

health and wellness apps for android and ios

Health and Wellness Apps for Android and iOS: Your Pocket-Sized Path to a Better You

Are you ready to take control of your health and wellness journey? In today's fast-paced world, finding time for self-care can feel impossible. But what if I told you that a better you is just a download away? This comprehensive guide explores the best health and wellness apps for Android and iOS, offering a curated list to help you achieve your fitness, mental health, and overall well-being goals. We'll delve into various categories, from fitness trackers and meditation apps to nutrition guides and sleep monitors, ensuring you find the perfect app to fit your lifestyle and needs. Let's dive into the world of app-based self-improvement!

Top Fitness Tracking Apps for Android and iOS

Fitness tracking apps have revolutionized personal training. These aren't just simple step counters anymore; they offer personalized workout plans, progress tracking, and community features. Here are some standouts:

Fitbit: A long-standing leader, Fitbit seamlessly integrates with wearable devices to monitor activity levels, sleep patterns, and heart rate. Its strong social features encourage engagement and friendly competition. Both Android and iOS users enjoy comprehensive data visualization and personalized insights.

MyFitnessPal: Beyond tracking steps, MyFitnessPal focuses on nutrition. Log your food intake, track your calorie consumption, and set personalized dietary goals. Its extensive food database and barcode scanner make logging quick and easy, available on both Android and iOS.

Nike Training Club: For those who prefer guided workouts, Nike Training Club offers a vast library of exercises for all fitness levels. From yoga and HIIT to strength training, the app provides expert-led sessions, tailored programs, and progress tracking on both Android and iOS.

Peloton: While Peloton is known for its stationary bikes, its app expands beyond cycling, providing access to a wide range of fitness classes, including running, strength training, yoga, and meditation. Subscription-based, but highly rated for its immersive experience (Android and iOS compatible).

Mindfulness and Meditation Apps: Finding Your Inner Peace

Stress and anxiety are pervasive issues in modern life. Mindfulness and meditation apps offer a powerful tool for managing stress and cultivating inner peace.

Headspace: Known for its friendly approach, Headspace offers guided meditations for beginners and experienced practitioners alike. The app's calming visuals and soothing voiceovers create a relaxing atmosphere. Available on both Android and iOS.

Calm: Similar to Headspace, Calm features a vast library of meditations, sleep stories, and music designed to promote relaxation and improve sleep quality. Its interface is incredibly user-friendly (Android and iOS compatible).

Insight Timer: Boasting a massive library of free meditations, Insight Timer offers a wide range of styles and teachers. It's a great option for users wanting variety and flexibility in their mindfulness practice (Android and iOS).

Nutrition and Diet Tracking Apps: Fueling Your Body Right

Understanding your nutrition is crucial for overall well-being. These apps provide tools to help you make informed food choices:

Lose It!: Similar to MyFitnessPal, Lose It! helps you track your calorie intake, macros, and overall nutrition. Its user-friendly interface and progress tracking features make it a popular choice (Android and iOS).

Cronometer: For users seeking a more detailed nutritional breakdown, Cronometer offers extensive nutrient tracking and personalized reports, giving you a comprehensive view of your dietary intake (Android and iOS).

Noom: Noom takes a holistic approach to weight management, combining nutrition tracking with coaching and behavioral modification techniques. It's a more comprehensive program with a subscription model (Android and iOS).

Sleep Tracking and Improvement Apps: Prioritizing Restful Sleep

Sleep is vital for physical and mental health. These apps help you monitor your sleep patterns and improve your sleep hygiene:

Sleep Cycle: This app uses sound analysis to track your sleep stages and wake you up during your lightest sleep cycle for a more refreshed morning. (Android and iOS)

AutoSleep: For Apple Watch users, AutoSleep offers highly accurate sleep tracking without needing to manually start or stop the app. (iOS only)

Beyond the Basics: Specialized Health and Wellness Apps

While the above apps cover many bases, several other apps cater to specific health needs:

Period Tracker Apps (Flo, Clue): For women, period tracker apps can help predict menstrual cycles, track symptoms, and provide insights into overall reproductive health.

Mental Health Apps (BetterHelp, Talkspace): These apps offer access to therapists and counselors for professional support. It's important to remember that these should supplement, not replace, in-person therapy.

Choosing the Right Health and Wellness Apps for You

With so many options available, selecting the right apps can feel overwhelming. Consider your specific needs and goals. Start with one or two apps and gradually incorporate more as you become more comfortable. Don't be afraid to experiment to find the perfect combination that suits your lifestyle. Remember, consistency is key!

