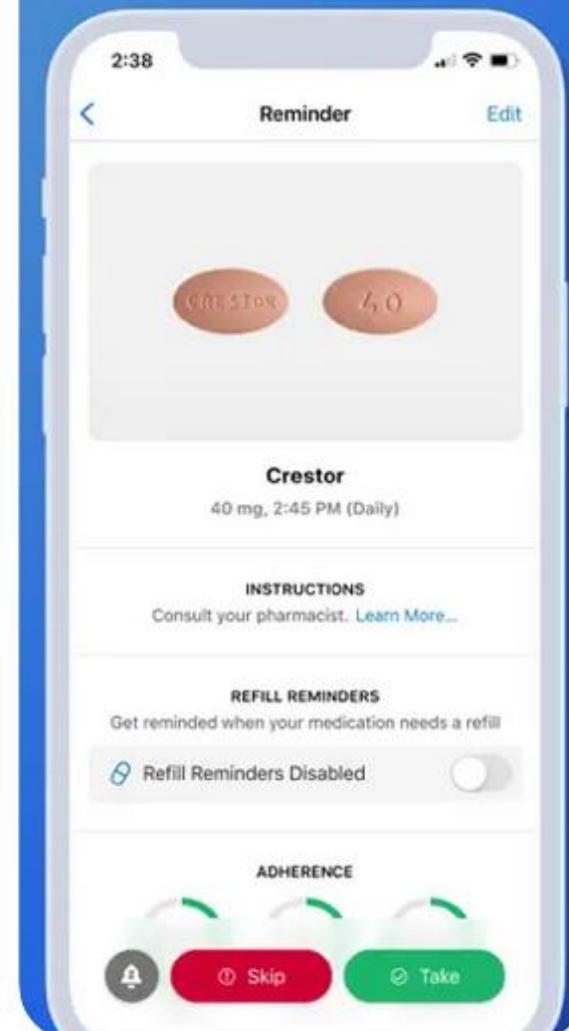
Check your symptoms.



