

TECHNOLOGY IN THE MEDICAL FIELD

“PERSONAL USE TECHNOLOGY”

Part of the Lifestyles Series
From
Sarasota Technology Users Group (STUG)

- **Medical Peripherals for personal use**
 - **Medical Applications for seniors and others**
 - **Games and other stuff**
- 

- The iHealth BP5 Blood Pressure Monitor measures and tracks your systolic/diastolic numbers, heart rate, pulse wave, and measurement time
- Compatible with Phone 6/6(s) Plus, iPhone 3GS to iPhone 5s, iPad Air, iPad Mini, iPad 4th Gen, iPad 3rd Gen, iPad 2, iPod Touch 5th Gen, iPod Touch 4th Gen
- Visually dynamic charts to track your progress. Compare results against your historical averages as well as World Health Organization (WHO) classifications
- Share your results instantly with friends, family, or your doctor
- FDA Approved
- \$100

IHEALTH BP5 WIRELESS BLOOD PRESSURE MONITOR FOR IPHONE AND ANDROID



IPHONE ECG ELECTROCARDIOGRAM

- This clever design incorporates electrocardiogram (ECG) electrodes right into an iPhone or Android case or on the back of the phone, which then transmits data to the smartphone.
- An ECG is recorded by placing your fingertips on the electrodes or placing them on your chest turning your smartphone into an ECG recorder. The Heart Monitor was developed by [AliveCOR](#). The Heart Monitor costs \$199 and the [AliveECG](#) app is free. Expert analysis of the ECG is available through the app for a minimal fee. While it doesn't yet get granular enough to replace a 12 lead ECG – which gathers data from 12 leads and not just one – it can be a useful tool for monitoring of patients with a known arrhythmia or for those experiencing symptoms of arrhythmia.
- \$99-\$120



IHEALTH BG5 WIRELESS SMART GLUCO-MONITORING SYSTEM

- The BG5 blood glucose monitor your blood sugar level and view it directly on the display or in the mobile app and share your data with your doctor or family members
- Wireless glucose meter. Works with the free iHealth iGlucO app where it logs your readings and allows you to customize with pre/post meals, medicines, and insulin dosages
- This device is compatible with Apple iOS 4, 4s, 5, 5s, 6, 6s and Android Devices
- FDA approved
- Requires iHealth Blood Glucose Test Strips
- \$30.00
- 50 test strips for \$12 (amazon.com)



IHEALTH PO3 PULSE OXIMETER FOR IPHONE



- The PO3 pulse oximeter measures your blood oxygen saturation and pulse rate
- View trend and organize records
- Use the free iHealth My Vitals app on your iPhone or Android to keep track of your readings
- Share your results instantly with friends and family
- \$56

WITHINGS SMART BODY ANALYZER

It looks like a typical scale, but the Withings Smart Body Analyzer is a health data machine.

- Setup is done completely with a smartphone or tablet via Bluetooth.
- When you step on,
 - the LCD screen shows your weight
 - Body fat percentage
 - Heart rate
 - Room air quality
 - And the device syncs data to your Withings mobile app (free on iOS or Android).
 - There the data is plotted along colorful graphs to show progress. You can also set up goals using the app.

The scale is listed at \$149.95



MOBIUS SP1 ULTRASOUND IMAGING DEVICE

Yes, it's on a smartphone – where you can call up the future of medicine.



- **Small and portable**
The MobiUS SP1 System can fit in your pocket and it's light enough to take anywhere. So you can take imaging to your patient, easily.
- **Easy**
We've gone to great lengths to ensure the MobiUS SP1 is quick to learn and simple to operate.
- **Connected**
Images are readily stored in 8 GB capacity and quickly shared from the MobiUS SP1 smartphone ultrasound device via secure Wi-Fi, cellular networks or USB.
- **Affordable**
We've put imaging within the economic reach of healthcare professionals – everywhere. Now smaller, more resource-constrained facilities and healthcare teams can offer more complete care.
- **Price ? (high)**

STAINLESS USB BRACELET EMR PHR MEDICAL ALERT ID-NIB (ELECTRONIC HEALTH RECORDS) \$49.95 / EBAY

- Create and organize your medical history
- Collect and store critical Information
- Easy to wear as necklace, keychain, bracelet or credit card style
- Organize prescriptions, allergies and medical conditions
- HIPAA Compliant and Doctor Recommended
- Safe anywhere 24 hours a day and never needs an internet connection to view your medical records
- Live chat and telephone support 24/7/365

****Requires Windows Interface****



EPIC-ID - USB EMERGENCY ID BAND, BLACK

\$31.20 /AMAZON

- ▶ EPIC-id is a USB drive that you can plug into your computer to enter the information that you want to carry with you.
- ▶ Three pages are preloaded on the device, requiring no downloads or special software:
 - ▶ 1st page for personal information including In Case of Emergency contact,
 - ▶ 2nd page for medical history (including your medications and allergies),
 - ▶ 3rd page for your insurance information and doctors' contacts.
- ▶ Once you save your information, it stays on the EPIC-id, not on a computer or on the internet. You don't need to pay any subscriptions or worry about security breaches.
- ▶ You can update your information as often as you want when your travel plans, medications, and contacts change.
 - ▶ Simply insert your EPIC-id and edit the contents.



MEDICAL RECORDS STORED USB FLASH MEDITAG ID ALERT

\$40 /EBAY

- ▶ *Pre-loaded with copyrighted medical software*
- ▶ Store all your important information on the programs that come on the drive.
- ▶ Simply plug in to the USB port on any computer and start typing in your information.

Add all vital medical information doctors name phone number and etc.

- ▶ Put your complete family info, store other important documents.
- ▶ Put in Personal phone numbers, address, who to contact in an emergency.
- ▶ What types of medications and dosages.

Simply wear it around your neck, wrist or on a key chain we also have one that attaches to a credit card.



ALERT SYSTEMS

Features

- Landline home system
- Cellular home system
- Cellular home system with fall detection
- Mobile system with GPS
- Wearable mobile system with GPS
- Wearable mobile system with GPS and fall detection

FIRST ALERT



Questions?