Conclusion

Embarking on a health and wellness journey is a personal and ongoing process. The health and wellness apps for Android and iOS discussed in this article provide invaluable tools to support your goals. By leveraging technology, you can gain a deeper understanding of your body, track your progress, and find the motivation to build healthier habits. Remember to choose apps that align with your needs and preferences, and most importantly, enjoy the journey toward a healthier and happier you!

FAQs

1. Are these apps safe to use? Reputable apps from well-known developers generally adhere to privacy and security standards. However, always review app permissions and privacy policies before installation.
1. Do I need a wearable device to use these apps? While some apps integrate with wearables for enhanced tracking, many function effectively without them.
1. How much do these apps cost? Many apps offer free versions with limited features, while premium subscriptions unlock additional functionalities.
1. Can I use these apps if I have pre-existing health conditions? Consult your doctor before using any health and wellness app, especially if you have pre-existing health conditions. These apps are tools to support your health, not replace medical advice.
1. How do I choose the right app for me? Read reviews, check the app's features, and consider your specific health and wellness goals. Start with one or two apps and see what works best for you.

health and wellness apps for android and ios: Smartphone Apps for Health and Wellness

John Higgins, Mathew Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

health and wellness apps for android and ios: *Unleash Your Smartphones's Power Android & IOS* Enrique G., ☐ Attention smartphone users: Are you ready to unlock the true potential of your device? ☐ ☐ Interest: From shopping for the right model to setting up your new device, customizing its settings, and even maintaining its performance, From Zero to Ninja: Buy it, Set Up it, Customize it, Maintain it with Free Support! is your ultimate guide! ☐☐ ☐ Desire: Imagine having the confidence and knowledge to use your smartphone like a pro! From the most basic tasks to the more complex functionalities, you will be able to navigate your device effortlessly. No more confusion, no more frustration, just smooth and efficient use of your smartphone. ☐☐ ☐♂ Action: Don't let technology intimidate you! Join the ranks of our tech-savvy readers today and discover how to get the most out of your Android or Apple smartphone! Plus, with your purchase, you'll get free support via various platforms to assist you on your tech journey. Tap into the knowledge today! ☐☐ ☐ Hashtags: #SmartphoneNinja #TechGuide #Android #Apple #SmartphoneSetUp #CustomizeYourPhone #TechSupport #ZeroToNinja Turn your tech woes into tech wins with our comprehensive guide! ☐☐

health and wellness apps for android and ios: *The Patient Paradigm Shifts* Judy L. Chan, 2016-09-28 The Patient Paradigm Shifts tells readers everything successful businesses need to know about the powerful new healthcare consumer. The dynamics of healthcare are shifting the patient paradigm in dramatic ways. The former patient is now both a consumer and a customer. The mantra of this new consumer is "convenient, fast, simple, and high value." Their expectations for healthcare are similar to what they experience in other industries such as transportation, banking, short-stay rental housing, retail shopping online, same-day deliveries, and more. Smart mobile devices enable the customer to conduct transactions at any place and at any time, and without waiting in line. Healthcare providers need to offer customer service experiences similar to Apple, Amazon, Nordstrom, and other benchmark companies in order to stay competitive. The mindset of the new patient-turned-consumer has fundamentally shifted and there is no looking back. Anyone connected to healthcare needs to learn the profiles of the new consumer, better understand their behaviors, and comprehend their expectations as customers who have a choice. The Patient Paradigm Shifts tells you everything a successful business needs to know about the powerful new healthcare consumer.

health and wellness apps for android and ios: *Mobile Applications and Solutions for Social Inclusion* Paiva, Sara, 2018-05-19 Advancements in technology have allowed the creation of new tools and innovations that can improve different aspects of life. Mobile technologies are an ever-expanding area of research that can benefit users. Mobile Applications and Solutions for Social Inclusion provides emerging research on the use of mobile technology to assist in improving social inclusion in several domains and for users in their daily lives. While highlighting topics such as alert systems, indoor navigation, and tracking and monitoring, this publication explores the various applications and techniques of mobile solutions in assistive technology. This book is an important resource for researchers, academics, professionals, and students seeking current research on the

benefits and uses of mobile devices for end users and community acceptance.