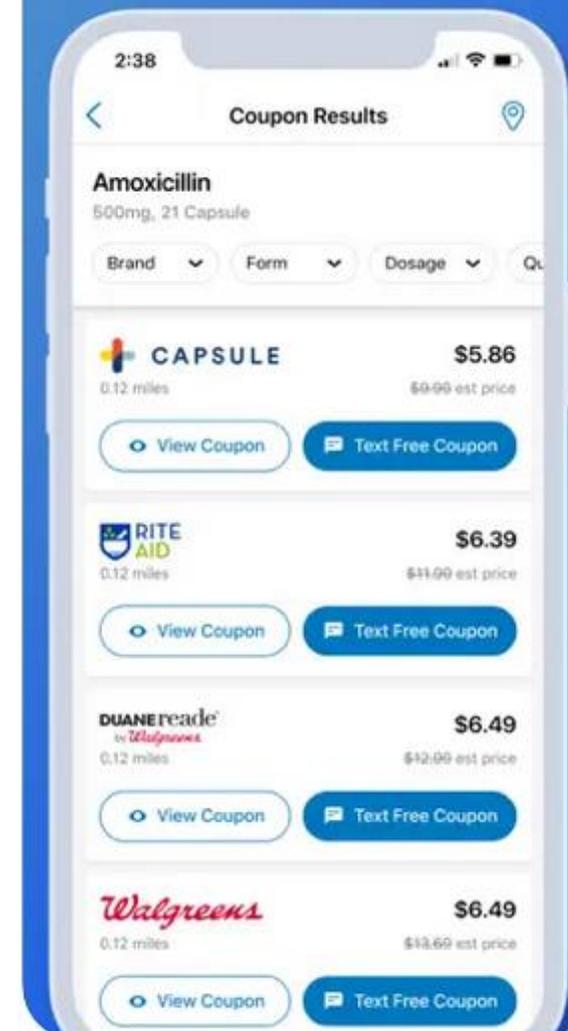
Track your symptoms



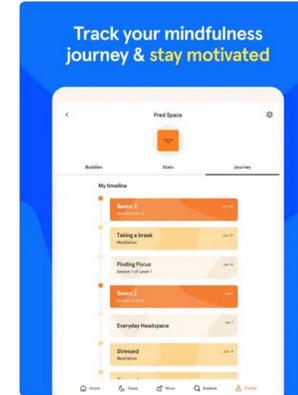
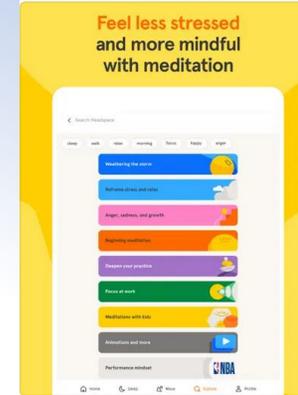
Create med reminders



Save money on prescriptions



Headspace (Free)



- Stress less, sleep soundly, and get happier. Headspace is everyday mindfulness and meditation, so you can make mindfulness a daily habit and be kind to your mind. Learn how to relax, manage stress, find your focus, and release tension in both the mind and body.
- Get guided meditations, courses, and mindfulness exercises on subjects like stress, general anxiety, worry, building resilience, and more topics for any moment. Learn mindfulness and choose from hundreds of meditations led by world-class experts from all walks of life. From guided meditations to soothing breathwork, get personalized recommendations daily based on what you like and how you're feeling.
- Try short, 3-minute mindful meditation sessions that fit seamlessly into a busy schedule, or choose longer meditations for any time of day. Meditate with friends, and join live group meditations with members from around the world. Listen to soothing stories, calming sounds, and sleep music to create the conditions for restful slumber.

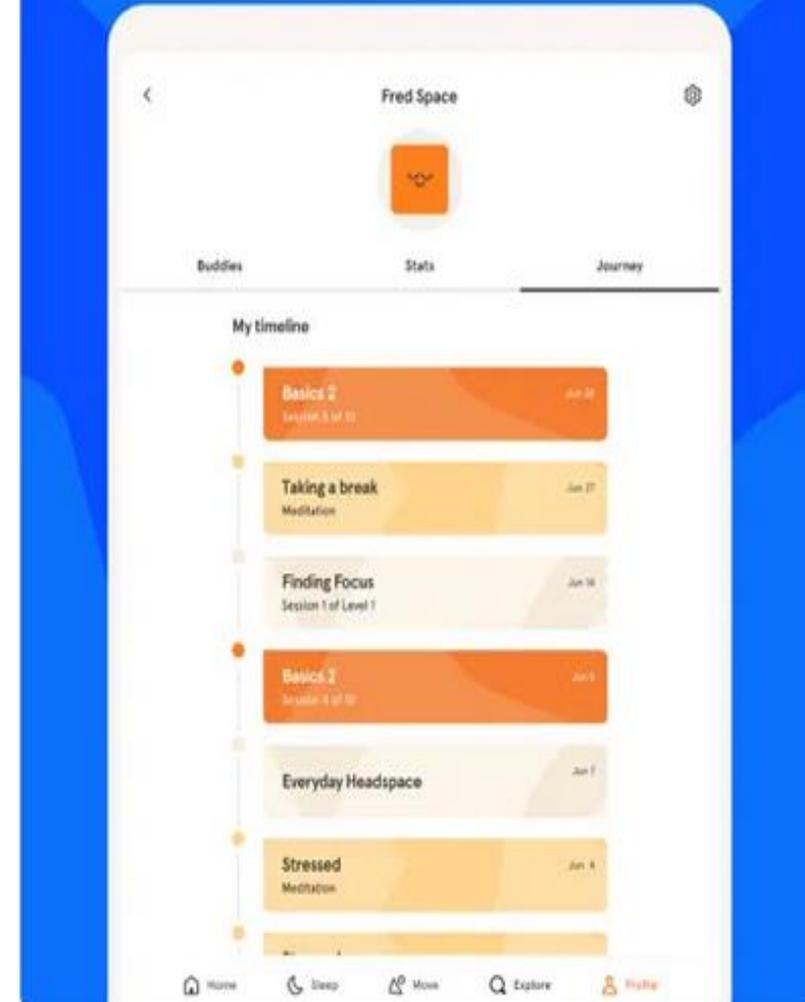
Feel less stressed
and more mindful
with meditation



