



IMPROVING HEALTH AND WELLNESS THROUGH THE USE OF TECHNOLOGY

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Health promotion -the process of enabling people to increase control over their health and its determinants, and thereby improve their health.

(World Health Organization [WHO], 2009)



HEALTH APPS





BENEFITS OF HEALTH APPS

Access
Remote monitoring
Communication
Less cost
Increased access



(Mayo Clinic, 2016)

CONCERNS ABOUT HEALTH APPS

**Communication
breakdown**

Improper readings

Information security

Credentials

Cost

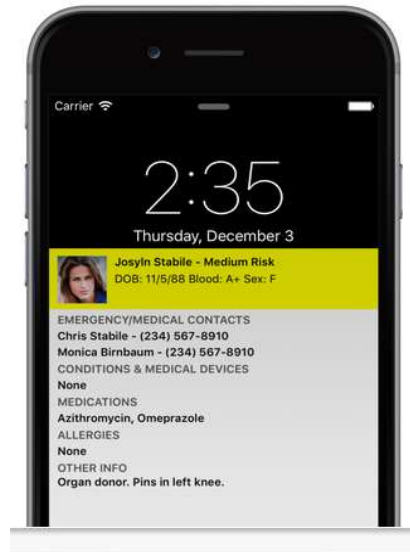


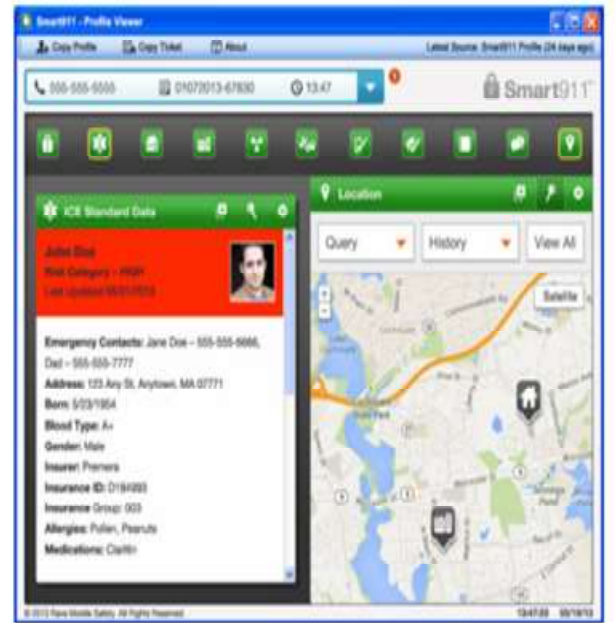
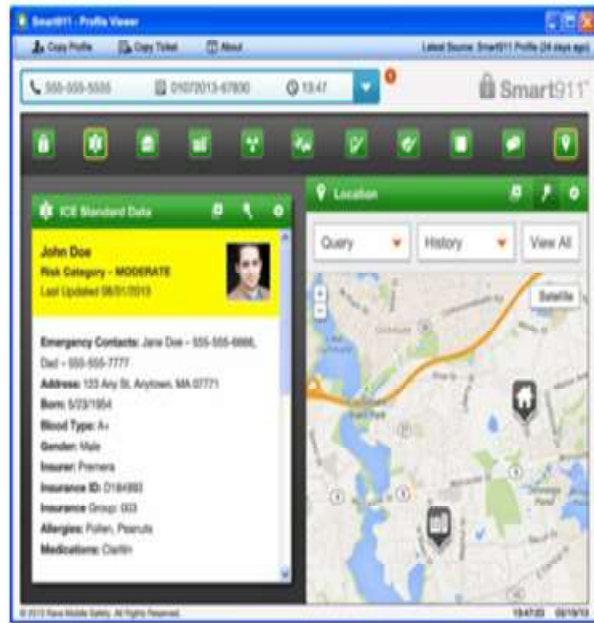
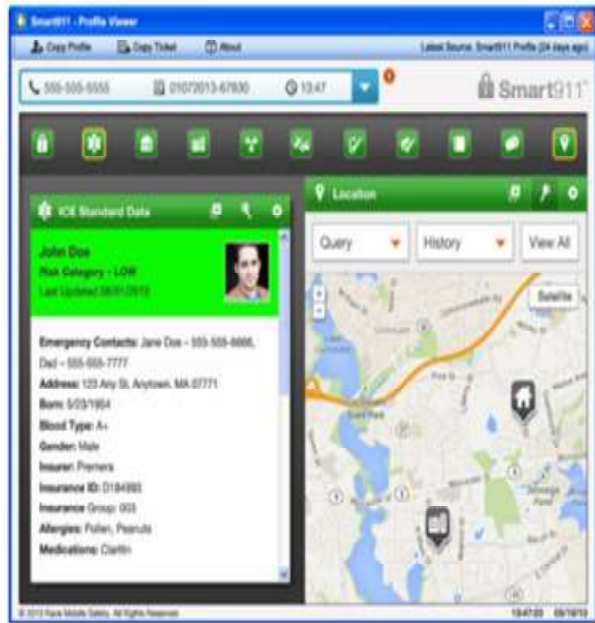
(American Institute of Medical Sciences and Education, 2013)



ICE Standard ER with Smart911™ - The Official In Case of Emergency Standard Card App for iPhone or iPad- **FREE**

Put your emergency information on
your lock screen wallpaper, in case
you're in an accident.





(BridgingApps, 2016)

ICE STANDARD ER WITH SMART911



(EmergencyStandard, 2014)

DIABETES



IHEALTH BLOOD PRESSURE APP

Lightweight

Portable

Accurate

Track/share data

Affordable

User friendly



(ihealth labs, 2016)

IHEALTH BLOOD PRESSURE MONITOR



(ihealth labs, 2016)

JON – LOCKED PILL DISPENSER AND MEDICAL ALERT



(Med-minder, n.d.)

Cost of Health and Wellness Apps

📱 ICE Standard ER with Smart911

Free iTunes

📱 Glooko

\$59.95/year <https://www.glooko.com/pricing/>

📱 Ihealth Blood Pressure Monitor

\$79.95 <https://ihealthlabs.com/blood-pressure-monitors/>

📱 Jon Med-Minder

\$59.99/month

<https://www.medminder.com/pill-dispensers-2/jon-locked-pill-dispenser/>

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