Call 1-877-740-5452

Fall Detection Medical Alert System

Signals for help even if you can't press your button.

Alert1 Fall Detection system includes the latest motion detection technology available. The pendant will place an automatic call for help after sensing a fall, even if you are unable to push the button. This will provide even more peace of mind for you and your loved ones.

Includes:

- Most advanced fall detection sensor on the market
- 24/7 US Based Emergency Monitoring
- 100% Showerproof button
- 24 hour tech support
- 30 Day money back policy

From \$30.95/month



Questions?

Call 1-877-740-5452

Wireless Medical Alert System

No landline? No problem with Alert1!

The same award winning protection as our home medical alert except no landline is needed. The wireless system uses cellular coverage to offer 24/7 security. The system is powered by the AT&T cellular network and we take care of the service for you.

Includes:

- 24/7 US Based Emergency Monitoring
- Unlimited button pushes
- Free 24 hour tech support
- Personalized responders
- 30 Day money back policy

From \$35.95/month



Questions?

Call 1-877-740-5452

Mobile Medical Alert System

Go anywhere! Alert1 protection anywhere in the country.

As an older adult you should enjoy your independence and safety anywhere. The Mobile Medical Alert System will keep you safe wherever life takes you. Its built in location technology allows 911 to pinpoint your exact location, even if you don't know where you are.

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- Speaker and microphone built into the button
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ALERT SYSTEMS

2016's Medical Alert Systems in Florida



Medical Guardian

\$27.45

[Read Review >](#)

[VISIT SITE >](#)



ADT

\$29.95

[Read Review >](#)



Medical Care Alert

\$27.95

[Read Review >](#)

MediPendant™

MediPendant

\$35.95

[Read Review >](#)



Connect America

\$28.95

[Read Review >](#)



MobileHelp

\$29.95

[Read Review >](#)

Products

MEDICAL GUARDIAN

ADT

MEDICALCARE ALERT

MEDI PENDANT

CONNECT AMERICA

MOBILEHELP

Landline Home System



Cellular Home System



Cellular Home System with Fall Detection



Mobile System with GPS



Wearable Mobile System with GPS



Wearable Mobile System with GPS & Fall Detection




SMART WATCHES

Features to look for:

- ▶ Microphone
- ▶ Smart phone compatible (iOS or Android)
- ▶ NFC
- ▶ Bluetooth
- ▶ WiFi
- ▶ How they charge {wireless or wired}
- ▶ Voice control
- ▶ Camera
- ▶ Stand alone phone

Sensors to look for:

- ▶ Heart rate
 - ▶ Blood Oxygen
 - ▶ barometer
 - ▶ Accelerometer
 - ▶ Compass
 - ▶ Gyroscope
 - ▶ GPS
 - ▶ Ambient light
- 

Best Smart Watches of 2016

Best Pick

Apple Watch Sport
MJ3T2HN/A



 [Check price on Amazon](#)

Samsung Gear S2
Smartwatch for
Android 4.4



 [Check price on Amazon](#)

Reasonable Price

LG Watch Urbane
Wearable LGW150S



 [Check price on Amazon](#)

Pebble 301WH
Smart Watches



 [Check price on Amazon](#)

Motorola Moto 360
Black Leather Smart
Watch



 [Check price on Amazon](#)








	Apple Watch	Pebble Time	Pebble Steel	Alcatel One Touch Watch	Moto 360	LG G Watch R	Sony Smartwatch 3	Asus ZenWatch	Huawei Watch	Samsung Gear S
Smartphone Compatibility	iPhone 5 and newer	Android OS 4.1+ iPhone 4, 4s, 5, 5s, and 5c, iOS 6 and iOS7	Android OS 4.1+ iPhone 4, 4s, 5, 5s, and 5c, iOS 6 and iOS7	iOS 7+ Android 4.2+	Android 4.2+	Android 4.3+	Android 4.3+	Android 4.3+	Android 4.3+	Android 4.3+
Price in USD	\$349+	\$299	\$149 - \$180	\$149	\$249.99	\$299	\$200	\$199	\$149 - 219	\$299 \$149 (w/ contract)
Availability	✓	May 2015	✓	✓	✓	June 2015	✓	✓	June 2015	✓
Display Type	Retina	Color Ink	Black and White e-ink	LCD	LCD	OLED	LCD Transflective	AMOLED	AMOLED	Super AMOLED
Screen Size	38mm: 1.2" 42mm: 1.45"	1.25"	1.25"	1.22"	1.34"	1.2"	1.4"	1.64"	1.4"	1"
Screen Resolution	38mm: 264x392 (264px) and 42mm: 368x512 (368px)	144 x 168 pixel	144 x 168 pixel	264 x 264 Pixel 258 ppi	320x296 pixel 265 ppi	320x320 pixel 245 ppi	320 x 320 pixel 269 ppi	320x320 278ppi	400x400 Pixel 284 ppi	480 x 360 Pixel 300 ppi
Glass Type	Sports Ion-X Glass Watch: Sapphire Edition: Sapphire	Corning Gorilla 3	Corning Gorilla 3	Corning Glass	Corning Gorilla 3	Corning Gorilla 3	Corning Gorilla 3	Corning Gorilla 3	Sapphire	Corning Gorilla 3
Battery	205mah Approx 34 hrs Up to 72 hrs on Battery Reserve Mode	150 mah	120mah	210 mah	320 mah	410 mah	420mah	370 mah	300mah	300 mah
Charging	Wireless	Magnetic Charger	Magnetic Charger	Integrated USB inside watch band	Wireless Qi	Magnetic Charger	Micro USB	Magnetic Charger	Magnetic Charger	Charging Cradle
Sensors	Heart Rate Pulse Detector (Blood oxygen) Accelerometer Gyroscope Barometer Ambient Light Sensor Force Touch	3-Axis Accelerometer Magnetometer E-compass Ambient Light Sensor Microphone	3-Axis Accelerometer Magnetometer E-compass Ambient Light Sensor	Heart Rate Monitor Accelerometer Gyroscope Altimeter	Heart Rate Monitor Pedometer Y-axis accelerometer Ambient Light Sensor	Heart Rate Monitor Barometer Accelerometer Gyroscope	Ambient light sensor Accelerometer Compass Gyroscope GPS	Heart Rate monitor Accelerometer Gyroscope Barometer	Heart rate monitor Gyroscope Accelerometer	Multi touch Accelerometer Gyroscope Compass Heart Rate monitor Ambient Light sensor UV sensor Barometer
CPU	Apple S1 Chip	ARM Cortex-M4 CPU 200MHz	ARM Cortex-M3 CPU 50MHz	STM-32F	1 GHz Cortex-M8	Qualcomm Snapdragon Quad-core 1.2 GHz	1.2 GHz Quad ARM A7	1.2GHz Qualcomm Snapdragon 400	1.2GHz Qualcomm Snapdragon 400	Dual Core 1GHz Dual-core Snapdragon 400 processor



