

Smartphone Applications for Patients' Health and Fitness

Patient scenarios and list of suggested applications taken from the article "Smartphone Applications for Patients' Health and Fitness" by John P. Higgins, MD, MBA, MPhil published in The American Journal of Medicine Vol 129, No. 1, January 2016.

| Patient Scenario | Suggested App |
|--|--|
| Healthy patient wanting to start basic aerobic exercise | Fitbit, Couch to 5k, Zombies, Run!, Map My Run, Map My Fitness |
| Healthy patient already exercising regularly looking to improve fitness or to enter a race | Strava Running and Cycling, Nike+Running, Runkeeper, Runtastic |
| Healthy patients wanting to focus on protein in his/her diet and build more lean muscle for resistance exercises | Fitocracy Macros, Fitocracy |
| Healthy patient wanting to flatten his/her abdomen and improve back support | Runtastic Six Pack Abs |
| Patient with hypertension wanting to start some exercise to reduce his/her cardiovascular risk | Fitbit, Map My Run |
| Overweight patients with osteoarthritis wanting to lose weight and start exercising | Lose It!, MyFitnessPal, Noom Weight Loss Coach |
| Gluten intolerant or vegan patients, or patients with a food allergy wanting to lose weight | Fooducate |
| Overweight patient wanting to lose weight and consume healthier foods | Lose It!, MyFitnessPal, Fooducate, Noom Weight Loss Coach |
| Patient with suspected sleep disorder | Sleep Cycle Alarm Clock |

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