Health Apps for iOS
George Kopp
See your whole health picture.
Quickly view your most recent health and fitness data in one dashboard.

Manage what you’re tracking.
See a list of the different types of data being managed by Health, then tap to see each one
Set up every detail.
You have complete control over exactly which data to share with each health and fitness app.

Just in case.
Create an emergency card that's accessible from your Lock screen.
When medical research gets easier, understanding disease is simpler.

For medical researchers, the first step to battling disease is understanding it. ResearchKit is helping researchers achieve that goal. An open source framework for building apps, ResearchKit makes it easier to enroll participants and conduct studies. Since its introduction, the amount of data collected — and the insight gained — has been groundbreaking.
You can participate in a study. Download one of these apps today.

**Asthma**
Using the GPS feature in iPhone, the Asthma Health app helps participants better manage their condition by providing real-time information on areas with poor air quality. And because the study tracks patterns at an individual level, researchers hope to discover new ways to personalize treatment.

![Asthma Health](Mount Sinai, Weill Cornell Medical College, LifeMap)
Learn more in the App Store

**Concussion**
The Concussion Tracker app monitors patients for six weeks after a head injury. By tracking heart rate patterns and recording physical and cognitive function, researchers aim to better understand the long-term health consequences of concussions.

![Concussion Tracker](NYU Langone Medical Center)
Learn more in the App Store

**COPD**
The Stop COPD app is being used to learn more about COPD (chronic obstructive pulmonary disease) and to identify risk factors. Using sensors in Apple Watch, the app measures health data like physical activity, heart rate, and sleep patterns to see how they affect respiratory symptoms.

![Stop COPD](DatStat)
Learn more in the App Store

**Diabetes**
Using the accelerometer and gyroscope in iPhone to measure movement, along with self-reports of food intake and medication compliance, the GlucoSuccess app helps researchers study the relationship between glucose levels and activity, diet, and treatment. Results are already showing support for the growing belief that there are several subtypes of type 2 diabetes, some of which are more responsive to exercise than others.

![GlucoSuccess](Massachusetts General Hospital)
Learn more in the App Store
Hepatitis C

Using a combination of health metrics — including heart rate and activity levels — along with surveys on symptoms and treatment, the C Tracker app gives researchers insight into how the Hepatitis C virus and current medications affect people’s lives.

![C Tracker](image)
Boston Children’s Hospital
Learn more in the App Store

Melanoma

Using the Mole Mapper app, people can photograph and track their moles over time to see if and how they are changing. By collecting images from tens of thousands of participants, researchers hope to create an algorithm that can screen for melanomas in their earliest stages.

![Mole Mapper](image)
Oregon Health & Science University
Learn more in the App Store

Postpartum Depression

The PPD Act app will help researchers understand whether there is a genetic predisposition for postpartum depression. It’s the first app to use iPhone to enable consent for a DNA sample collection, making the process much easier than before. After opting in, participants are sent a mail-in kit that’s simple to use and send back.

![PPD Act](image)
University of North Carolina, National Institute of Mental Health
Learn more in the App Store

Sleep Health

Researchers are using the Sleep Health app to identify connections between sleep habits and conditions such as diabetes, heart disease, obesity, COPD, and depression. Using sensors in Apple Watch, the Sleep Health app tests daytime alertness and measures the data against self-reported sleep patterns and sleep quality.

![Sleep Health](image)
University of California San Diego, American Sleep Apnea Association
Learn more in the App Store
The more you know about your health, the better you can look after it.

With the right tools, you can play an active role in managing your own health. That’s why we created CareKit — an open source software framework enabling developers to build apps that help you manage your medical conditions. Rather than relying solely on doctor visits, you’ll be able to regularly track your symptoms and medications, and even share the information with your care team for a bigger — and better — picture of your health.
Bringing patients better postsurgical care.

This postsurgery app will give you a better way to take care of yourself when you leave the hospital. Using the Care Card module of CareKit, the app will let you easily keep track of your postsurgical needs — like monitoring pain levels, temperature, range of mobility, and medication — and help you stay more connected with your doctor. Care teams will be able to look at the data you enter and reach out if you need to see your doctor.

TMC CARE
Post surgical care app
Texas Medical Center
Coming soon
Managing chronic conditions day to day.

Chronic conditions can be challenging to live with. This chronic disease management app will give you and your doctors a window into your daily symptoms, for better insight and more personalized ongoing care. Using the Insight Dashboard module of CareKit, the app will let you see your progress over time, quickly revealing which treatments are working. And you’ll be able to share the information with your care team.

**Chronic conditions care app**
Beth Israel Deaconess Medical Center
Coming soon
An easier way to manage diabetes.

Living with diabetes means constantly managing your blood sugar. The One Drop app incorporates CareKit modules that let you monitor how you’re feeling. You’ll be able to track your pain, hunger, and dizziness against measurements such as your glucose levels. And all this information can easily be shared with loved ones and caregivers directly from the app.
RunKeeper
The 7 Minute Workout

12 high intensity bodyweight exercises. 30 seconds per exercise, 10 seconds rest between exercises.

1. Jumping jacks
2. Wall sits
3. Push-ups
4. Abdominal crunches
5. Step-ups onto a chair

Start Workout

PUSH-UPS

Next Up: Abdominal Crunches

Triceps Dips On A Chair

Sit with the heels of your hands on the edge of a sturdy chair seat. Slide your bottom off the seat, and support your weight with your hands. Bend your elbows back, and slowly lower your butt toward the floor while keeping your elbows tucked in.

7 Minute Workout
Motion 24/7
Welcome To Healthy Target
You are one step closer to healthier living.

Week 1
Started Dec 19

My Habits
Tap to Start Tracking
Stroll It Off

Glowing, Beautiful Skin
Tips for every season, every age.

Symptom Checker
Rx
Medicine
Conditions

Local Health Listings
Tests & Procedures

First Aid Information
Medical Terms

Belly Fat Foods
What really packs on pounds?

Tip
Take a simple sip of water. You'll ditch hundreds of calories when you skip sweet drinks.
Fitbit

Surge
Synced today, 12:48 PM
17,540 steps
47 bpm resting
14 miles
2,116 calories burned
29 floors
117 active minutes

Log Weight

This Week | 161.1 lbs avg
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Today | 160.8 lbs | 16.7% Fat
Tue | 161.3 lbs | 16.7% Fat
Mon | 161.2 lbs | 17.1% Fat

Introducing Sleep Goals!
A new tool to help you get enough ZZZs.
Learn more

Hours Slept

This Week
- Today: 6 hr 24 min avg
- Wed: 5 hr 39 min
- Tue: 5 hr 50 min
- Mon: 6 hr 1 min

Fitbit
Apple's ResearchKit incorporates more genetics through new 23andMe module...