	Apple Watch	Pebble Time	Pebble Steel	Alcatel One Touch Watch	Moto 360	LG G Watch R	Sony Smartwatch 3	Asus ZenWatch	Huawei Watch	Samsung Gear S
Storage	8GB Limited to 2GB for Music and 75MB for Photos	No Limit on Apps (smart caching system)	Up to 8 apps	4 GB	4GB	4GB	4GB	4GB	4GB	4GB
Bluetooth	✓	Bluetooth 4.0 + EDR 4.0 + LE	Bluetooth 4.0 + EDR 4.0 + LE	Bluetooth 4.2 LE	Bluetooth 4.2 LE	Bluetooth 4.2 LE	Bluetooth 4.1 LE	Bluetooth 4.1 LE	Bluetooth 4.1 LE	Bluetooth 4.1 LE
NFC	✓	✗	✗	✓	✗	✗	✓	✗	✗	✗
Wi-Fi	✓	✗	✗	✗	✓	✓	✓	✗	✗	✓
Dedicated GPS	✗	✗	✗	✗	✗	✗	✓	✗	✗	✓
Microphone	✓	✓	✗	✓	✓ Dual	✓	✓	✓	✓	✓
Speaker	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓
Colors & Options	4 colors 2 sizes 4 bandstraps Up to 54 different types of combinations	Available in Steel or Plastic 6 colors 1 size	3 colors Silver or Black 1 size	1 Color 1 size 4 straps	3 Colors 1 Size Many bandstrap combinations	1 Color 1 Size	5 size 5 Colors	1 Color 1 Size	1 Color Silver, Black, Gold 1 Size	1 Size 5 Colors
Band Size	Custom	Standard 22mm	Custom	Custom - USB Charge Embedded	22mm (Custom Notch)	Standard 22mm	Custom	Standard 22mm	Standard 18mm / 21mm	Custom
Case	Sport: Aluminum Watch: Stainless Steel Edition: 18k Gold	Plastic or Stainless Steel	Stainless Steel	Stainless Steel	Stainless Steel	Stainless Steel	Plastic Stainless Steel	Stainless Steel	Stainless Steel	Stainless Steel
Dimensions	38mm: 38.4 x 33.2 x 10.5 mm 42mm: 42 x 31.9 x 10.5 mm	40.5mm (47 incl. logo) L x 37.5 (40 incl. buttons) W x 9.5mm T - 15.4mm	38mm (46 incl. logo) L x 34.3 W x 10.3mm H - 13.3mm	41.8 x 30.5mm	46 x 33.5mm	46.4 x 53.6 x 9.7mm	54 x 51 x 10 mm	39.9 x 31 x 7.8mm	42 x 33.3	39.9 x 38.1 x 12.9mm
Weight	25 - 69g (varying models)	42.5g / 1.5oz (w/ included silicone strap)	56g / 2.0oz (w/ included leather band), 99g / 3.5oz (w/ steel band)	60 g	49g	43g	43g	50 g	*	47-84g
Waterproof Rating	IP67 (Water resistant but not completely waterproof)	3ATM Up to 30 meters	3ATM Up to 30 meters	IP67	IP67 (Rated 30 minutes at 1.5 meters)	IP67 1 metre for 30 minutes	IP68	IP53 Water resistant, not fully waterproof	IP67	IP67
Operating System	Watch OS	PebbleOS	PebbleOS	Custom Android	Android Wear	Android Wear	Android Wear	Android Wear	Android Wear	Tizen (Samsung Proprietary)

ACTIVITY TRACKERS

				
JAWBONE UP2 \$99.99	FITBIT ZIP \$59.95	FITBIT ONE \$99.95	FITBIT FLEX \$99.95	FITBIT CHARGE \$129.95
SHOP NOW »	SHOP NOW »	SHOP NOW »	SHOP NOW »	SHOP NOW »

			
FITBIT CHARGE HR \$149.95	FITBIT SURGE \$249.95	GARMIN VIVOFIT2 \$169.99	GARMIN VIVOFIT2 \$129.99
SHOP NOW »	SHOP NOW »	SHOP NOW »	SHOP NOW »

COMPARE ACTIVITY TRACKERS

	 JAWBONE UP2 \$99.99 SHOP NOW »	 FITBIT ZIP \$59.95 SHOP NOW »	 FITBIT ONE \$99.95 SHOP NOW »	 FITBIT FLEX \$99.95 SHOP NOW »	 FITBIT CHARGE \$129.95 SHOP NOW »	 FITBIT CHARGE HR \$149.95 SHOP NOW »	 FITBIT SURGE \$249.95 SHOP NOW »	 GARMIN VIVOFIT \$169.99 SHOP NOW »	 GARMIN VIVOFIT2 \$129.99 SHOP NOW »
STEPS, DISTANCE, CALORIES BURNED	✓	✓	✓	✓	✓	✓	✓	✓	✓
SYNCS WIRELESSLY	✓	✓	✓	✓	✓	✓	✓	✓	✓
WATER RESISTANT	✓	✓	✓	✓	✓	✓	✓	✓	✓
TRACKS SLEEP QUALITY	✓		✓	✓	✓	✓	✓	✓	✓
SILENT ALARM	✓		✓	✓	✓	✓	✓	✓	
FLOORS CLIMBED			✓		✓	✓	✓		
ADJUSTABLE	✓			✓	✓	✓	✓	✓	✓
TIME		✓	✓		✓	✓	✓	✓	✓
SMART PHONE ALERTS	✓				✓	✓	✓	✓	✓

- **Medical Peripherals for personal use**
 - **Medical application for seniors and others**
- 
- Decorative white lines consisting of several parallel diagonal strokes in the bottom right corner of the slide.