health and wellness apps for android and ios: The Routledge Handbook of Translation and Health Şebnem Susam-Saraeva, Eva Spišáková, 2021-05-09 The Routledge Handbook of Translation and Health provides a bridge between translation studies and the burgeoning field of health humanities, which seeks novel ways of understanding health and illness. As discourses around health and illness are dependent on languages for their transmission, impact, spread, acceptance and rejection in local settings, translation studies offers a wealth of data, theoretical approaches and methods for studying health and illness globally. Translation and health intersect in a multitude of settings, historical moments, genres, media and users. This volume brings together topics ranging from interpreting in healthcare settings to translation within medical sciences, from historical and contemporary travels of medicine through translation to areas such as global epidemics, disaster situations, interpreting for children, mental health, women's health, disability, maternal health, queer feminisms and sexual health, and nutrition. Contributors come from a wide range of disciplines, not only from various branches of translation and interpreting studies, but also from disciplines such as psychotherapy, informatics, health communication, interdisciplinary health science and classical Islamic studies. Divided into four sections and each contribution written by leading international authorities, this timely Handbook is an indispensable resource for all students and researchers of translation and health within translation and interpreting studies, as well as medical and health humanities. Introduction and Chapter 18 of this book are freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons [Attribution-Non Commercial-No Derivatives (CC-BY-NC-ND)] 4.0 license.

health and wellness apps for android and ios: Healthy Ageing in Asia Goh Cheng Soon, Gerard Bodeker, Kishan Kariippanon, 2022-07-21 Asia is the world's most populous region and has the highest per capita number of older people in the world. It is also home to the healthy ageing traditions of Ayurveda and Chinese Medicine and the rich regional traditions of Japan, Korea, Southeast Asia, and South Asia. This book addresses policies related to ageing, traditional Asian approaches to ageing, an integrated medical system approaches to ageing, ageing in place, and community empowerment. Features Presents information on The 100-Year Life. As a counterpoint to focussing on the frail elderly, Japan is promoting the '100-Year Life Society', a societal model in which all citizens are dynamically engaged and productive throughout the lifespan to reach a healthy 100 years of age. Discusses a framework for optimization of Ageing in Place or staying at home as this is a desired option for most older people. Presents evidence for exercise and movement in healthy aging with guidelines in different states of ageing. Features information on how to improve mental wellbeing in cognitive decline, isolation and loneliness, poor nutrition, and reduced mobility. Creates an understanding of loss and bereavement through processes and the impact of loss. Provides information on developments in health technology to optimize efficiency, accuracy, and effectiveness of providers. Details health insurance options including coverage for traditional as well as modern medical services, provides models for other countries in the region. Lists coping skills or abilities to help older people to be more independent and in control of their lives. Features information on Asian herbs, spices and foods in healthy ageing across the lifespan and specifically in addressing age-related health issues. What is required is a new culture based on the science in which older people are expected to remain, or become increasingly active, physically, cognitively and emotionally maintaining or strengthening a strong sense of purpose. Europe is looking to Asia because this culture is more prevalent there than in Europe. The core theme is not one of 'caring' for a passive subset of the population but of promoting lifelong learning because knowledge is the elixir of life. - Professor Sir Muir Gray, Founding Director, The Optimal Ageing Programme & Professor in the Nuffield Department of Surgery, University of Oxford

health and wellness apps for android and ios: ICT Systems Security and Privacy Protection Hannes Federrath, Dieter Gollmann, 2015-05-08 This book constitutes the refereed proceedings of the 30th IFIP TC 11 International Information Security and Privacy Conference, SEC 2015, held in Hamburg, Germany, in May 2015. The 42 revised full papers presented were carefully reviewed and

selected from 212 submissions. The papers are organized in topical sections on privacy, web security, access control, trust and identity management, network security, security management and human aspects of security, software security, applied cryptography, mobile and cloud services security, and cyber-physical systems and critical infrastructures security.

health and wellness apps for android and ios: Google Assistant Vijay Kumar Yadav , 2023-04-14 When Google launched Google Assistant, Google envisioned a world in which you could control lights and thermostats with your voice, naturally communicate with your devices in multiple languages, and simplify your daily tasks with voice controls and proactive reminders. Fast forward to today, and every month more than 700 million people in over 95 countries – and across 29 languages! – get things done reliably with their Assistant. As voice has become a primary way Google engage with technology, Assistant makes it easy to get things done across different devices, whether you're at home or on the go. Google Assistant is an easy way to use your phone and apps, hands-free. Call, search, navigate and more all with your Google Assistant. Save time and get more done with a little help from Google. Set reminders and alarms, manage your schedule, look up answers, navigate and control smart home devices, and much more hands-free. In this book, you see 3 Parts – Start the Google Assistant, What you can ask and Settings. You find in this book - Google Assistant on your phone, laptop, or tablet, Google Assistant at home, Google Assistant on your wearable (watch and headphone), Google Assistant in your car, etc. Google Assistant, this is very easy eBook for Android, iPhone & iPod. You can understand easily. This eBook is for everyone.

