

# Apple Watch Health Apps

*PMUG SIG January 2023*

# Preliminary thoughts

- ✦ *You have to know what you want to do - mediation, yoga, weights, running, walking, weight, etc.*
- ✦ *Be sure to look at App Privacy - many free ones track everything - Nike Training club as an example*
- ✦ *Even if the App runs on the watch, most information is easily viewed on the iPhone*
- ✦ *Be aware of Pricing: one time cost vs monthly or yearly subscription*

# Apple Watch Sensors

✦ *Apple Watch has 3 basic, and 3 advanced sensors*

✦ *Accelerometer*

✦ *Gyroscope*

✦ *GPS*

✦ *Heart Sensor (all series)*

✦ *ECG (S4+)*

✦ *Blood O<sub>2</sub> (S6+)*

# General Categories

- ✦ *App Store has two categories: Health & Fitness, and Medical*
- ✦ *My Categories with my App Privacy ratings (**Red** bad, **Green** good:*
  - ✦ *Exercise,*
  - ✦ *Heart Health*
  - ✦ *Life Style,*
  - ✦ *Meditation,*
  - ✦ *Medical,*
  - ✦ *Sleep*
- ✦ *iPhone>App Store search on Apple Watch, Scroll to Apps for Apple Watch>See All*

# Exercise Apps

- *Apple Workout*
- *Apple Fitness & Fitness+ (Activity)*
- *Strava - Running et. al.*
- *MapMyRun*
- *Gymaholic*
- *Zones*
- *Nike Training/Run Club*
- *SmartGym*
- *Pocket Yoga*
- *Pedometer++*
- *StepDog*

# Exercise Apps

- ✿ *Couch to 5K* - from couch to 5K run
- ✿ *Carrot Fit* - cynical trainer
- ✿ *Keelo* - personal trainer on watch
- ✿ *GymBook*
- ✿ *Streaks Workout*
- ✿ *MyFitnessPal* - exercise & calories
- ✿ *Gentler Streak* - better for beginners
- ✿ *Seven* - 7 minute workouts

# Heart Health Apps

- ✿ *Apple ECG*
- ✿ *Apple Health*
- ✿ *Cardiogram*
- ✿ *Heart Watch*
- ✿ *Heart Analyzer*
- ✿ *Heart Graph*
- ✿ *Qardio*
- ✿ *Talking Heart Rate*

# Life Style Apps

- ✦ *Streaks* - goals
- ✦ *Lark Health* - life style & chronic disease coach
- ✦ *MyFitnessPal* - calories & nutrients
- ✦ *Lifesum* - Diet & Macro Tracker
- ✦ *Stress Monitor for Watch*
- ✦ *Heart Rate & Stress Monitor*
- ✦ *Health Hive* - health metrics
- ✦ *Cronometer* - Micronutrient tracking



# Medical Apps

- ✦ *What's Covered (Medicare)*
- ✦ *SonicCloud Personalized Sound - Hearing test & sound profile*
- ✦ *WebMD - Web info on medicine*
- ✦ *Solv - Find source for medical care*
- ✦ *Apple Medications*
- ✦ *Round Health - prescription tracking*
- ✦ *Waterminder*
- ✦ *Waterful*

# Meditation Apps

- ✿ *Apple Mindfulness*
- ✿ *Calm*
- ✿ *Happier*
- ✿ *Headspace*
- ✿ *Balance: Meditation & Sleep*
- ✿ *Insight Timer - Meditation App*
- ✿ *BetterMe: Mental Health*
- ✿ *Chakra Meditation Balancing*

# Sleep Apps

- ✿ *Apple Sleep*

- ✿ *AutoSleep*

- ✿ *Sleep Watch*

- ✿ *Sleep++*

- ✿ *NapBot*

- ✿ *Pillow*

- ✿ *Sleep Sounds*

# Final Thoughts

- ✿ *SO MANY health apps - how to decide*
- ✿ *I start with the rating and number of users*
- ✿ *I look at Cost (up front or subscription) first*
- ✿ *I look at data privacy. I now choose the least intrusive/data collection apps*
- ✿ *Try for a month - if you don't like it, cancel the monthly subscription or go to yearly*
- ✿ *I don't like "in your face" apps (constant poking, notifying, asking for more info)*

# Resources

- ✦ <https://www.apple.com/healthcare/apple-watch/>
- ✦ <https://www.lifewire.com/best-apple-watch-fitness-apps-4589822>
- ✦ <https://www.igeeksblog.com/best-apple-watch-health-apps/>
- ✦ <https://www.cnet.com/pictures/the-17-best-health-and-fitness-apps-for-apple-watch/>
- ✦ <https://www.techradar.com/best/best-apple-watch-apps-2022>