Relax your mind with a
bedtime meditation



Track your mindfulness
journey & stay motivated

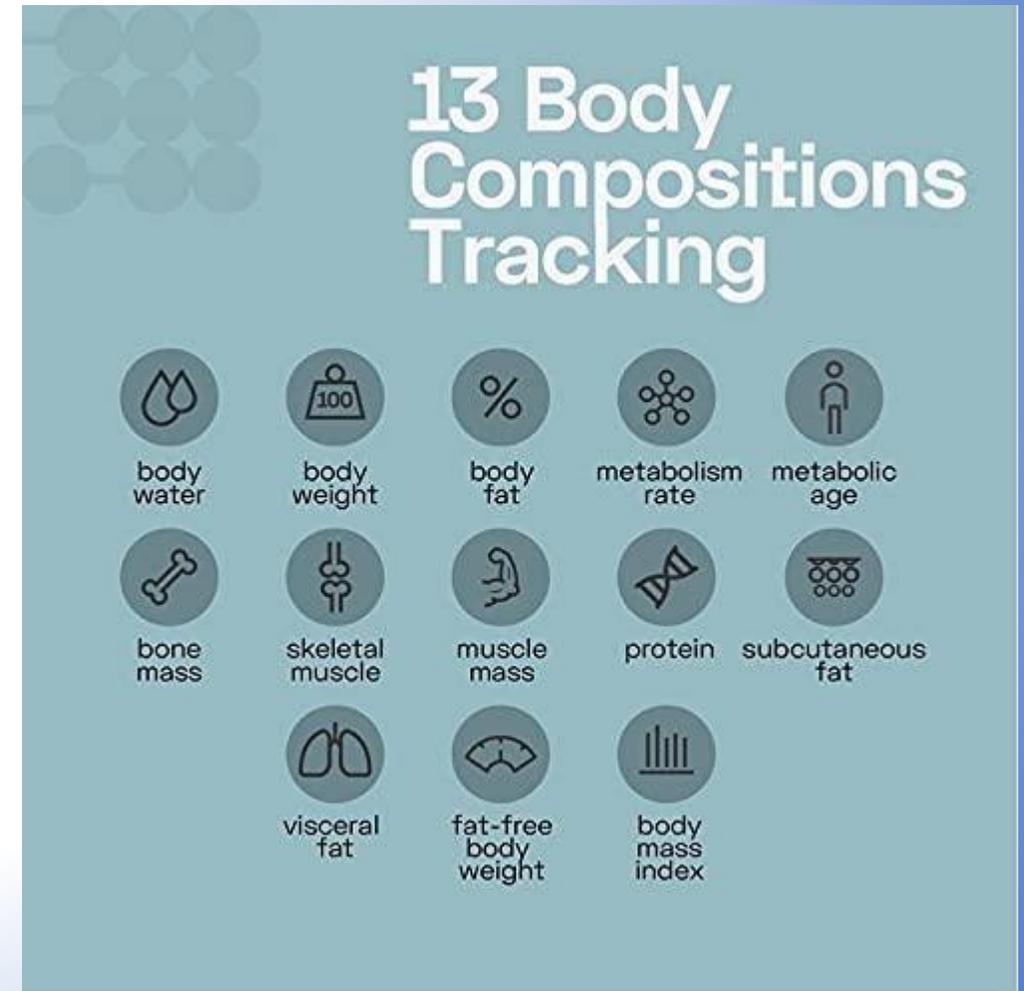


Medical Devices

- Scales
- Blood Pressure cup
- Blood Oxygen Saturation
- First Alert
- Tracker applications
- Hearing aids
- Dieabetic tracker
- EKG
- Urine Analysis
- Toothbrush

