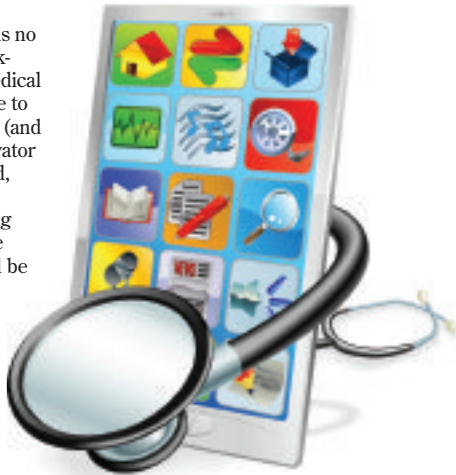


# Health at your fingertips

*New smartphone apps alleviate some of the angst and confusion in finding a doctor, organizing meds and being proactive about your health and fitness.*

BY NAN PALMERO

**R**elaxing in a doctor's office is no way to pass the time. Thankfully, with the release of medical apps for smartphones, it's possible to minimize your visits to the doctor (and skip those old magazines and elevator music). Get healthy, get organized, and find the health answers and services you need quickly by using the apps listed below. Note: These apps are informational and should be used to supplement, not replace, relationships with your medical professionals.



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## Dosecast



**dosecast.com**

**Price:** Free

**Platforms:** iOS/Android

Taking medications at the right time and the correct dosage can get complicated with busy schedules, so Dosecast is here to help. Enter the drugs you need to take, their frequency, and dosage, and Dosecast will remind you. In the premium paid version you can track consumption and compliance for multiple people, set up refill reminders, and keep a history of compliance. Caregiver for a child or an elderly parent? This app can help you stay on schedule for all their medications.

**Pros:**

- Flexible scheduling of medications, with postponable reminders
- Doctor and pharmacy tracking to help discern which doctor prescribed what drug



**Cons:**

- No password protection on the app if you desire privacy about your meds
- Doesn't sync data across multiple devices yet




## WebMD



**webmd.com/webmdapp**

**Price:** Free

**Platforms:** iOS/Android

As one of the pioneers of online health care information providers, WebMD provides a robust application that includes:

- Possible causes for symptoms
- Treatments for minor issues
- Medication information and identification tool
- Mapping for health care professionals in your area.

The symptom checker lets you select the part of the body that's experiencing the issues, then walks you through the symptoms to help narrow down possible causes. WebMD also has a feature to help identify that unlabeled pill in your purse. You simply provide the pill's shape, color and inscription. The app also provides first aid information (even without an Internet connection) and step-by-step instructions on how to care for the injured person while the ambulance is on its way.

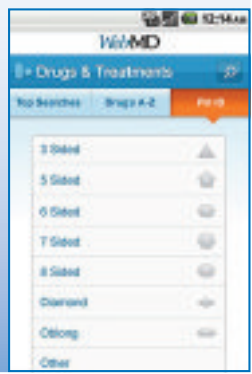
**Pros:**

- Smart and easy interface
- Multiple features such as pill identifier and first aid are useful



**Cons:**

- Doctor appointment scheduling is not available and would be helpful

## ZocDoc



**zocdoc.com/mobile-apps**

**Price:** Free

**Platforms:** iOS/Android/BlackBerry

Looking for a specialized doctor nearby and on a tight deadline? Good news, ZocDoc can help. Enter the specialty you need, location where you're searching, date of availability, and your insurance carrier. ZocDoc provides a list of doctors who fulfill your criteria. What's more, the app includes photos, reviews, education details, and confirmation that the doctors on the list take your insurance. Even better, you can schedule an appointment, and the doctor's office sends an e-mail confirmation, followed later by a reminder from ZocDoc.

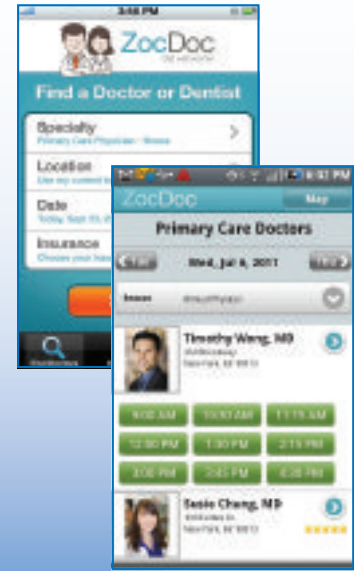
**Pros:**

- Skip talking to a doctor's answering service
- Reviews and scheduling in one place
- Real-time scheduling to take advantage of cancellations



