


















FACT SHEET  
AP02

## WELLNESS & HEALTH APPS

There is a large volume of wellness and health apps available. Whilst these 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).

### What can I choose from:

App	Stores
 <p><b>Cardiograph Classic</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>	 <a href="#">iOS</a>
 <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>	 <a href="#">iOS</a>
 <p><b>BreathingApp</b> is your personal breathing trainer. Improve your breathing rhythm and learn low frequency breathing for a better overall health.</p>	 <a href="#">Android</a>  <a href="#">iOS</a>
 <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>	 <a href="#">iOS</a>
 <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>	 <a href="#">iOS</a>
 <p><b>Sleep Cycle</b> is an intelligent alarm clock that analyses your sleep and wakes you in the lightest sleep phase.</p>	 <a href="#">Android</a>  <a href="#">iOS</a>
 <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>	 <a href="#">Android</a>  <a href="#">iOS</a>

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App		Stores
	<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.	 <a href="#">Android</a>  <a href="#">iOS</a>
	<b>Moodie</b> enables you to change your mood thru customized engagements or missions as we call them. Pick your mood and choose activities to help change your mood. You can view your moods, physical activity, eating and sleeping habits, add notes, and keep all of your thoughts in your own personal journal.	 <a href="#">iOS</a>
	<b>Human</b> believes the best way to improve your daily activity is by understanding it. So everything we do is designed to help you learn, improve upon, and feel good about your activity levels.	 <a href="#">Android</a>  <a href="#">iOS</a>
	<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. <a href="https://www.microsoft.com/microsoft-health/en-au">https://www.microsoft.com/microsoft-health/en-au</a>	
	<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.	 <a href="#">iOS</a>
	<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.	 <a href="#">iOS</a>
	<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.	 <a href="#">iOS</a>
	<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.	 <a href="#">iOS</a>
	<b>myNoise</b> is free, with White Noise, Rain Noise, Binaural Beats, Spring Walk, Temple Bells and Warp Speed, the white noise machine for Sci-Fi fans!	 <a href="#">Android</a>  <a href="#">iOS</a>
	<b>White Noise Free</b> App generates sounds over a wide range of frequencies masking noise interruptions to assist with sleep and relaxation	 <a href="#">Android</a>  <a href="#">iOS</a>
	<b>PhysioAdvisor Exercises</b> app is designed by Australian physiotherapists and provides text and images on a range of physio exercises. Specific parts of the body can be targeted and you can customise a workout or rehabilitation program specifically for yourself. The app also provides prompts and reminders to ensure you keep on track with your rehabilitation or fitness goals.	 <a href="#">Android</a>  <a href="#">iOS</a>

These apps were current at the time of print. LifeTec provides this information for your convenience. It should not be construed as professional advice. Individuals should obtain independent professional advice on the suitability and reliability of these products for their own circumstances.

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