

# Tracking your health with your Mac, iPhone and iPad

Washington Apple Pi  
June 28, 2014

# It started with the iPod

- An early version of the iPod nano had the ability to act as a pedometer
- Later versions had an app by Nike for tracking activity



# Nike bows out

- Nike was an early leader in activity tracking with iPods and iPhones
- Lost a lot of support when they switched from “steps” to “Nike Fuel” as a metric; seems to have abandoned regular users in favor of jocks.
- In April this year, rumored to have fired most of their hardware group

# Big Four

- **Jawbone**

- Started with headphones, but now one of the leaders thanks to the Jawbone Up (wristband)

- **Fitbit**

- Has not only the Fitbit One, but the Fitbit Flex (wristband) and Fitbit Aria (scale)

- **Withings**

- Scales, activity trackers, sleep trackers, blood pressure cuffs

- **iHealth**

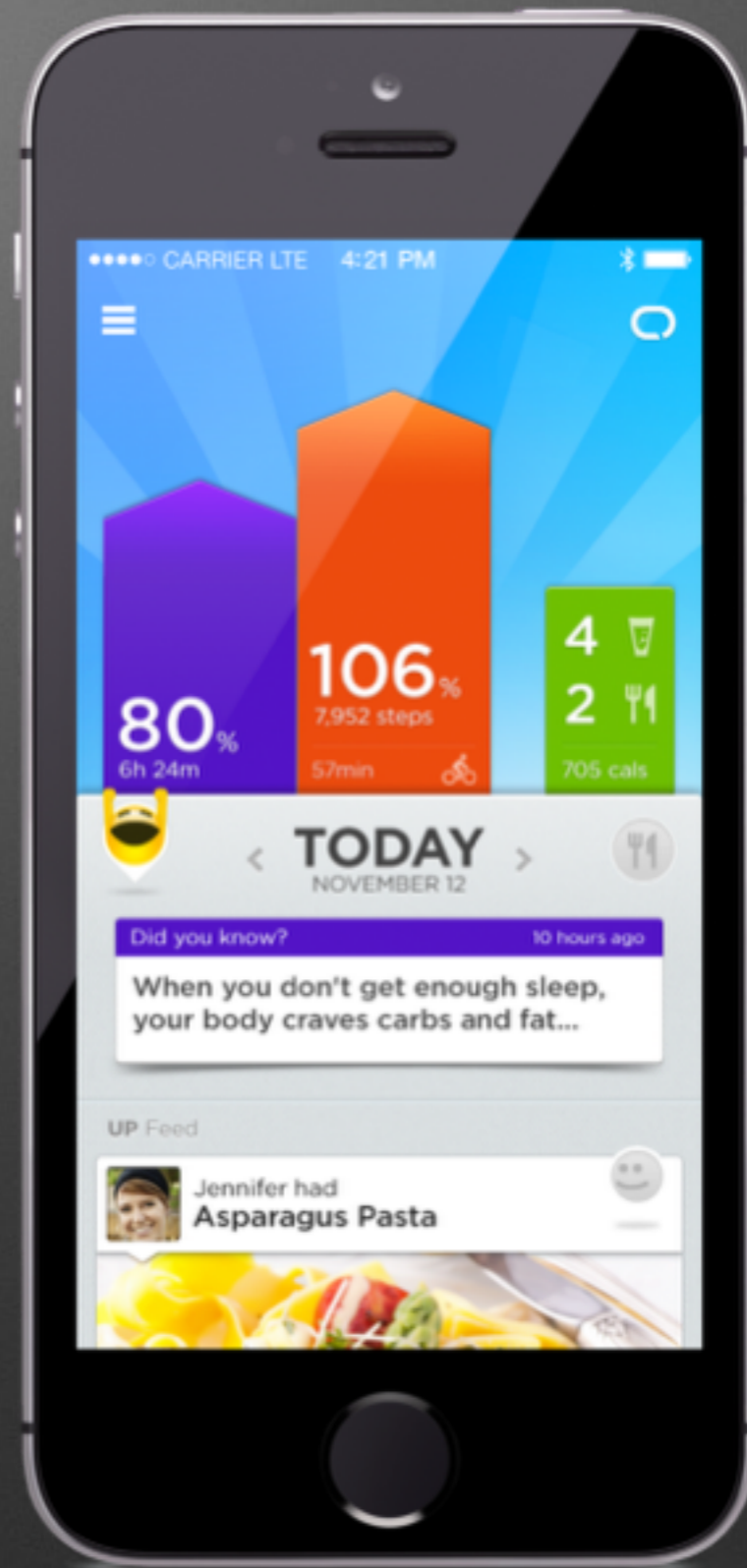
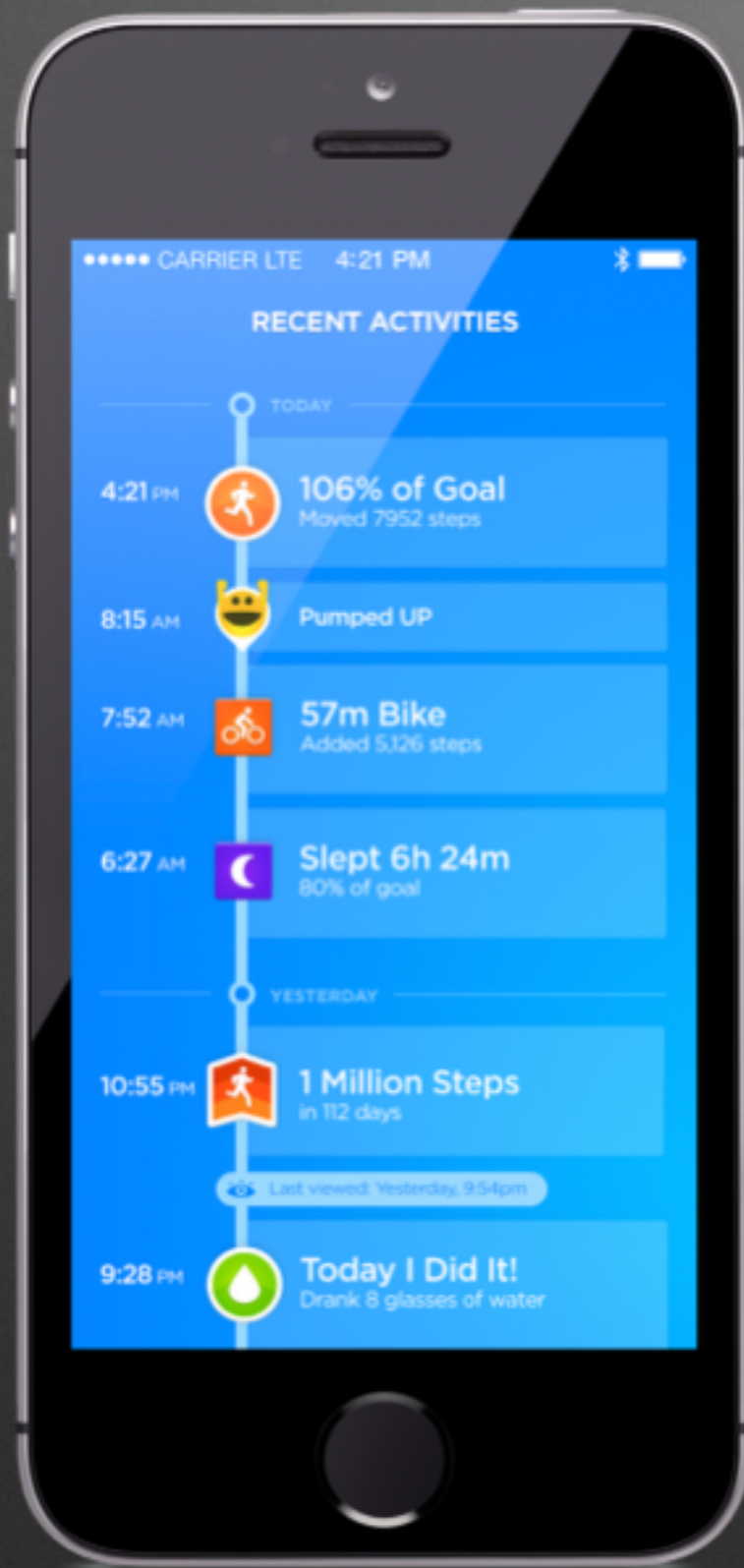
- Inexpensive blood pressure cuffs, scales, etc.