health and wellness apps for android and ios: Theories to Inform Superior Health Informatics Research and Practice Nilmini Wickramasinghe, Jonathan L. Schaffer, 2018-04-20 This unifying volume offers a clear theoretical framework for the research shaping the emerging direction of informatics in health care. Contributors ground the reader in the basics of informatics methodology and design, including creating salient research questions, and explore the human dimensions of informatics in studies detailing how patients perceive, respond to, and use health data. Real-world examples bridge the theoretical and the practical as knowledge management-based solutions are applied to pervasive issues in information technologies and service delivery. Together, these articles illustrate the scope of health possibilities for informatics, from patient care management to hospital administration, from improving patient satisfaction to expanding the parameters of practice. Highlights of the coverage: · Design science research opportunities in health care · IS/IT governance in health care: an integrative model · Persuasive technologies and behavior modification through technology: design of a mobile application for behavior change · The development of a hospital secure messaging and communication platform: a conceptualization · The development of intelligent patient-centric systems for health care · An investigation on integrating Eastern and Western medicine with informatics Interest in Theories to Inform Superior Health Informatics Research and Practice cuts across academia and the healthcare industry. Its audience includes healthcare professionals, physicians and other clinicians, practicing informaticians, hospital administrators, IT departments, managers, and management consultants, as well as scholars, researchers, and students in health informatics and public health.

health and wellness apps for android and ios: Understanding and promoting factors which affect healthy ageing: Physical Activity, Sleep Patterns and nutritional habits Stevo Popovic, Radenko M. Matic, Juel Jarani , David Paar, 2024-09-26 A few clear factors are associated with living longer and healthier — such as higher levels of physical activity, good sleep patterns and proper nutrition. However, despite all the advances that have been made to increase the general population's physical activity, improve their sleep patterns, and boost their nutritional habits, there is still a lot to be done. This Research Topic aims to address the topic of healthy ageing and will consider manuscripts focused on the effects of improving these factors in all ages, from childhood to old age. We are mainly interested in questions of broader interventions at the individual (home settings), group (school, work, and gerontology settings), and societal level (community/based settings). We also welcome papers investigating the short- and long-term effects of environmental factors on physical changes in children, working and old age populations and their development.

Correlational and survey studies examining the issues mentioned above are welcome.

health and wellness apps for android and ios: Disrupt Aging Jo Ann Jenkins, 2016-04-05
Discover the inspiring national bestseller about aging and health that will help us all live each year to the fullest (Sheryl Sandberg). We've all seen the ads on TV and in magazines-50 is the new 30! or 60 is the new 40! A nice sentiment to be sure, but CEO of AARP Jo Ann Jenkins disagrees. 50 is 50, and she, for one, likes the look of it. In *Disrupt Aging*, Jenkins focuses on three core areas-health, wealth, and self-to show us how to embrace opportunities and change the way we look at getting older. Here, she chronicles her own journey and that of others who are making their mark as disruptors to show readers how we can be active, healthy, and happy as we get older. Through this powerful and engaging narrative, she touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and making our money last. This is a book for all the makers and doers who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life there is.

health and wellness apps for android and ios: Health and Wellness Measurement Approaches for Mobile Healthcare Gita Khalili Moghaddam, Christopher R. Lowe, 2018-09-22
This book reviews existing sensor technologies that are now being coupled with computational intelligence for the remote monitoring of physical activity and ex vivo biosignatures. In today's frenetic world, consumers are becoming ever more demanding: they want to control every aspect of their lives and look for options specifically tailored to their individual needs. In many cases, suppliers are catering to these new demands; as a result, clothing, food, social media, fitness and banking services are all being democratised to the individual. Healthcare provision has finally caught up to this trend and is currently being rebooted to offer personalised solutions, while simultaneously creating a more effective, scalable and cost-effective system for all. The desire for personalisation, home monitoring and treatment, and provision of care in remote locations or in emerging and impoverished nations that lack a fixed infrastructure, is leading to the realisation that mobile technology might be the best candidate for achieving these goals. A combination of several technological, healthcare and financial factors are driving this trend to create a new healthcare model that stresses preventative 'health-care' rather than 'sick-care', and a shift from volume to value. Mobile healthcare (mhealth), which could also be termed the "internet of people", refers to the integration of sensors and smartphones to gather and interpret clinical data from patients in real-time. Most importantly, with an ageing population suffering multiple morbidities, mhealth could provide healthcare solutions to enhance chronically ill patients' quality of life.

