

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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