# Jawbone Up

**Tracks steps, sleep, food, mood**



# Jawbone Up on iPhone



# Fitbit One

- Tracks steps, flights of stairs, sleep
- iPhone software recently added bar code scanner for foods



# Fitbit Aria: wireless scale





# Fitbit Flex

Essentially Fitbit  
One in a wristband



# Fitbit Apps

These companies  
(and many more)  
can receive data  
from Fitbit devices



## Lose It!

by FitNow, Inc.

Sync your meals from Lose It! to Fitbit and extend Lose It! food budget by activities from your Fitbit tracker.

[Learn more >](#)



## MyFitnessPal

by MyFitnessPal, LLC.

Sync your meals and activities to Fitbit and adjust your daily net calorie goal on MyFitnessPal by the data measured by your tracker.

[Learn more >](#)



## SparkPeople™

by SparkPeople, Inc.

Link Fitbit to your SparkPeople account and you can dynamically share and sync data - including weight, fitness and sleep - to your SparkPeople profile.

[Learn more >](#)



## Balance Rewards

by Walgreens

Sync a Fitbit One, Ultra or Zip tracker to Steps with Balance Rewards to earn points for walking, running and tracking your weight.

[Learn more >](#)



## Microsoft HealthVault

by Microsoft

Link your accounts now to share your Fitbit body data with HealthVault.

[Learn more >](#)



## Digifit

by Digifit, Inc.

Link Fitbit and Digifit, and your workouts are "automagically" posted to your Fitbit account and Fitbit activity to My.Digifit.com.

[Learn more >](#)



## MapMyRun

by MapMyFitness, Inc.

Set goals, track your performance and succeed! Link your account to easily share Fitbit activity with MapMyRun.

[Learn more >](#)



## TactioHealth™

by Tactio Health Group

TactioHealth is multi-user health tracking app that tracks Weight, Body Fat, Steps, BP, Cholesterol, Glucose, and Nutrition on your iOS or Android.

[Learn more >](#)



## Endomondo

by Endomondo

Community based on the free GPS tracking of sports. It's fun, it's social and it's motivating.

[Learn more >](#)

# Withings Pulse O2

- Activity monitor, can be used as wristband
- Tracks steps, elevation, heartbeat, oxygenation, sleep



# Withings Blood Pressure Cuff



# Withings Activité

- Swiss-made watch with built-in activity monitoring
- Waterproof; can go swimming
- Sleep monitoring
- Talks to iPhone, syncs time from iPhone (no adjustment needed for time zone)
- \$390



# Withings Aura

**“Using the recorded data, Withings Aura provides you with scientifically-validated light, and sound programs that will adapt to your personal body clock, and positively impact your sleeping conditions.”**



# iHealth

Has inexpensive  
blood pressure  
monitors, scales,  
glucometers, activity  
monitors, pulse  
oximeters



# Much, much more

[http://www.amazon.com/s/ref=sr\\_nr\\_n\\_0?rh=n%3A3760901%2Cn%3A3777131%2Ck%3Ahealth+monitoring&keywords=health+monitoring&ie=UTF8&qid=1403898003&rnid=3760931#](http://www.amazon.com/s/ref=sr_nr_n_0?rh=n%3A3760901%2Cn%3A3777131%2Ck%3Ahealth+monitoring&keywords=health+monitoring&ie=UTF8&qid=1403898003&rnid=3760931#)