**Cons:**

- Would be nice to have standardized forms in the app to skip the step at the office

## Nutrition Menu



**shroomies.com**

**Price:** \$0.99

**Platforms:** iOS/Android/BlackBerry

Your health depends on making positive food choices daily. With Nutrition Menu, keep track of what you feed your body and that food's impact. The app helps track consumption with an ever-expanding list of restaurants and food items. So far, more than 92,000 food items are listed, with more than 41,000 from U.S. and Canadian restaurants and more than 51,000 offerings listed under common foods including meats, vegetables and frozen meals. The app tracks calories, carbs, points, and a number of other options. Additionally, the app offers a food journal and 149 built-in exercises.

### Pros:

- Internet connection not required for the app to run
- Add your own custom foods
- Vast catalog of nutritional data



### Cons:

- Must tinker with settings to get correct Weight Watchers information, settings information available in FAQ



## Glucose Buddy



**glucosebuddy.com**

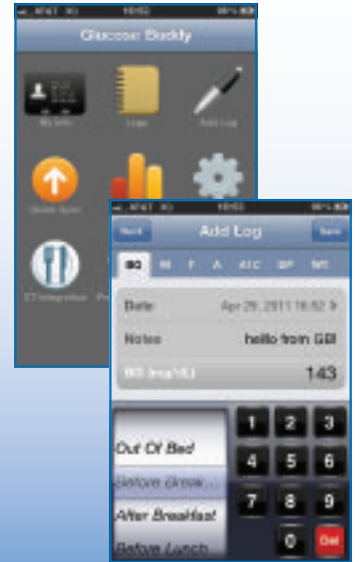
**Price:** Free

**Platforms:** iOS/Android

Glucose Buddy makes data logging less painful for diabetics. The app helps to control glucose levels by tracking blood sugar, medication, and food levels, and can be customized based on gender, weight, age, height, type of diabetes, and by the specific blood glucose (BG) monitor and insulin pump device you use. Glucose Buddy tracks your BG numbers against your food consumption and activities to help you and your doctor recognize trends. On-line, the app data syncs to your Glucose Buddy account, where you can print out the information for your physician.

### Pros:

- Data syncs across multiple devices on iOS
- Easy to use
- Notifications nudge users to log events, even when the app is closed



### Cons:

- Data sync across multiple devices costs \$12.99
- Data sync not available for Android yet



## My Health Checklist 2012



**provenhealthways.com**

**Price:** \$2.99

**Platforms:** iOS

Dr. Paul Hartlaub of Proven Health Ways has created a checklist of recommendations to help people of all ages apply preventive medicine to their lives. Using data from the U.S. Preventive Services Taskforce and the Advisory Committee on Immunization Practices, My Health Checklist 2012 delivers Recommended, Not Recommended and Uncertain Risks/Benefits to help you make smart choices in preventing ailments. The app opens to Basic Lists by Age/Gender, Lists for High-Risk Adults and Complete A-Z Topic List. As you get older, medical tests — for which you previously hadn't needed or considered — become vitally important, and My Health Checklist 2012 keeps you informed.

### Pros:

- Physician authored with reputable data
- Fast interface with a checklist
- Helps you advocate good health maintenance with your physician



### Cons:

- Next year's app likely will be another separate purchase — as it was for 2011 and 2012 — rather than a free update
- Lacks an Android version



## My Medical



**mymedicalapp.com**

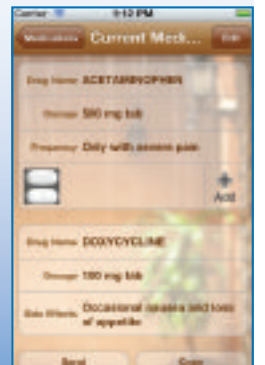
**Price:** \$2.99

**Platforms:** iOS

Managing health care for a family is time consuming. Juggling appointments, physicians and medications is even more daunting if there are medical complications. My Medical for the iPhone stashes the medical data away locally on your phone; this allows for instant retrieval when the doctor asks about your last migraine. My Medical uses the industry standard Continuity of Care Record format to keep personal records clean between systems. The data can be protected with a password, and mom or dad can store individual, separate histories for each family member — all within the same app. Have a long, involved medical history? Enter the data via a secure online form through a laptop or PC, and it will forward to your iPhone.

### Pros:

- Full family coverage of data
- Calendar synchronization of doctor appointments from My Medical to the Calendar App



### Cons:

- No connection to the Internet via the app allows for security, but gives up syncing to your physician's data

