








Health Navigator App Library: Summary of health apps

With the use of smartphones on the rise, the use of health apps has the potential to support people with living well at home and improving their self-management skills. Over the past year, the team at Health Navigator have been reviewing health apps across several clinical areas. Here is a summary of some that primary care teams and Patient Services teams may find useful to suggest to their clients.

- [Click on the app name to go to the full review and read more.](#)





App	Description
<p>My Asthma app</p> 	<p>An app for people wanting to learn about asthma and create an asthma action plan.</p> <ul style="list-style-type: none"> • Has comprehensive information on asthma - signs, symptoms, triggers and treatment and first aid advice. • Allows users to create a 3 or 4 stage asthma action plan which can be shared with nominated contacts. • Made available by Asthma and Respiratory Foundation NZ.
<p>Feed Safe NZ</p> 	<p>An app that provides information about breastfeeding and occasional alcohol use, to enable the user to make safe decisions.</p> <ul style="list-style-type: none"> • Uses height, weight and alcohol intake to estimate when breastmilk should be free of alcohol. • Has a frequently asked question (FAQ) section around alcohol and breastfeeding. • Made available by WellSouth Primary Health Network.
<p>Type 2 Diabetes Xplained</p> 	<p>An app for anyone wanting to learn about type 2 diabetes in a fun, easy-to-understand way.</p> <ul style="list-style-type: none"> • Uses comic-style, colourful graphics that follows the story of Hare on his journey as he is diagnosed with type 2 diabetes. • Users learn about diagnostic tests and medications for type 2 diabetes and the importance of lifestyle changes like diet and exercise. • Has 3 language options — English, Maori and Samoan. • Included NZ diabetes specialists in the development.
<p>Medisafe Meds & Pill Reminder</p> 	<p>Medication adherence app to keep track of medicines and when to take them.</p> <ul style="list-style-type: none"> • Users create a medication list and set reminders or prompts to remind them when to take a particular medicine. • Has shape and colour pill identification feature and repeat or refill reminder function. • Has provision to record various medical tests, measurements and results, and diarise medical appointments.





<p><u>Migraine Buddy</u></p> 	<p>An app for people with migraines wanting to keep track of their symptoms, triggers and treatment.</p> <ul style="list-style-type: none"> • Users can keep track of, and learn about their migraines by recording the nature of each migraine episode: when it happened, intensity and, location of the pain, triggers and treatment. • When enough migraines have been logged, the app predicts when users might expect to get another migraine. • Tracks sleep, has alerts to weather, and medication reminder functionality.
<p><u>Firstcheck</u></p> 	<p>An app for people wanting to consult a specialist about a skin concern using their mobile device.</p> <ul style="list-style-type: none"> • Users can submit a photo of their skin concern to a NZ-based skin specialist, at a cost from \$19.95 NZD per photo consultation. • Photos can be taken with the user's mobile device or with an attachment on the mobile device called a SkinScope (an optional purchase for \$29.95 NZD) which takes a 20x magnified dermoscopic image.
<p><u>Quit Guide</u></p> 	<p>An app for anyone wanting to quit smoking.</p> <ul style="list-style-type: none"> • Users are prompted to set a quit date and record a personal message, together with a picture, on the reason for quitting – serves as a source of motivation and going forward, every time the user opens the app, the message and picture appear as a reminder. • Includes options to share on Facebook, track smoking habits such as when cravings occur, or specific moods that prompt smoking and set motivational messages about smoking cessation at the places and times the user is most likely to smoke. • Provided by the National Cancer Institute

Find more comprehensive app summaries at: <https://www.healthnavigator.org.nz/app-library/>

Mental Health and Wellbeing Apps

A variety of mobile phone apps for anxiety, stress, depression and general mental health. Users can learn about their condition, record details about their symptoms, figure out whether their medication is working, and some include self-help tools. [Click on the app name to go to the full review and read more.](#) Higher scoring apps include:

App	Description
<p>Breathe2Relax</p> 	<p>An app for people wanting to learn relaxation breathing techniques to manage stress and anxiety.</p> <ul style="list-style-type: none"> • App begins with a tutorial on diaphragmatic breathing. • Has a guided breathing tool which users can start when feeling anxious. • Users to rate and keep track of their stress levels over time. • Includes a 'learn' section with information on the biology of stress, the effects of stress on different parts of the body, and diaphragmatic breathing.
<p>Headspace</p> 	<p>An app for people who want to learn and practice meditation.</p> <ul style="list-style-type: none"> • Users are guided through a 'basics' section with 10 short audio files to be listened to over 10 days. • App has a series of guided meditations grouped under themes such as 'anxiety' and 'regret'. • Users can set up meditation reminders and turn on daily mindfulness messages. • Free trial includes 1 meditation from each theme - subscribe monthly or yearly for full content (including a children's section).
<p>MindShift</p> 	<p>An app to help teenagers and young adults cope with anxiety.</p> <ul style="list-style-type: none"> • User chooses an issue such as 'dealing with conflict' and 'coping with test anxiety'. • They are guided through steps to learn about that anxiety problem and set up a personalised plan for coping better. • Lots of self-help tools such as relaxation exercises, visualisations, mindfulness strategies and inspirational quotes.
<p>Self-help Anxiety Management (SAM)</p> 	<p>An app to help people cope with anxiety.</p> <ul style="list-style-type: none"> • Created by the University of West of England • App provides information about anxiety and a self-help section with breathing exercises, muscle relaxation exercises, meditation, thought exercises, games, and tips. • Users can keep track of their anxiety levels and the things that make it worse. • The app also has a discussion forum for users to share their thoughts about managing anxiety.

<p>Smiling Mind</p> 	<p>An app for children, adolescents and adults who want to practice mindfulness and meditation.</p> <ul style="list-style-type: none"> • App has a selection of programs for use in different circumstances (sport, workplace etc) and for different age groups. • Each session has an audio file that gives the user details of the lesson, activity or meditation to undertake.
<p>Thinkladder</p> 	<p>An app to help people cope with depression and anxiety.</p> <ul style="list-style-type: none"> • NZ-developed app • Self-help based on cognitive behavioural therapy techniques. • Users choose a theme such as 'perfectionism' and 'comparing myself to others' • App has short insights (to read or listen to) designed to challenge unhelpful beliefs. <p>Users can share insights with others, set up reminders to read or listen to it at a certain time of the day, and set up insight alerts when the user goes to anxiety-inducing locations.</p>
<p>T2 Mood Tracker</p> 	<p>An app for people wanting to track their mood over time.</p> <ul style="list-style-type: none"> • Created by the U.S. National Center for Telehealth & Technology • A simple app for daily rating and tracking of mood • App has 6 mood categories: anxiety, depression, head injury, post-traumatic stress, stress and general well-being (or create own category) each with list of feelings such as angry, numb, lonely, that users rate using a sliding scale. <p>Users can record notes about important events and stressors and set up reminders for rating mood.</p>
<p>Wellmind</p> 	<p>An app to help people cope with stress, anxiety and depression</p> <ul style="list-style-type: none"> • Users select what they want help with (stress, anxiety, or depression) and the app provides information about each condition and 5 self-help tips. <p>Users can keep track of their daily moods, things they look forward to and are grateful for, achievements.</p>

Find more comprehensive app summaries at: <https://www.healthnavigator.org.nz/app-library/>