The screenshot shows the Amazon website interface. At the top, the Amazon Prime logo is on the left, and navigation links for 'Lawrence's Amazon.com', 'Today's Deals', 'Gift Cards', 'Sell', and 'Help' are in the center. On the right, there's a 'Soak Up Summer' banner and a 'Show' link. Below the navigation, there's a search bar with 'health monitoring' entered, and a 'Go' button. To the right of the search bar, it says 'Hello, Lawrence Your Account', 'Your Prime', and a shopping cart icon with '0' items. Below the search bar, there's a horizontal menu with categories like 'Health & Personal Care', 'Best Sellers', 'New Arrivals', 'Baby & Child Care', 'Vitamins & Diet Supplements', 'Sports Nutrition', 'Household Supplies', and 'Health Care'. Below this menu, it says '1-24 of 556 results for Health & Personal Care : Medical Supplies & Equipment : Activity, Health & Wellness Monitors : "health monitoring"'. To the right of this text is a 'Sort by' dropdown menu set to 'Relevance'. Below the search results, there's a 'Show results for' section with a breadcrumb trail: '< Any Product', '< Health & Personal Care', '< Medical Supplies & Equipment', and 'Activity, Health & Wellness Monitors'. Below this, there are three product listings. The first is a 'Pyle Health PSBTHR70BK Bluetooth Fitness Heart Rate Watch and Monitor with Training Sensor Data Transmission,...' priced at \$39.99 (was \$188.99). The second is a 'Health o meter BFM884DQ1-60 Body Fat Monitoring Scale' priced at \$29.99 (was \$49.99). The third is an 'Omron 7 Series Wrist Blood Pressure Monitor' priced at \$49.99 (was \$88.00). Each product listing includes an image of the product, a 'See Color Options' or 'See Size Options' button, and a 'Prime' badge. At the bottom left, there's a 'Refine by' section with an 'Amazon Prime' filter checked.

amazon Prime

Lawrence's Amazon.com Today's Deals Gift Cards Sell Help

Soak Up Summer > Show

Shop by Department Search Activity, Health ... health monitoring Go Hello, Lawrence Your Account Your Prime Cart

Health & Personal Care Best Sellers New Arrivals Baby & Child Care Vitamins & Diet Supplements Sports Nutrition Household Supplies Health Care

1-24 of 556 results for Health & Personal Care : Medical Supplies & Equipment : Activity, Health & Wellness Monitors : "health monitoring" Sort by Relevance

Show results for

- < Any Product
- < Health & Personal Care
- < Medical Supplies & Equipment

**Activity, Health & Wellness Monitors**

- Body Fat Monitors (21)
- Blood Pressure Monitors (203)
- Heart Rate Monitors (52)

+ See more

Refine by

Amazon Prime  Prime

**Pyle Health PSBTHR70BK Bluetooth Fitness Heart Rate Watch and Monitor with Training Sensor Data Transmission,...**  
\$188.99 **\$39.99** Prime  
See Color Options

**Health o meter BFM884DQ1-60 Body Fat Monitoring Scale**  
\$49.99 **\$29.99** Prime  
Order in the next 16 hours and get it by Monday, Jun 30.  
See Size Options

**Omron 7 Series Wrist Blood Pressure Monitor**  
\$88.00 **\$49.99** Prime  
Order in the next 17 hours and get it by Monday, Jun 30.  
See Size Options



# Coming Soon

- iOS 8 will add Health app
- Will collect information from multiple sources
- Developers have access to an iOS HealthKit tool kit



# Here already

- iOS 7 will display weather alerts, Amber alerts, Silver alerts, local police alerts, Homeland Security alerts
- Mostly: weather alerts