WEBMD (FREE)

- ▶ WebMD the app for Android, iPhone & iPad
- ▶ Check your symptoms, access drug & treatment information, get first aid essentials, and check local health listings on the go, from the most trusted brand in health information.



WebMD (free)

•WebMD Symptom Checker

Select the part of the body that is troubling you, choose your symptoms, and learn about potential conditions or issues.

Conditions

Find medically reviewed information about conditions relevant to you and learn more about causes, treatments, and related symptoms.

Drugs & Treatments

Search our extensive database for information on drugs, supplements, and vitamins. Read about uses, side effects, warnings, and more.

First Aid Essentials

Your handy guide for medical emergencies. From insect stings to broken bones, helpful treatment tips are always available, even without an Internet connection.

Pill Identification Tool

Identify your prescription drugs and over-the-counter medicines by pill shape, color, & imprint.

Local Health Listings

Find the closest physician, hospital, & pharmacy based on your current location, or search by city, state, or ZIP code.



PILL MONITOR FREE – MEDICATION REMINDERS AND LOGS

- ▶ Schedule reminder of your pill.
- ▶ Customer reminder time, repeat date and dosage of pills.
- ▶ Remind you on time no matter if you are operating this app or not.
- ▶ Choose to take, skip or snooze pills when it reminds.
- ▶ Check your current reminders and upcoming reminders.
- ▶ Eleven different reminder sounds for you to choose for each pill.
- ▶ Comprehensive manage your pills' info: side effects, recommend dosage, units, form, rx number etc.
- ▶ Add photos to each pill.
- ▶ Keep, add, edit, or delete your pills taken history.
- ▶ Migrate Data to full version by Settings module.

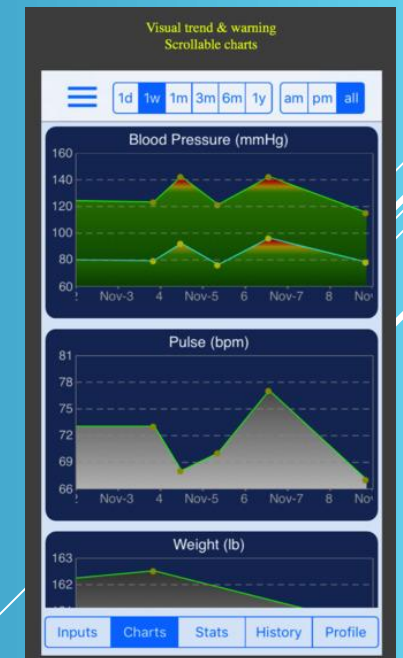


BLOOD PRESSURE MONITOR – FREE (PRO 2.99)

Quickly record and track changes in your blood pressure, weight and heart rate with the easy to use Blood Pressure Tracker application.

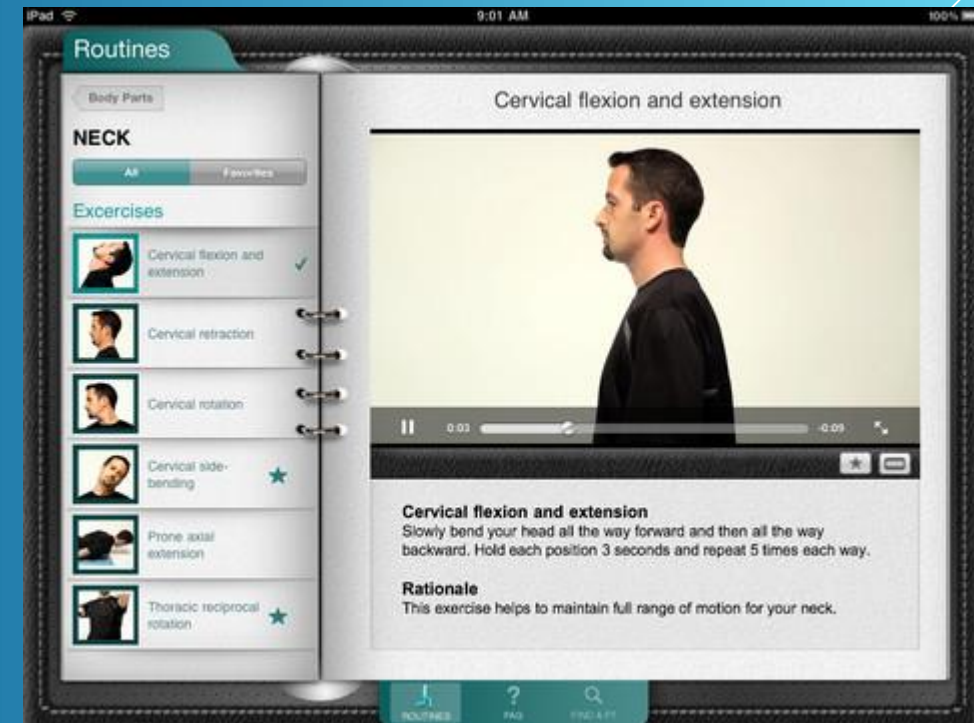


- ▶ Comprehensive reading input fields collection
- ▶ Customizable input data form
 - ▶ Simplified user interface
 - ▶ Optimized keyboard input



