

# WELLNESS & HEALTH APPS

There is a large volume of wellness and health apps available. Whilst these in may not provide high accuracy, they can help people engage and motivate them to improve health behaviors. It is important to be aware that the purpose of these apps are to promote awareness and encourage healthy behaviour and not manage any specific health condition. If you have a specific health condition you should discuss this with your medical health professional.

The apps listed in this factsheet are not designed for medical health purposes, for information about those types of apps go to: [www.tga.gov.au](http://www.tga.gov.au) or to search the register for specific products: [www.ebs.tga.gov.au](http://www.ebs.tga.gov.au).

APP		COST	PLATFORM
	<p><b>Cardiograph</b> measures your heart rate using the device's built-in camera to take pictures of your fingertip and calculate your heart's rhythm. You can save your results for future reference, keep track of multiple people with individual profiles, add notes and locations.</p> <p><a href="https://itunes.apple.com/au/app/cardiograph-heart-rate-pulse/id441079429?mt=8">https://itunes.apple.com/au/app/cardiograph-heart-rate-pulse/id441079429?mt=8</a></p>	\$2.49	
	<p><b>Heart Rate+</b> uses the camera to detect colour change in your finger to calculate your heart rate. A real-time chart will show you every heart rate. Guided breathing exercises are provided during monitoring.</p> <p><a href="http://heartrateplus.com/">http://heartrateplus.com/</a></p>	Free	
	<p><b>Blow Up Balloon</b> offers an ability to test lung capacity. The user blows on the phone's microphone, and the app 'inflates' an on-screen 'balloon'. Score (determined by the speed with which the balloon is inflated) can be submitted to a global board</p> <p><a href="https://play.google.com/store/apps/details?id=com.hz.game.balloon&amp;hl=en">https://play.google.com/store/apps/details?id=com.hz.game.balloon&amp;hl=en</a></p>	Free	
	<p><b>Vital Signs Camera</b> measures your heart rate and breathing rate from a distance, by using the camera of your smart device</p> <p><a href="http://www.ip.philips.com/licensing/program/115">http://www.ip.philips.com/licensing/program/115</a></p>	\$1.29	
	<p><b>ReachOut Breathe</b> helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch. Using simple visuals, ReachOut Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone.</p> <p><a href="http://au.reachout.com/reachout-breathe-app">http://au.reachout.com/reachout-breathe-app</a></p>	Free	

APP		COST	PLATFORM
	<p><b>Sleep Cycle</b> is an intelligent alarm clock that analyses your sleep and wakes you in the lightest sleep phase.</p> <p><a href="https://itunes.apple.com/au/app/sleep-cycle-alarm-clock/id320606217?mt=8">https://itunes.apple.com/au/app/sleep-cycle-alarm-clock/id320606217?mt=8</a></p>	\$1.29	
	<p><b>Easy Diet Diary</b> allows you to track your energy intake, major nutrients, the energy you burn in exercise. You can enter foods by scanning their barcodes or by searching the database.</p> <p><a href="https://itunes.apple.com/nz/app/calorie-counter-new-zealand/id551146245?mt=8">https://itunes.apple.com/nz/app/calorie-counter-new-zealand/id551146245?mt=8</a></p>	Free	
	<p><b>Food Swap</b> can scan barcodes of packaged foods and provide simplified nutritional information with traffic light style colour code ratings for fat, sugar, salt and gluten. You also receive a list of similar foods that are healthier choices.</p> <p><a href="https://itunes.apple.com/au/app/foodswitch/id478225318?mt=8">https://itunes.apple.com/au/app/foodswitch/id478225318?mt=8</a></p>	Free	
	<p><b>Moodies Emotions Analytics</b> listens to the user speaking and analyses the recording and presents the current emotional state of speakers in real time.</p> <p><a href="https://itunes.apple.com/il/app/moodies-emotions-analytics/id793945393?mt=8">https://itunes.apple.com/il/app/moodies-emotions-analytics/id793945393?mt=8</a>  <a href="https://play.google.com/store/apps/details?id=com.bvc.moodies&amp;hl=en">https://play.google.com/store/apps/details?id=com.bvc.moodies&amp;hl=en</a></p>	Free	
	<p><b>Moves</b> automatically tracks your everyday life and exercise. It automatically records daily walking, cycling and running, recognizes places in your daily life, visualizes your day in an easy-to-read timeline, shows the paths you took, counts your steps and calculates your calorific usage.</p> <p><a href="https://itunes.apple.com/au/app/moves/id509204969?mt=8">https://itunes.apple.com/au/app/moves/id509204969?mt=8</a></p>	Free	
	<p><b>Microsoft Health</b> allows you to set wellness goals and get actionable insights to help you live healthier. It allows custom tracking whether running, biking, golfing or working out. Map your run or ride with GPS, or follow exercise prompts with Guided Workouts.</p> <p><a href="https://www.microsoft.com/microsoft-health/en-au">https://www.microsoft.com/microsoft-health/en-au</a></p>	Free	

APP		COST	PLATFORM
	<p><b>Rally Round</b> is an online and mobile service that makes it easy for family members and friends to co-ordinate how they all help out a loved one who wants to stay living independently in their own home. Everyone invited to help can easily see what jobs need doing, who has agreed to do what and what jobs have already been done and by whom.</p> <p><a href="https://itunes.apple.com/gb/app/rally-round-organise-jobs/id602832206?mt=8">https://itunes.apple.com/gb/app/rally-round-organise-jobs/id602832206?mt=8</a></p>	Free	
	<p><b>Care For Me</b> provides a calendar where care needs can be recorded. The App enables instructions and detail about each of the care needs to be recorded in video, photo or text format.</p> <p><a href="https://itunes.apple.com/au/app/care-for-me/id603038235?mt=8">https://itunes.apple.com/au/app/care-for-me/id603038235?mt=8</a></p>	\$4.99	
	<p><b>Cozi Family Organiser</b> is a color-coded calendar, where individual or group calendars can be created and shared, reminders can be set and an agenda for the upcoming week sent by email to any individual.</p> <p><a href="https://itunes.apple.com/us/app/cozi-family-organizer/id407108860?mt=8&amp;ign-mpt=uo%3D4">https://itunes.apple.com/us/app/cozi-family-organizer/id407108860?mt=8&amp;ign-mpt=uo%3D4</a></p>	Free	 
	<p><b>Care Partners Mobile</b> can be used to create a shared “to-do” list for a private network of people they invite. Caregivers can see at a glance see who is doing what, and what tasks still need volunteers. People can take the tasks they are responsible for and put them in their smartphone’s calendar, to receive reminders.</p> <p><a href="https://itunes.apple.com/us/app/carepartners-mobile/id584914326?mt=8">https://itunes.apple.com/us/app/carepartners-mobile/id584914326?mt=8</a></p>	Free	 
	<p><b>White Noise</b> helps you sleep soundly by providing high-quality looped sounds such as Ocean Waves, Floor Fan, Thunderstorm and Campfire.</p> <p><a href="#">iOS</a></p>	Free	
	<p><a href="#">White Noise Free</a> App generates sounds over a wide range of frequencies masking noise interruptions to assist with sleep and relaxation</p> <p><a href="#">Android</a>, <a href="#">iOS</a></p>	Free	 

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