



## There's a health app for everyone.

### Take your pick.

From tracking calories and workout routines to accessing health stats and wellness information, the benefits of apps are getting a lot of attention. But with so many options, trying to pick the right one can be daunting. Start with an app that aligns with your health goals. Are you looking for a new walking routine, or do you want to add strength training to your workout? Do you need to regularly monitor your blood pressure, or would you like an easier way to keep track of your sleep patterns?

Apps may not replace a gym or personal trainer – and definitely should not be a substitute for regular check-ups with your doctor. But used wisely, they can be an easy, affordable way to monitor and improve your health.

### Here are a few examples of how apps can take your health to new levels.



#### 1. Set healthy goals.

Personal coaching apps help you measure information such as fitness levels and eating habits from your wearable devices. Bringing all that data together, apps can help you establish and work toward goals that meet your needs.



#### 2. Track your fitness

The newest exercise apps get to know your daily routines, music preferences and performance levels. From there, the app can personalize instructions based on how you're doing and what you want to achieve. Some even use a human voice to give you real-time feedback during your workout.



#### 3. Eat well and manage your weight

Today's nutrition apps make it easier to prepare and eat healthier meals. You can check calorie counts, plan a week's worth of meals or find healthy restaurants in your area. To track your progress, some apps allow you to pair a high-tech scale that evaluates body fat, checks your heart rate and even syncs data to your phone.



#### 4. Work smarter with your wearable

Wearable fitness trackers monitor everything from calories burned to sleep patterns. Sync your device with a phone or tablet to set health goals and track your progress. Enjoy some friendly competition? Look for a fitness app that lets you join a group and compete against other users.



#### 5. Be prepared.

Having an app that lets you record medical and contact information in case of an emergency could help save crucial time when you get to the hospital. Some apps can even instruct you on how to give first aid or CPR or to otherwise assist someone in an emergency situation.



#### 6. There's an app for doctor visits

Doctors also are using app technology. In addition to using apps to schedule appointments and refill prescriptions, some doctors suggest their patients use apps to provide guidance about and track changes to certain health conditions, such as skin cancer and diabetes.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.