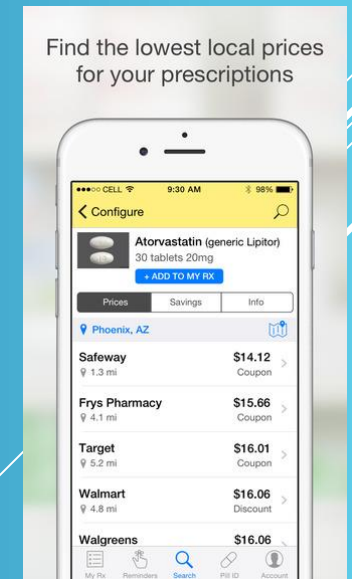
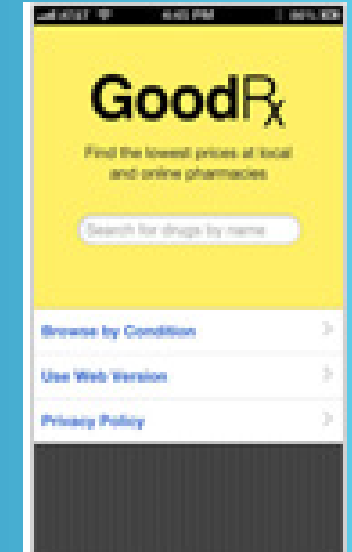
MOTION DOCTOR (\$4.99 ON SALE)

- ▶ Motion Doctor, created by Dr. Desirea Caucci, is a powerful physical therapy aid and reference guide to help patients recover from injuries and stay healthy.
- ▶ Filled with exercises and stretches for those of us who do lighter activities
- ▶ Over 60 professionally shot videos
- ▶ Gives you a *rationale* for each exercise or stretch



GOOD RX (FREE)

- ▶ Instant access to the lowest prices for prescription drugs at more than 75,000 pharmacies
- ▶ Coupons and savings tips that can cut your prescription costs by 50% or more
- ▶ Side effects, pharmacy hours and locations, pill images, and much more!



SNORELAB (FREE)



- ★ Measures snoring intensity (Snore Score)
- ★ Records sound samples
- ★ Tests the effectiveness of snoring remedies
- ★ Tracks the impact of lifestyle factors
- ★ Millions of nights monitored

RECORD YOUR SNORING

Discover your Snore Score



MONITOR YOUR SLEEP

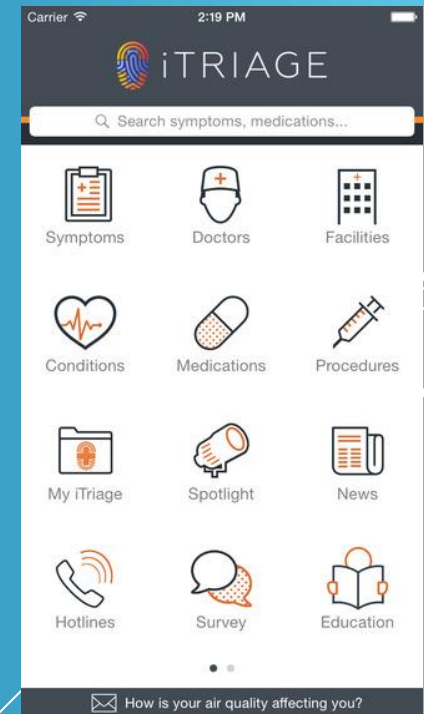
Simple yet powerful app



iTriage - Health, Doctor, Symptoms and Healthcare search (free)

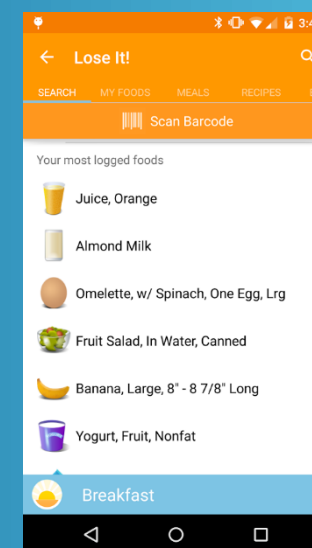
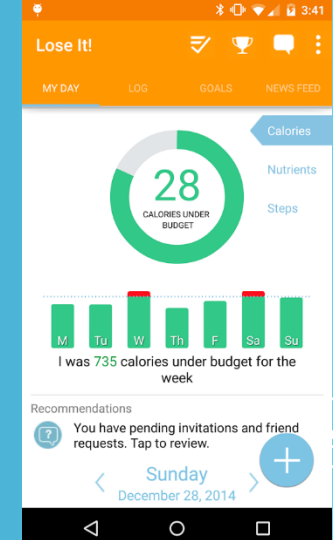
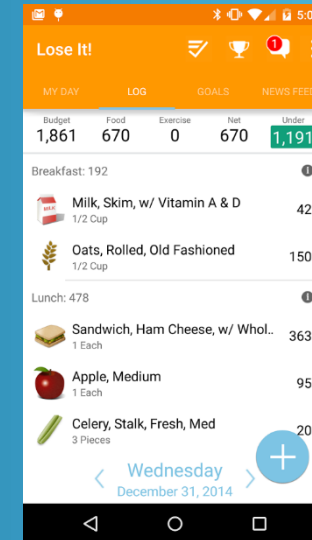
iTriage is a diagnostics app built by doctors to help users make better healthcare decisions. This app provides access on the healthcare information, which are important for most users.

- ▶ symptoms search
- ▶ maps for nearby facilities and doctors
- ▶ procedures and medications
- ▶ comprehensive national directory for hospitals
- ▶ pre-registration features for Hospital E.R and more.
- ▶ all of the included information is provided in a clear and concise way that is understandable to most users.



LOSE IT!