Smart Digital Scales (\$29.99 Amazon)

- Smart Digital Weight Scale, 13 Body Composition Analyzer, BMI, Muscle Mass, Body Fat Scale with Smartphone App sync with Bluetooth (Black)



Blood Pressure (\$84)

- QardioArm Wireless Blood Pressure Monitor:
 - Easy to Use Smart Upper Arm Cuff. App-enabled for iOS, Android, Apple Watch. FSA/HSA eligible.



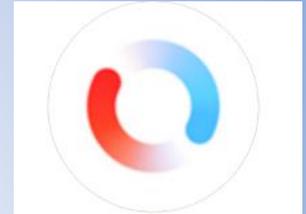
Withings BPM Connect - \$129 (amazon)

- QUICK & EAST TO READ RESULTS with color-coded feedback on display case
- ONE OF THE MOST ACCURATE BLOOD PRESSURE MONITORS
- WI-FI & BLUETOOTH SYNC - The bp monitor for the arm automatically syncs data wireless to the Health Mate app. Easier than a manual blood pressure cuff.
- LONG LASTING RECHARGEABLE BATTERY
- SHARE WITH YOUR DOCTOR



Blood Oxygen Level

- Built into the new Apple watches
- Wellue Bluetooth Pulse Oximeter Fingertip PC-60FW, Blood Oxygen Saturation Monitor with Free APP, Batteries, Carry Bag & Lanyard \$36



Best 2022 Medical Alert Buttons

- Mobile Help
- Medical Guardian
- ADT
- One Call Alert
- Life Alert
- LifeFome

Best 2022 Medical Alert Buttons

- They all provide different packages.
 - At home
 - With land-line
 - With cell phone interface
 - Wifi connection
 - On the go - not at home
- This a very competitive market.

Cellular enabled device Trackers

- Apple and Google have a the Find My application that knows where your Smart phone or Apple watch are and you can share that info with others.

Hearing Aids

- Most hearing aids now come with an application that you add to your Smart Phone that allows you to control the features of your hearing aids.



7 Best Glucose Monitors and Meters

- [The Contour Next One](#)
- [FreeStyle Libre](#)
- [Dexcom G6](#)
- [Eversense](#)
- [Guardian Connect System](#)
- [Rite Aid TrueMetrix Meter](#)
- [Walgreens TrueMetrix Bluetooth Blood Glucose Meter](#)

Best overall for new users

[The Contour Next One](#) - **test Strips**(\$29)

• **Pros**

- proven accuracy to within about 8.4% of lab values
- fast, easy-to-read results
- affordable at under \$20
- connects to an app for easy diabetes monitoring

• **Cons**

- some reviewers say test strips are expensive compared with other brands

Best for blood-free readings

FreeStyle Libre– (\$90-150)

• **Pros**

- continuous monitoring, no finger-sticks
- helpful if you test multiple times throughout the day

• **Cons**

- may not provide the most consistent readings
- may irritate skin around sensor

Most accurate CGM

[Dexcom G6](#) - (\$280 - \$560)

- **Pros**

- consistent, accurate readings
- readings every 5 minutes
- works with insulin pumps
- Sends data to smart phone

- **Cons**

- must change sensor frequently

Longest lasting CGM sensor

Eversense - implant

• **Pros**

- go up to 3 months without changing sensors
- readings every 5 minutes
- discreet vibration alerts
- implant
- Connects to your smart phone

• **Cons**

- sensor changes require a doctor's appointment
- inaccurate alerts when exposed to direct sunlight

