Mobile Health Apps

Features
- Step counter
- Distance tracker
- Health app aggregator
- Medical ID (iPhone)

Step Counter
- Eliminates need for separate fitness tracking device
- Compare stats over time
- Measures: walking & running distance, steps taken, flights climbed

Integration
- Seamless integration with most popular health & fitness apps
- Recommends apps for information you want to track
- Input health information for more accurate tracking

Medical ID on iPhone
- Peace of mind for medical emergencies
- Medical information can be accessed even with phone locked
- Name, age, health conditions, blood type, known allergies, and emergency contact numbers

iOS Health app for iPhones

Google Fit for Android

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