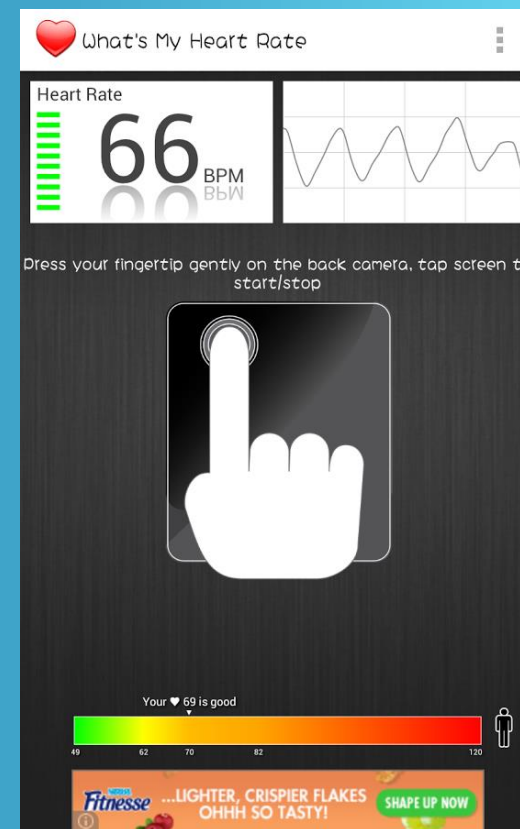
- ▶ helps you set a daily calorie budget
- ▶ track your food and exercise
- ▶ Track weight
- ▶ robust food database
- ▶ Comprehensive validated food and exercise database
 - ▶ Easy to use calorie counter to stay within your daily budget
 - ▶ Barcode scanner makes tracking a snap!
 - ▶ Recipe builder
 - ▶ Meal & Exercise Planning helps you stay on track!*



MY HEART RATE (Free / \$1.99 for history mode)



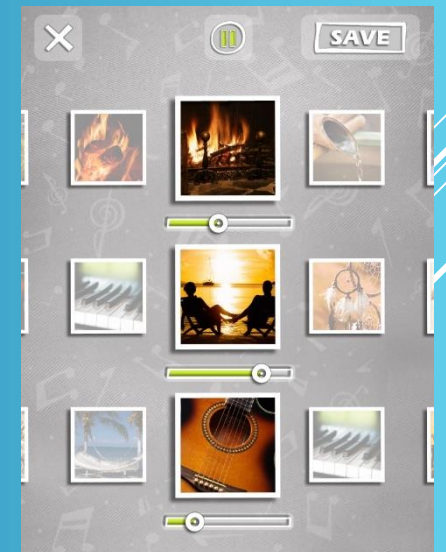
- ▶ Support both phones and tablet devices.
- ▶ Measure heart rate through front and back camera.
- ▶ Measure breath rate through front camera.
- ▶ Measure heart rate using fingertip with LED under dark room environment.
- ▶ Display your measurement history through a beautiful chart.
- ▶ Cloud storage option to store your history.
- ▶ Multiple profiles.
- ▶ Daily Healthy Tips
- ▶ Provide Continuous measurement mode or Auto-stop mode



SLEEP PILLOW FREE / \$1.99



- ▶ white noise app
- ▶ 70 high-quality recorded sounds like wooden wind chimes, a bubbling stream or even a dryer
- ▶ you can mix into 300,000 personalized combinations
- ▶ Set the timer for sleep and the sound will slowly fade out.
- ▶ Set the alarm clock in the full version of the app, and sound will gently fade in to wake you



SLEEP SOUNDS AND SPA MUSIC \$1.99



- * The soundboard has 100 relaxing sounds with which you can combine or enjoy them on their own.
- * All selected sounds from the soundboard can be saved and replayed later.
- * 2 easy to use night timers with Fade Out feature.
- * Create your own combination from 100 possible sounds save them and use later.
- * Every sound in the soundboard has its own volume control.
- * Background audio support. Play our relaxing sounds while you're using other apps.
- * Digital Clock Display with amazing pictures of nature. Use our Slideshow feature to see them one after another.
- * Six lullaby songs are included for your little ones.

SMARTQUIT - HELP PEOPLE QUIT SMOKING



SmartQuit is a clinically proven, smoking cessation program offered via the privacy of your smartphone.

- ▶ Quit Plan
- ▶ Daily Exercises
- ▶ Customized Reminders/Messages
- ▶ Tracking Progress
- ▶ Certificate of Completion



ALLERGYCAST



- ▶ Zyrtec AllergyCast is a handy tool for those prone to springtime allergies.
- ▶ see the pollen forecast before heading outside.
- ▶ four-day calendar if you'd like to plan ahead.
- ▶ set alerts to let you know about especially high-pollen days.



AMERICAN RED CROSS FIRST AID

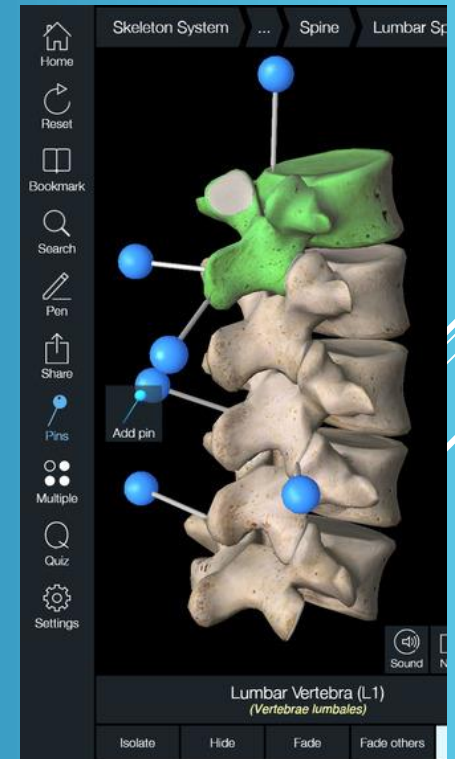
- ▶ Heat stroke and related content now included in learn and emergency tabs
- ▶ Simple step-by-step instructions guide you through everyday first aid scenarios.
- ▶ Fully integrated with 9-1-1 so you can call EMS from the app at any time.
- ▶ Videos and animations make learning first aid fun and easy.
- ▶ Safety tips for everything, from severe winter weather to hurricanes, earthquakes and tornadoes help you prepare for emergencies.
- ▶ Preloaded content means you have instant access to all safety information at anytime, even without reception or an Internet connection.
- ▶ Interactive quizzes allow you to earn badges that you can share with your friends and show off your lifesaving knowledge.



