



# Mobile Health Apps

## Features

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



iPhone Health App



Google Fit App

## Step Counter

- Eliminates need for separate fitness tracking device
- Compare stats over time
- Measures: walking & running distance, steps taken, flights climbed (iPhone only)

## Integration

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



Medisafe



Dexcom G6 Mobile



Sleep Cycle



Zova

## 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