

# Be Fit 2 Learn Technology Techniques for Health Education

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Descriptions for each of the apps are on the following pages.

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## WSK (Winter Survival Kit)

### Description

The Winter Survival Kit app can be as critical as a physical winter survival kit if you find yourself stuck or stranded in severe winter weather conditions. This app will help you find your current location, call 911, notify your friends and family, calculate how long you can run your engine to keep warm and stay safe from carbon monoxide poisoning.

You can use the Winter Survival Kit app to store important phone and policy numbers for insurance or roadside assistance. You also can designate emergency contacts you want to alert when you become stranded.

If you become stranded, the Winter Survival Kit app will help you determine your geographic location and contact emergency services. The app's "gas calculator" will help you estimate how long you can run your engine on your remaining fuel.

Myriad Devices, LLC, (2011). Winter Survival Kit (2.2). iOS requires 6.0 or later. <http://myiadmobile.com>.

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## CPR/AED

### Description

Developed as a public service by leading physicians and educators in emergency care at the University of Washington and King County EMS, the Resuscitate application provides instant information on how to perform CPR, operate four commonly available Automated External Defibrillators (AED) and how to aid a choking victim. These are short video demonstrations (about 1 minute) and are compatible with the latest recommendations from the major international resuscitation organizations including the American Heart Association and the International Liaison Committee on Resuscitation (ILCOR).

This application is not a substitute for proper training in cardiopulmonary resuscitation, AED or choking aid but it is very useful for a quick review. We urge everyone to receive formal instruction in CPR/AED and how to assist a choking victim--being trained may help you save a life. More information on CPR/AED and choking aid may be found at [learncpr.org](http://learncpr.org) and [learnaed.org](http://learnaed.org).

University of Washington and Stone Meadow Development LLC. (2012). CPR/AED (2.0.1). iOS requires 4.0 or later.  
<http://depts.washington.edu/learncpr/>

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## HEART RATE

### Description

The best Health & Fitness app on Mobile Premier Awards 2011 according to the jury of industry experts and as seen on Dr. OZ show.

See every heart beat on the monitor, just like in ER rooms. Measure your heart rate instantly!

Instant Heart Rate uses your iPhone's camera to detect the pulse from your fingertip - leveraging similar technique as used in pulse oximeters.

Place the tip of your index finger on the iPhone's camera, and in a couple of seconds your pulse will be shown. Instant Heart Rate will beep with your pulse. A real-time chart will show you every heart beat.

Join over 25 million users who are already using it.

Azumio Inc. (2011). Heart Beat (3.1.0).iOS requires 5.0 or later. [https://c.getsatifaction.com/azumio\\_inc/topics](https://c.getsatifaction.com/azumio_inc/topics)

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## MY FITNESS PAL

### Description

Lose weight with MyFitnessPal, the fastest and easiest-to-use calorie counter for iPhone and iPad. With the largest food database of any iOS calorie counter (over 3,000,000 foods), and amazingly fast food and exercise entry, we'll help you take those extra pounds off! There is no better diet app - period.

- PC Magazine Editor's Choice Selection
- Wired Magazine's Editor's Pick for Lifestyle Apps

Featured in Consumer Reports, the NY Times, Wall Street Journal, USA Today, Family Circle, Marie Claire, NBC, CNET, Shape, the Today Show and more.

### USER REVIEWS:

- “This is the best calorie counter, free or paid, and I’ve tried them all.”
- “The food database is HUGE! I’ve NEVER had a missing food.”

MyFitnessPal, LLC, (2014).My Fitness Pal (5.0.2).iOS requires 6.0 or later. <http://www.myfitnesspal.com/mobile/iphone>

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## FOODACATE

### Description

Lose weight, track your progress, and eat REAL food. The ONLY APP that looks beyond the calorie and helps you eat healthy and tasty. Scan a product barcode to see what's really in your food. Fooducate will also show you healthier alternatives!

#### THE BEST NUTRITION APP

- iTunes's Best of the iPhone Health & Fitness category
- 1st prize - US Surgeon General Healthy App Challenge
- Media: Dr. Oz, Oprah, USAToday, NYTimes, WSJ, ABC, FOX, . . .
- Recommended by doctors, dietitians, fitness trainers, and your friends

Fooducate Ltd, (2014). Fooducate (3.84).iOS requires 6.1 or later. <http://www.fooducate.com/>

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## MEAL SNAP

### Description

Meal Snap lets you take pictures of the meals you eat, and then magically tells you what food was in your meal. Oh yeah, we give you a rough estimate of the calories you ate too. Food tracking has never been easier.

► Meal Snap is brought to you by the #1 health and fitness brand on the app store, DailyBurn.

How Meal Snap Works:

1. Snap a photo of your meal.
2. Add a descriptive caption, if you are so inclined.
3. Let the system auto-magically detect the nutritional breakdown.
4. Keep track of your meals & progress over time.

Other Awesome Features:

- ★ Share your meals on Facebook, Twitter, and Foursquare.
- ★ View estimated calories for each meal and the full day.
- ★ Browse back in time to view your logged meals.