ESSENTIAL SKELETON 4



- ▶ Essential Skeleton 4 is a fully functional, self-contained app covering the essential anatomy of the skeleton.
- ▶ This app is being offered free to demonstrate the groundbreaking 3D technology and innovative design inherent in 3D4Medical's new range of apps.



MUSCLE SYSTEM PRO III \$9.99



MUSCLE SYSTEM PRO III' TOP FEATURES ARE:

- ▶ 360 horizontal degree rotation of any body part - with a swipe of your finger.
- ▶ Rotate vertically for inferior and superior for unique views where applicable.
- ▶ 10 layers of superficial and deep muscle.
- ▶ New 3D level with insertion / origin points mapped onto bone.
- ▶ 215 animations of every movement of each articulation (flexion, extension, etc.)
- ▶ 425 audio pronunciations, for every label.
- ▶ Draw on any screen image and then share it through email, Facebook or Twitter.
- ▶ 2 types of Quiz, Drag and Drop and Multi-choice - with ability to test on specific areas or muscles.

DOCTOR ON DEMAND



- ▶ Instead of using a mobile app to diagnose an unknown source of pain, contact a physician using Doctors on Demand.
- ▶ The telemedicine service is intended to save you the time of making an appointment and going to the doctor by providing a quick diagnosis and treatment for short-term problems.
- ▶ It costs \$40 per physician session and \$50 for 25 minutes with a psychologist (\$95 for a 50-minute session).
- ▶ The tool also provides a map of local pharmacies for easy access to prescribed medications.
- ▶ The physicians participating in Doctor on Demand can treat a variety of common ailments through a video visit, including cold, flu, sports injuries, skin problems such as rashes, eye conditions, travel-related symptoms, and sore throat.
- ▶ This should not be a replacement from your primary care physician. T
- ▶ he physicians do not treat chronic illnesses, nor do they handle cancer or other complex conditions, because these conditions often present uncommon symptoms. Such problems require a visit to your doctor or hospital.

DOCTOR ON DEMAND – FREE (FOR APP)

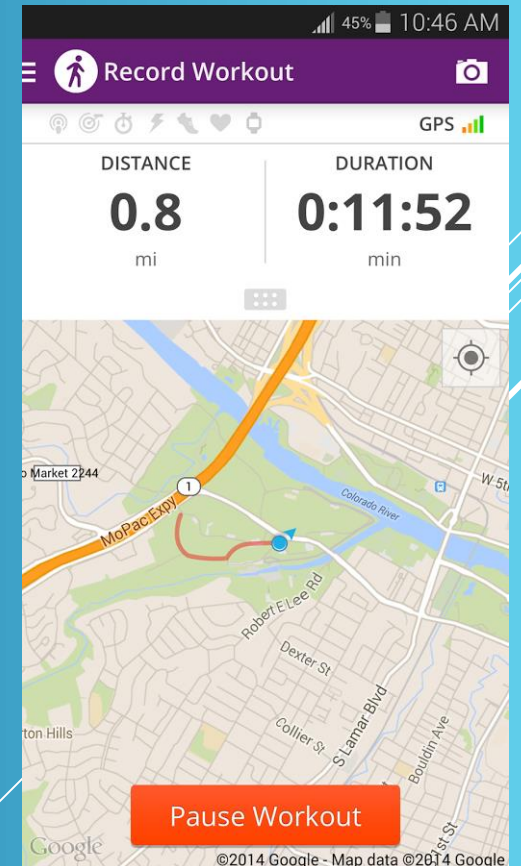


- ▶ **NEW! NOW COVERED BY MANY INSURANCE PLANS** - For more than 30 million Americans, Doctor On Demand is now covered by health insurance or employers. Simply add your health insurance info, and the app will instantly show your co-pay.
- ▶ **MENTAL HEALTH CARE** - See a psychologist, at a time and place that is convenient for you. Doctor On Demand allows you to connect with doctorate-level psychologists to talk through issues such as stress, anxiety, relationship issues, depression, life changes, loss, and many more. Plus, sessions with Doctor On Demand psychologists are about half the price of traditional in-office care.

MAP MY WALK - FREE



- ▶ Start walking with the MapMyWalk community.
- ▶ Record GPS-based activities to view detailed stats
- ▶ connect with 400+ devices to import and analyze all your data in one place
- ▶ log over 600 different activity types.



POCKET PHARMACIST



- ▶ Drug Information, Interaction Checker, and Medication Organizer
- ▶ Featuring Pharmacist summarized drug information on the top 1,550+ medications in the United States (growing each month).
- ▶ Featuring Med Check, the groundbreaking new way to automatically check for interactions, overlapping side effects and precautions.
- ▶ Featuring Med Box, the easiest to use medication organizer and reminder. Now with Walgreens integration! Easily refill your Walgreens prescriptions within Med Box.
- ▶ Featuring myDrugCostsSM, helping you make cost-informed decisions about prescription drugs.

GBR GUIDE



- ▶ The GBR Guide app, which contains a scrollable alphabetical index of drug products and uses smart search capabilities, includes the following features:
 - ▶ Generic-to-Brand Cross-Reference - An alphabetical listing of generic products, cross-referenced to the corresponding brand name
 - ▶ Brand-to-Generic Cross-Reference - An alphabetical listing of brand products, cross-referenced to the corresponding generic name
 - ▶ If a Mylan product is available, the color photograph(s), strength(s), package size(s) and NDC number(s) will be displayed below the search result.

GAMES AND OTHER STUFF

The image features a solid blue background with a gradient from dark blue on the left to light blue on the right. In the bottom right corner, there are several white, parallel diagonal lines of varying lengths and positions, creating a sense of motion or a modern design element.