# Personal Health Records

- Microsoft HealthVault, [https://  
www.healthvault.com/](https://www.healthvault.com/)
- MyHealtheVet (Veterans), [https://  
www.myhealth.va.gov/](https://www.myhealth.va.gov/)
- TRICARE Online (military), [https://  
www.tricareonline.com/](https://www.tricareonline.com/)



## In the Spotlight

### Manage Your Meds: My HealthVet's Rx Refill and Secure Messaging



One of My HealthVet's most popular features is the ability to refill VA prescriptions online. But sometimes you might still have a question about a prescription or the information on your Rx Refill page. You might have questions about a drug's side effects or how it works with other medicines. You might worry about food you shouldn't eat with the drugs. You might have a question about a prescription renewal. With Secure Messaging, you can ask these questions and expect a response within three business days. Learn how you can use Rx Refill and Secure Messaging to better manage your medications. [Read More >](#)

### Service Alerts



[Blue Button](#)



[Prescription Refill](#)



[healthliving assessment](#)



[Vitals & Readings](#)



[Hearing Aid Batteries](#)

### Member Login

User ID:

Password:

**Login**

[Forgot User ID?](#)

[Forgot Password?](#)

First time My HealthVet user?

**Register today!**

**REGISTER**

### #PTSD Awareness - Learn What You Can Do to Help



June is #PTSD Awareness Month. As many of you know, each June VA asks everyone to join us in what we do all year long: help raise awareness of PTSD and effective PTSD treatments. Thank you for your help in the past. Please join us again this year. We want more people to understand what PTSD is and that there are PTSD treatments that can help. [Read More >](#)

### What's YOUR health age?



Yes, you're healthy. You are eating better food, you even exercise a bit. You take medications on time, keep a positive attitude in life. So, yeah, you're healthy. But do you know your health age?

The healthliving assessment (HLA) can help you better understand how you can lead a healthier life. This confidential, online tool asks you questions about your health history and lifestyle choices. Then it provides your health "age" compared with others. You get personalized reports on your overall health and risks of certain diseases. It also has recommendations on how to improve your health. [Read More >](#)

### Veterans Health Library



**Blue Button  
Download  
My Data**

The Blue Button is a feature that packages all your available health records into a single file that you can safely share with doctors, nurses, clinicians, even family members. [Read More](#)

### Affordable Care Act



WHAT YOU NEED TO KNOW

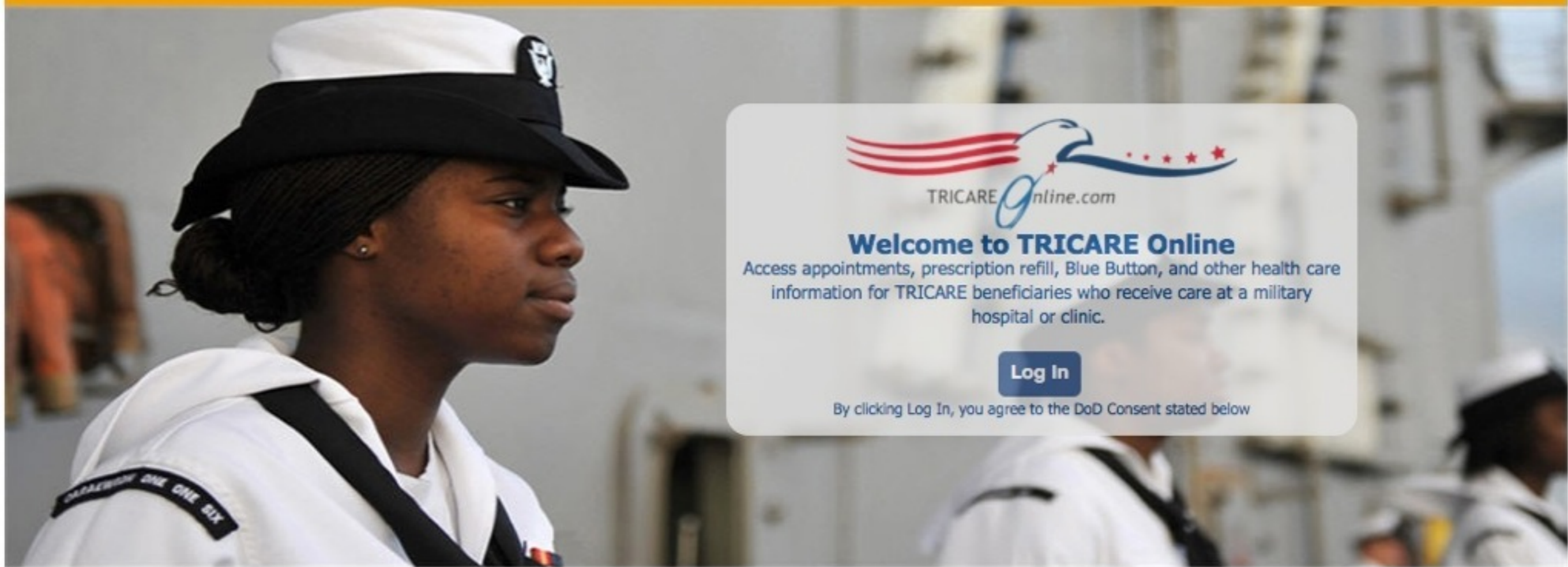
[Upgrading to a Premium Account](#)