health and wellness apps for android and ios: m-Health Robert S. H. Istepanian, Bryan Woodward, 2016-11-14
Addresses recent advances from both the clinical and technological perspectives to provide a comprehensive presentation of m-Health This book introduces the concept of m-Health, first coined by Robert S. H. Istepanian in 2003. The evolution of m-Health since then—how it was transformed from an academic concept to a global healthcare technology phenomenon—is discussed. Afterwards the authors describe in detail the basics of the three enabling scientific technological elements of m-Health (sensors, computing, and communications), and how each of these key ingredients has evolved and matured over the last decade. The book concludes with detailed discussion of the future of m-Health and presents future directions to potentially shape and transform healthcare services in the coming decades. In addition, this book: Discusses the rapid evolution of m-Health in parallel with the maturing process of its enabling technologies, from bio-wearable sensors to the wireless and mobile communication technologies from IOT to 5G systems and beyond Includes clinical examples and current studies, particularly in acute and chronic disease management, to illustrate some of the relevant medical aspects and clinical applications of m-Health Describes current m-Health ecosystems and business models Covers successful applications and deployment examples of m-Health in various global health settings, particularly in developing countries

health and wellness apps for android and ios: PHealth 2012 B. Blobel, P. Pharow, F. Sousa, 2012-06-12
Microsystems, smart textiles, telemedicine, smart implants and sensor-controlled

medical devices have become important enablers for monitoring and treatment in both inpatient and outpatient care. Indeed, micro and nano technologies have tremendous potential for increasing access to care whilst managing healthcare costs. They are set to be at the heart of evolutionary and revolutionary changes in healthcare, and are crucial, not only for the future of medicine, but also for the improvement of health care and welfare processes today and tomorrow. This book presents the proceedings of the 2012 pHealth conference, held in Porto, Portugal, in June 2012. The pHealth conference has emerged as the leading international meeting on wearable micro and nano technologies for personalized medicine, attracting scientists from various disciplines, clinicians, as well as policy makers from the healthcare industry, hospital administration and allied professionals. The book includes keynotes, invited speeches and selected submitted contributions. The areas covered include: the pHealth approach, new approaches to diagnosis and therapy, monitoring special diseases, system architecture, design and implementation, wearable sensor systems, smartphone applications and ambient assisted living. Over the years, pHealth has given visibility to the tremendous potential of micro and nano technologies, not only for the future of medicine, but also for the improvement of healthcare processes today. This book will be of interest to all those involved with the provision of health and welfare services, and also to companies engaged in the development of micro and nano technologies.

health and wellness apps for android and ios: Biomedical Informatics Edward H. Shortliffe, James J. Cimino, 2021-05-31 This 5th edition of this essential textbook continues to meet the growing demand of practitioners, researchers, educators, and students for a comprehensive introduction to key topics in biomedical informatics and the underlying scientific issues that sit at the intersection of biomedical science, patient care, public health and information technology (IT). Emphasizing the conceptual basis of the field rather than technical details, it provides the tools for study required for readers to comprehend, assess, and utilize biomedical informatics and health IT. It focuses on practical examples, a guide to additional literature, chapter summaries and a comprehensive glossary with concise definitions of recurring terms for self-study or classroom use. Biomedical Informatics: Computer Applications in Health Care and Biomedicine reflects the remarkable changes in both computing and health care that continue to occur and the exploding interest in the role that IT must play in care coordination and the melding of genomics with innovations in clinical practice and treatment. New and heavily revised chapters have been introduced on human-computer interaction, mHealth, personal health informatics and precision medicine, while the structure of the other chapters has undergone extensive revisions to reflect the developments in the area. The organization and philosophy remain unchanged, focusing on the science of information and knowledge management, and the role of computers and communications in modern biomedical research, health and health care.