LUMINOSITY – FREE – 11.99 / MONTH

- ▶ Challenge your Memory, Attention, and more.
- ▶ Used by over 70 million people worldwide, Lumosity combines 25+ cognitive games into a daily training program that challenges your brain.
- ▶ Games adapt to your unique performances — helping you stay challenged in a wide variety of cognitive tasks.

ELEVATE

- ▶ Elevate is a brain training program designed to improve focus, speaking abilities, processing speed, memory, math skills, and more. Each person is provided with a personalized training program that adjusts over time to maximize results.
- ▶ The more you train with Elevate, the more you'll improve critical cognitive skills that are proven to boost productivity, earning power, and self-confidence. Users who train at least 3 times per week have reported dramatic gains and increased confidence.
- ▶ FEATURES
 - ▶ 30+ games for critical cognitive skills like focus, memory, processing, math, precision, and comprehension
 - ▶ Detailed performance tracking
 - ▶ Personalized daily workouts that include the skills you need most
 - ▶ Adaptive difficulty progression to ensure your experience is challenging
 - ▶ Workout calendar to help you track your streaks and stay motivated
 - ▶ Play 4 additional mini-games and review your performance on your Apple Watch with Elevate Dash



WORDS WITH FRIENDS CLASSIC - FREE



- ▶ Words With Friends is the fun, free social word game where your skills are tested. Find the best opponent for you by browsing players' profiles in Community Match. Think fast and challenge your friends with NEW Fast Play, make your move within 24 hours on a smaller gameboard with fewer tiles. May the Best Friend Win.™
 - ▶ PLAY anytime and anywhere with offline Solo Play
 - ▶ CONNECT with players of similar skill with Smart Match
 - ▶ EXPAND your vocabulary with Dictionary and Word of the Day.
 - ▶ TRACK your performance and improvement with detailed state
 - ▶ CHAT with your friends in-game
 - ▶ ACCESS your games on your phone, tablet, computer, and Apple watch

CROSSWORDS CLASSIC – \$9.99

- ▶ Get new puzzles every day
- ▶ Touch and hold a square to view hints on iPad
- ▶ Enter Numbers and other special characters by holding down keys
- ▶ One tap downloads all of today's puzzles
- ▶ Nearly unlimited puzzles from many different sites
- ▶ US and UK Cryptic puzzles available
- ▶ Hints, Websites, and Clue lookups
- ▶ Enter answers in 'ink' or 'pencil'
- ▶ Quickly see your recently played, or sort by date or provider
- ▶ Detailed info on each puzzle
- ▶ Post your solve times online and compare with other solvers
- ▶ Grab older puzzles with a tap
- ▶ Tap the clue list with two fingers to adjust the font size (iPad only)



WURDLE - \$1.99

- ▶ Wurdle is a fun, flexible and fast-paced word game, perfect for coffee breaks or the subway. Find and trace as many words as possible before time runs out. Can't find any more words? Shake the board to mix up the tiles! Customize wurdle the way YOU like it, and see how you measure up against your friends and the world with online high scores.
 - ▶ pass and play multiplayer
 - ▶ same screen multiplayer (iPad only)
 - ▶ Game Center online multiplayer
 - ▶ 4x4, 5x5, 6x6, 7x7, and 8x8 grids
 - ▶ customize your display with photos!
 - ▶ set timer, minimum word length and more
 - ▶ view all possible words at the end of a round
 - ▶ online high scores via Game Center
 - ▶ untimed mode
 - ▶ new selection of background wallpapers
 - ▶ sound effects by ozonesound.com



TED

- ▶ Access riveting talks from some of the world's most fascinating people -- wherever you are.

TED's official app presents bold, new thought leadership from education radicals, tech geniuses, medical mavericks, business gurus, music legends and other remarkable minds. Find thousands of inspiring TED Talks: videos to feed your curiosity, explore innovative concepts and expand your world -- updated regularly.

- ▶ Features on iPad, iPhone and iPod touch:
 - ▶ View the entire TED Talks video library, with subtitles in over 90 languages.
 - ▶ Play on your device or send to your home entertainment system via AirPlay or Chromecast.
 - ▶ Discover in-depth playlists curated by topic.
 - ▶ Let us build you a custom playlist -- tailored to your time frame.
 - ▶ Bookmark talks to watch later.
 - ▶ Download talks to watch when you're offline.
 - ▶ Listen to an on-demand playlist of TED Talks audio.
 - ▶ Sort talks by date or popularity.
 - ▶ Find by tags, themes, or related talks.
 - ▶ Share favorites with your friends.



iBOOKS , KINDLE, NOOK, OVERDRIVE, AUDIOBOOKS



COMMUNICATIONS - VIDEO AND/OR AUDIO

- ▶ Skype – Microsoft (works across platforms)
- ▶ Facetime – apple (works only on Apple platform)
- ▶ Hangouts – Google (works across platforms)



NOTES



With the new Notes app for iPhone and iPad,

- ▶ You can still type out whatever you like.
- ▶ Now you can add hand-drawn sketches, so your visual ideas get saved right alongside your text.
- ▶ You can format with common styles, use bulleted or numbered lists, and even create checklists to keep track of items right inside your note.
- ▶ In addition to photos, you can now embed video, audio, locations, web links, and documents so you can collect everything you want to keep together all in one place.

MAGNIFYING GLASS WITH LIGHT - FREE

Why it is liked: It's incredibly handy! There will always be a time where the menu writing is too small or the room is just too dark – this magnifying app will be just what you need

This free app comes in handy when you find yourself in a dimly lit restaurant, squinting at tiny print on your menu. Point your iPhone's camera at the text, move the on-screen slider, and you'll have large, easy-to-read text in no time

Have you ever experienced the following scenarios:

- ▶ need to read menu in a dim light restaurant ,
- ▶ need to read fine print on the medicine bottle,
- ▶ need to read book in bed after take reading glasses off,
- ▶ need to walk back to camp site in the dark night,
- ▶ need to check your makeup on your way to work,

...