### Quick Links

- [Veterans Crisis Line](#)  
If you are in crisis call: **1-800-273-TALK (8255)**
- [VA Mental Health Services](#)
- [Flu Shots for Veterans](#)
- [My HealthVet Account Types](#)
- [Authentication](#)
- [How to Use My HealthVet](#)
- [VA Dental Insurance](#)
- [My HealthVet Learning Center](#)
- [Most Requested Forms](#)
- [eBenefits](#)
- [Veterans Health Library](#)

# My HealthVet

- Not particularly mobile friendly
- Has way too much “required” VA propaganda, making it hard to find useful stuff
- health libraries, self-entered health information and goal setting, prescription refills, view both VA and DoD health extracts, interactive health teaching and assessments, secure messaging to your healthcare team, Health Risk Appraisal giving your health age
- Free to Veterans, particularly useful to those registered in VA health programs



### Welcome to TRICARE Online

Access appointments, prescription refill, Blue Button, and other health care information for TRICARE beneficiaries who receive care at a military hospital or clinic.

[Log In](#)

By clicking Log In, you agree to the DoD Consent stated below

## Visit [tricare.mil](http://tricare.mil) for information on

- Eligibility
- Costs
- Plans
- Enrollment



## TRICARE Online Announcements

- ▶ [How to Correct Your DoD Blue Button Information](#)
- ▶ [TOL Blue Button Provides Patient Access to Lab Test Results](#)
- ▶ [Grant Family Members Access to Your TOL Account](#)
- ▶ [How to Change your PCM](#)

# TRICARE Online

- Clean interface
- Focused on military members, retired military, and their families
- Primary care appointments, refills, DoD health extracts, links to health resources, link to RelayHealth (secure messaging to your healthcare team), Health Risk Appraisal
- Has a somewhat daunting first-time login procedure
- Frequently very slow



Take control of  
your health.

[Explore HealthVault](#) 

## What is HealthVault?

Microsoft HealthVault is a trusted place for people to gather, store, use, and share health information online. [Learn more](#)

Organize your family's  
health information.

Be better prepared for  
doctor visits and  
unexpected  
emergencies.

Create a more complete  
picture of your health,  
with you at the center.

Achieve your fitness  
goals.



# Microsoft HealthVault

- Free to anybody
- Has iOS app optimized for iPhone, <https://itunes.apple.com/us/app/microsoft-healthvault/id546835834>
- Many different devices (Fitbit, Up, etc.) can automatically add information to record
- Can print or display user data for use by health care team
- Can delegate who can see information in record (relatives, health care providers)

# Demo: HealthVault

- <https://www.healthvault.com/>