John Dell'Aera (2011) Meal Snap (1.4).iOS requires 5.0 or later.[http://m.facebook.com/pages/Meal-Snap/205379609482630?id=205379609482630&\\_rdr](http://m.facebook.com/pages/Meal-Snap/205379609482630?id=205379609482630&_rdr).

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## QR READER

### Description

The most simple & easy QR Reader - 100% FREE.

Now scans QR codes, barcodes, words and even creates PDF files with the "Scan to PDF" feature.

### FEATURES

- Scans QR codes, barcodes and words (OCR)
- Browse deals & coupons
- Scan to PDF - turns your iPhone into a digital scanner
- Scan & Share - scan and share photos & files
- Scan & Pay - scan and make payments
- Auto-detect scanning. Simply point & hold!
- Share using email, MMS, Facebook or Twitter.
- Create your own QR codes
- Approve websites before visiting them.
- Export your scans by CSV
- Integrated web browser
- Integrated map viewer

TapMeda, Ltd, (2014).QR Reader (4.4).iOS requires 5.0 or later. <http://www.tapmedia.co.uk/>

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## AURASMA

### Description

Aurasma – a new way to see and interact with the world

Aurasma is an augmented reality app that's changing the way millions of people see and interact with the world.

- Bring tagged images, objects and even physical locations to life with interactive digital content, such as video, animations and 3D scenes, we call Auras
- Look out for our 'A' logo in newspapers, magazines, books and on product packaging and clothing– wherever you spot the 'A', there's an Aura for you to discover
- Use the map feature to discover Auras at nearby locations
- Browse the 'explore' and 'featured' sections of the app to find the latest and most popular Auras

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Aurasma is the only application that lets you create and share your own augmented reality.

- Use the simple tools within the app to create your own Auras and share them with friends and other Aurasma users
- Create Auras by choosing from thousands of digital animations already on the platform or alternatively use your own photos and videos
- Most popular user-generated Auras include adding 3D dinosaurs to your street, sending a video message on a greetings card, leaving hidden clues in a treasure hunt, adding instructional information to a machine and augmenting text books and project work in education

Use Aurasma to get creative and share digital content in a new way. There's a whole world out there to tag.

What's your Aura?

Aurasma, (2014). Aurasma (3.0.0).iOS requires 6.0 or later. <http://www.aurasma.com/>

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## MENTAL HEALTH

### Description

Developed in collaboration with Dr. Arthur P. Ciaramicoli, Ed.D., Ph.D., SoundMindz Chief Medical Officer, this APP has been developed to provide you with helpful suggestions in dealing with a variety of psychological challenges and symptoms.

App features include:

Hundreds of symptoms like insomnia, depression, anxiety, compulsion and many more

Hundreds of actionable recommendations for your symptoms

Look up symptoms by Disorder or alphabetically

Get immediate guidance for managing mental health symptoms

Links to more resources on SoundMindz site

Links to more free Apps on SoundMindz site

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## WEB MD

### **Description**

The NEW WebMD app incorporates personalized, engaging multimedia lifestyle content. WebMD for iPhone offers on-demand, healthy-living information, in addition to physician-reviewed health content and interactive tools. The innovative design marries content and utility informed by more than five years of user insights and feedback.

Whether you'd like to sleep better, reduce stress or eat healthy, now you can open the WebMD app every day for new healthy living tips, fun facts, recipes, and more – programmed daily just for you.

Get access to your favorite WebMD health tools like Symptom Checker and local health listings, in addition to trusted information about medicine and first aid essentials. All in one elegant app. From the most trusted brand in health information.

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## Key Features:

- Healthy Living – Choose the healthy living interests that matter most to you to customize a daily mini-magazine of tips, fun facts, articles, quizzes, and slideshows.
- WebMD Symptom Checker – Select the part of the body that is troubling you, choose your symptoms, and learn about potential conditions or issues.
- Conditions – Find medically reviewed information about conditions relevant to you and learn more about causes, treatments, and related symptoms.
- Medicine – Search our extensive database for information on drugs, supplements, and vitamins. Read about uses, side effects, and warnings.
- First Aid Essentials – Your handy guide for medical emergencies. From insect stings to broken bones, helpful treatment tips are always available, even without an Internet connection.
- Local Health Listings – Find the closest physician, hospital, and pharmacy based on your current location or search by city, state or zip.

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## Customization:

- Create and save your conditions, medicine, first aid information, doctors, hospitals, pharmacies, and healthy living articles for secure, easy access and reference.

## Additional Features:

- Email – Send conditions, medicine, first aid information, and Healthy Living articles to yourself or your family and friends.
- Social Media – Share Healthy Living articles on Facebook or Twitter.
- Maps - View local health listings & individual physician, hospital, and pharmacy locations in a map view.

## About WebMD

WebMD Health Corp. (Nasdaq: WBMD) is the leading provider of health information services, serving consumers, physicians, healthcare professionals, employers, and health plans through our public and private online portals, mobile platforms and health-focused publications. More than 95 million unique visitors access the WebMD Health Network each month.

WebMD, LLC, (2010). WebMD Health Corporation (4.2). iOS requires 6.0 or later.  
<https://customer care.webmd.com/ics/support/ticketnewwizard.asp?style=classic>

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