Best for detailed glucose data

Guardian Connect System

- **Pros**

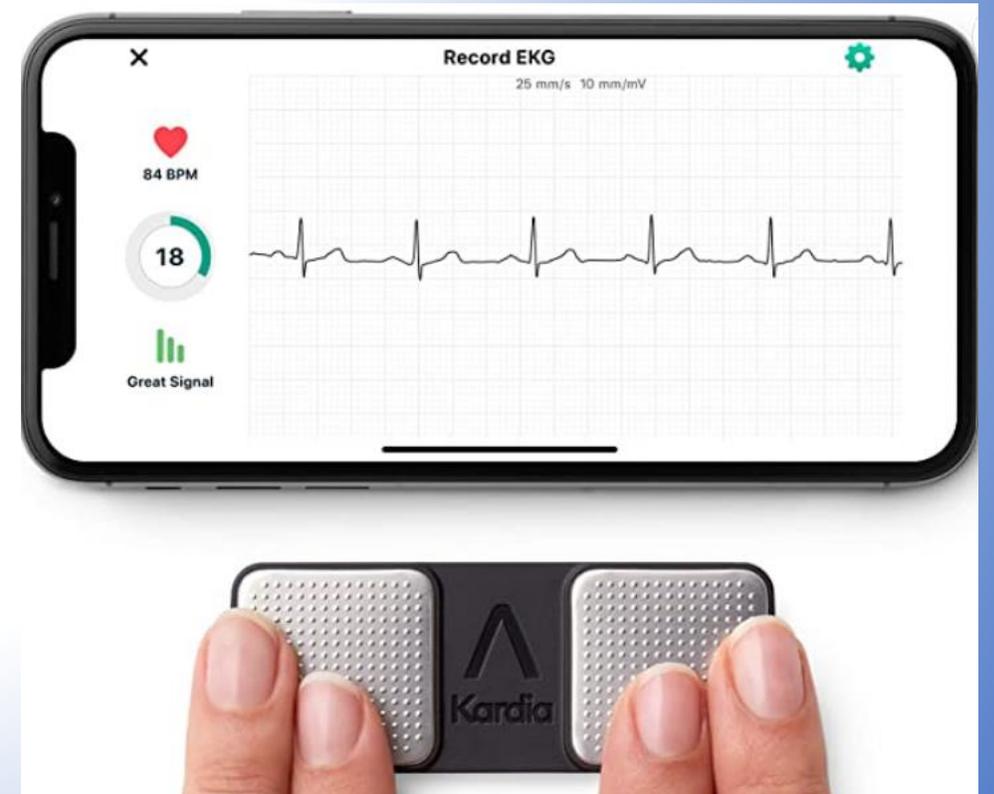
- shows blood sugar range patterns throughout each day
- gives readings every 5 minutes
- connects to smart phone
- Patch sensor

- **Cons**

- need to change sensor frequently
- not available for children under 14 years old
- expensive

EKG (\$79 on Amazon)

- Many smart watches now have ECG built into them. They have a disclaimer – cannot check for signs of a heart attack
- KardiaMobile 1- Personal EKG Monitor – Record EKGs at Home – Detects AFib and Irregular Arrhythmias – Instant Results in 30 Seconds – Easy to Use – Works with Most Smartphones – FSA/HS



See Insights From Your Pee (CES 2023)

- Urine contains biomarkers that can reveal a lot of information about your nutrition, menstrual cycle, and overall health.
- This little sensor puck slides right under your toilet seat to catch a sample of your pee every time you go to the bathroom.
- Measurements are analyzed and then sent directly to your phone for deeper medical insights.
- You can use this information to monitor your health in real-time, track abnormalities, and make changes to improve future results



Bluetooth communication provides real-time feedback on brushing habits

•3D cleaning action oscillates, rotates, and pulsates to break up plaque and remove more plaque along the gumline than

Toothbrush

- Oral-B Pro 5000 – (\$99.49)
- Superior Clean and 100% Healthier Gums* *vs a regular manual toothbrush
- Bluetooth communication provides real-time feedback on brushing habits
- 3D cleaning action oscillates, rotates, and pulsates to break up plaque and remove more plaque along the gumline than a regular manual toothbrush



The end

Questions