health and wellness apps for android and ios: Collaborative Internet of Things (C-IoT) Fawzi Behmann, Kwok Wu, 2015-06-22 This book provides a simplified visionary approach about the future direction of IoT, addressing its wide-scale adoption in many markets, its interception with advanced technology, the explosive growth in data, and the emergence of data analytics. IoT business applications span multiple vertical markets. The objective is to inspire creative thinking and collaboration among startups and entrepreneurs which will breed innovation and deliver IoT solutions that will positively impact us by making business processes more efficient, and improving our quality of life. With increasing proliferation of smart-phones and social media, data generated by user wearable/mobile devices continue to be key sources of information about us and the markets around us. Better insights will be gained through cognitive computation coupled with business intelligence and visual analytics that are GIS-based.

health and wellness apps for android and ios: Digital Platforms and Transformation of Healthcare Organizations Rajiv Kapur, 2023-10-11 COVID-19 accelerated healthcare's transition towards digital technology since it helped expand the capacity of healthcare organizations (HCOs) through extended patient access and isolation. In addition to HCOs, this transition was adopted by other participants in the healthcare ecosystem, such as independent digital health platform (DHP)

vendors, self-insured employers, drug chains/pharmacy benefit managers, and insurance companies. It was not long before independent DHPs, payers, and self-insured employers realized the value of digital technology, so they increased their commitment towards this transition. The goal of this book is to help HCOs understand, prepare, implement, and leverage digital transformation. The book opines that, to be successful, digital transformation must be led and supported by senior management. Equally important is the cultural transformation of HCOs towards successful change management, which requires an evolutionary approach to continuous process improvements of increasing scope and complexity. Next, HCOs must generate a comprehensive digital transformation roadmap that aligns with their strategic plan for enhancing clinical and related capabilities while improving patient engagement. To accomplish their digital transformation, HCO management and key stakeholders must comprehend and meet prerequisite requirements for: digital health platforms, advanced information technology, and work transformation methodologies. DHPs, and associated hardware and software complements, form the foundation of digital health technologies prevalent in modern-day healthcare and have gained increasing importance since COVID-19. Advanced information technology includes concepts vital to healthcare transformation such as EHRs, interoperability, big data, artificial intelligence, natural language processing, data security, and privacy. Lastly, work transformation methodologies address work redesign that incorporates different levels of process improvements and phases of digital transformation, lean/six sigma, agile methodologies, and human factors engineering to ensure well-designed interfaces for care providers and patients. The overarching goal of this book is to provide a roadmap for US healthcare towards an organized digital transformation which will lead to improved outcomes, reduced costs, and improved patient satisfaction.

health and wellness apps for android and ios: MEDINFO 2017: Precision Healthcare Through Informatics A.V. Gundlapalli, M.-C. Jaulent, D. Zhao, 2018-01-31 Medical informatics is a field which continues to evolve with developments and improvements in foundational methods, applications, and technology, constantly offering opportunities for supporting the customization of healthcare to individual patients. This book presents the proceedings of the 16th World Congress of Medical and Health Informatics (MedInfo2017), held in Hangzhou, China, in August 2017, which also marked the 50th anniversary of the International Medical Informatics Association (IMIA). The central theme of MedInfo2017 was Precision Healthcare through Informatics, and the scientific program was divided into five tracks: connected and digital health; human data science; human, organizational, and social aspects; knowledge management and quality; and safety and patient outcomes. The 249 accepted papers and 168 posters included here span the breadth and depth of sub-disciplines in biomedical and health informatics, such as clinical informatics; nursing informatics; consumer health informatics; public health informatics; human factors in healthcare; bioinformatics; translational informatics; quality and safety; research at the intersection of biomedical and health informatics; and precision medicine. The book will be of interest to all those who wish to keep pace with advances in the science, education, and practice of biomedical and health informatics worldwide.

health and wellness apps for android and ios: The Age of Surveillance Capitalism Shoshana Zuboff, 2019-01-15 The challenges to humanity posed by the digital future, the first detailed examination of the unprecedented form of power called surveillance capitalism, and the quest by powerful corporations to predict and control our behavior. In this masterwork of original thinking and research, Shoshana Zuboff provides startling insights into the phenomenon that she has named surveillance capitalism. The stakes could not be higher: a global architecture of behavior modification threatens human nature in the twenty-first century just as industrial capitalism disfigured the natural world in the twentieth. Zuboff vividly brings to life the consequences as surveillance capitalism advances from Silicon Valley into every economic sector. Vast wealth and power are accumulated in ominous new behavioral futures markets, where predictions about our behavior are bought and sold, and the production of goods and services is subordinated to a new means of behavioral modification. The threat has shifted from a totalitarian Big Brother state to a

ubiquitous digital architecture: a Big Other operating in the interests of surveillance capital. Here is the crucible of an unprecedented form of power marked by extreme concentrations of knowledge and free from democratic oversight. Zuboff's comprehensive and moving analysis lays bare the threats to twenty-first century society: a controlled hive of total connection that seduces with promises of total certainty for maximum profit -- at the expense of democracy, freedom, and our human future. With little resistance from law or society, surveillance capitalism is on the verge of dominating the social order and shaping the digital future -- if we let it.

health and wellness apps for android and ios: *Digital Literacies* Mark Pegrum, Nicky Hockly, Gavin Dudeney, 2022-05-11 Dramatic shifts in our communication landscape have made it crucial for language teaching to go beyond print literacy and encompass the digital literacies which are increasingly central to learners' personal, social, educational and professional lives. By situating these digital literacies within a clear theoretical framework, this book provides educators and students alike with not just the background for a deeper understanding of these key 21st-century skills, but also the rationale for integrating these skills into classroom practice. This is the first methodology book to address not just why but also how to teach digital literacies in the English language classroom. This book provides: A theoretical framework through which to categorise and prioritise digital literacies Practical classroom activities to help learners and teachers develop digital literacies in tandem with key language skills A thorough analysis of the pedagogical implications of developing digital literacies in teaching practice A consideration of exactly how to integrate digital literacies into the English language syllabus Suggestions for teachers on how to continue their own professional development through PLNs (Personal Learning Networks), and how to access teacher development opportunities online. This book is ideal for English language teachers, English language learners of all ages and levels, academics and researchers of all age groups and levels, academics and students researching digital literacies, and anyone looking to expand their understanding of digital literacies within a teaching framework.

health and wellness apps for android and ios: *Personalized Health Systems for Cardiovascular Disease* Anna Maria Bianchi, Jorge Henriques, Vicente Traver Salcedo, 2022-01-21 Personalized Health Systems for Cardiovascular Disease is intended for researchers, developers, and designers in the field of p-health, with a specific focus on management of cardiovascular diseases. Biomedical engineers will benefit from coverage of sensors, data transmission, signal processing, data analysis, home and mobile applications, standards, and all other subject matters developed in this book in order to provide an integrated view of the different and multidisciplinary problems related to p-health systems. However, many chapters will also be interesting to physicians and other professionals who operate in the health domain. Students, MS and PhD level, mainly in technical universities, but also in medical schools, will find in this book a complete view of the manifold aspects of p-health, including technical problems related to sensors and software, to automatic evaluation and correct interpretation of the data, and also some legal and regulatory aspects. This book mainly focuses on the development of technology used by people and patients in the management of their own health. New wearable and implantable devices allow a continuous monitoring of chronic patients, with a direct involvement of clinical centers and physicians. Also, healthy people are more and more interested in keeping their own wellness under control, by adopting healthy lifestyles and identifying any early sign of risk. This is leading to personalized solutions via systems which are tailored to a specific patient/person and her/ his needs. However, many problems are still open when it comes to p-health systems. Which sensors and parameters should be used? Which software and analysis? When and how? How do you design an effective management plan for chronic pathologies such as cardiovascular diseases? What is useful feedback for the patient or for the clinician? And finally, what are the limits of this approach? What is the view of physicians? The purpose of this book is to provide, from a technical point of view, a complete description of most of the elements which are part of such systems, including the sensors and the hardware, the signal processing and data management procedures, the classification and stratification models, the standards and the regulations, focusing on the state of the art and

identifying the new directions for innovative solutions. In this book, readers will find the fundamental elements that must be taken into account when developing devices and systems in the field of p-health. - Provides an integrated approach to design and development of p-health systems which involves sensors, analysis software, user interfaces, data modeling, and interpretation. - Covers standards and regulations on data privacy and security, plus safe design of devices. - Supported by case studies discussing development of actual solutions in the biomedical engineering field.

health and wellness apps for android and ios: Creating Value for All Through IT Birgitta Bergvall-Kåreborn, Peter Axel Nielsen, 2014-05-19 This book constitutes the refereed proceedings of the IFIP WG 8.6 International Working Conference Creating Value for All Through IT on Transfer and Diffusion of IT, TDIT 2014, held in Aalborg, Denmark, in June 2014. The 18 revised full papers presented together with 5 research-in-progress papers, 2 experience reports and a panel were carefully reviewed and selected from 37 submissions. The full papers are organized in the following topical sections: creating value; creating value through software development; and creating value through applications.

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for every person is looking out for a better and more secure life. It will be a perfect match for... People who want to leverage the potential of digital health. Elderly who wishes to pull off better healthcare facilities. Healthcare marketing for baby boomers. Families who want to look after themselves and their loved ones in the challenging times. Health-conscious consumers who focus on maintaining a high quality of life. Overall, this product is for everyone who wants key trends in the digital health market, are advancements in technology in the healthcare sector, an increase in the prevalence of chronic disease, and a surge in demand for remote monitoring services to lead a healthy life.

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social care systems is a shift from care provision to citizen-driven health. Only a few years ago, the high-tech devices used in healthcare were limited to health cards and personal portable devices. These have since evolved dramatically to include wearables, sensors and devices for measuring health values. The application of such technologies has, for the most part been welcomed by both patients and professionals. It is the fact that these devices can be connected to and communicate with other connected devices and systems which has been the game changer in healthcare technology, not least because it has empowered and will empower patients to take more control of their own healthcare management. This book presents the proceedings of the Special Topic Conference (STC) of the European Federation for Medical Informatics (EFMI), held in Paris, France, in April 2016. The special topic this year is 'Transforming Healthcare with the Internet of Things'. The papers are divided into four sections: transforming healthcare with the Internet of things; societal dimensions of the Internet of things; ontology and decision support; and clinical information systems and data reuse; with a further section for poster presentations. The book will be of interest to all those involved in the provision and delivery of technology-based healthcare.

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Sinjini Mitra, 2022-11-30 The COVID-19 pandemic upended the lives of many and taught us the critical importance of taking care of one's health and wellness. Technological advances, coupled with advances in healthcare, has enabled the widespread growth of a new area called mobile health or mHealth that has completely revolutionized how people envision healthcare today. Just as smartphones and tablet computers are rapidly becoming the dominant consumer computer platforms, mHealth technology is emerging as an integral part of consumer health and wellness management regimes. The aim of this book is to inform readers about the this relatively modern technology, from its history and evolution to the current state-of-the-art research developments and the underlying challenges related to privacy and security issues. The book's intended audience includes individuals interested in learning about mHealth and its contemporary applications, from students to researchers and practitioners working in this field. Both undergraduate and graduate students enrolled in college-level healthcare courses will find this book to be an especially useful companion and will be able to discover and explore novel research directions that will further enrich the field.

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Dr.T.Suresh, Assistant Professor, Department of Artificial Intelligence & Machine Learning, K.Ramakrishnan College of Engineering, Tiruchirappalli, Tamil Nadu, India. Dr.M.Punitha, Assistant Professor & Head, Department of Computer Science, Mangayarkarasi College of Arts and Science for Women, Madurai, Tamil Nadu, India. Dr.R.Merlin Packiam, Associate Professor and Head, Department of Computer Applications, Cauvery College for Women (Autonomous), Trichy, Tamil Nadu, India. Dr.A.Saranya, Assistant Professor & Head, Department of Computer Application, Rajeswari College of Arts and Science for Women, Villupuram, Tamil Nadu, India. Dr.Sangeetha Rajendran, Assistant Professor, Department of Computer Science, Mangayarkarasi College of Arts and Science for Women, Madurai, Tamil Nadu, India.

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comprehensive survey of the current-state ecosystem-app development, interoperability, security, standards, organizational and governmental policy, innovation, next-generation solutions, and mBusiness-and 20 results-driven, world-spanning case studies covering behavior change, patient engagement, patient-provider decision making, mobile gaming, mobile prescription therapy, home monitoring, mobile-to-mobile online delivery, access to care, app certification and quality evaluations, mixed media campaigns, and much more.

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International Conference, HCI International 2020, which took place in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. The total of 1439 papers and 238 posters have been accepted for publication in the HCII 2020 proceedings from a total of 6326 submissions. ITAP 2020 includes a total of 104 regular papers which are organized in topical sections named: Involving Older Adults in HCI Methodology, User Experience and Aging, Aging and Mobile and Wearable Devices, Health and Rehabilitation Technologies, Well-being, Persuasion, Health Education and Cognitive Support, Aging in Place, Cultural and Entertainment Experiences for Older Adults, Aging and Social Media, Technology Acceptance and Societal Impact.

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Mac-Donald, Former Permanent Representative of Suriname to the United Nations

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