Health Apps

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Abstract

Smart phones and other mobile apps are largely used in various areas of healthcare like health education, health management, data management, health information, and relative workflow processes. Variety of mobile phone apps have been developed to monitor the health of patients and provide the relative data to physicians. The modern age technology is driving the market growth as it saves time and proves much beneficial in providing medical care to patients in remote areas. The global market for mobile medical apps designed for healthcare professionals is projected to reach US $ 14 billion by 2020, driven by the ongoing mobile revolution in healthcare and growing adoption of mobile computing among care givers to improve the accuracy and speed of diagnosis and treatment. Mobile medical Apps refer to software programs, designed to provide health services over mobile communication devices such as smart phones, and tablets. They are increasingly becoming part of the emerging shifts towards mobile health. A wide range of health apps are currently offered for users to be purchased/downloaded from app stores. While most of the apps are targeted at consumers, few apps are available for physicians. A critical advantage of using apps is the ability to gain access to a number of points of care tools which assist healthcare professionals with better clinical decision making.

Keywords: Mobile Health, Mobile Computing, Data Management

Introduction

Mobile Health market is expected to witness exponential growth in the coming years. This market is poised to reach USD 59.15 Billion by 2020, growing at a CAGR of 33.4% during the forecast period. India is expected to overtake the U.S as the second largest smart phone market next year and by 2018 it is estimated that 192 million smart phones will be shipped to India. Currently they are around 225 million smart phone subscribers in country backed by the internet penetration which is to reach 50% by 2018 from 26%.Growth in this market is mainly attributed to the increasing penetration of smart phones, tablets, and other mobile platforms; increasing utilization of connected medical devices and mobile health apps in the management of chronic diseases to reduce the rising healthcare cost; robust penetration of 3G and 4G networks to provide uninterrupted healthcare services; and rising focus on patient-centric healthcare delivery.

There are now more than 165,000 health and medical apps in the market, nearly two thirds are focused on general wellness issues like fitness, diet and lifestyle. The remainder is made up of apps focused on specific health conditions (9%), medication info and reminders (6%), women's health and pregnancy (7%), mental health apps led among disease specific apps, followed by diabetes. (Chart-1).
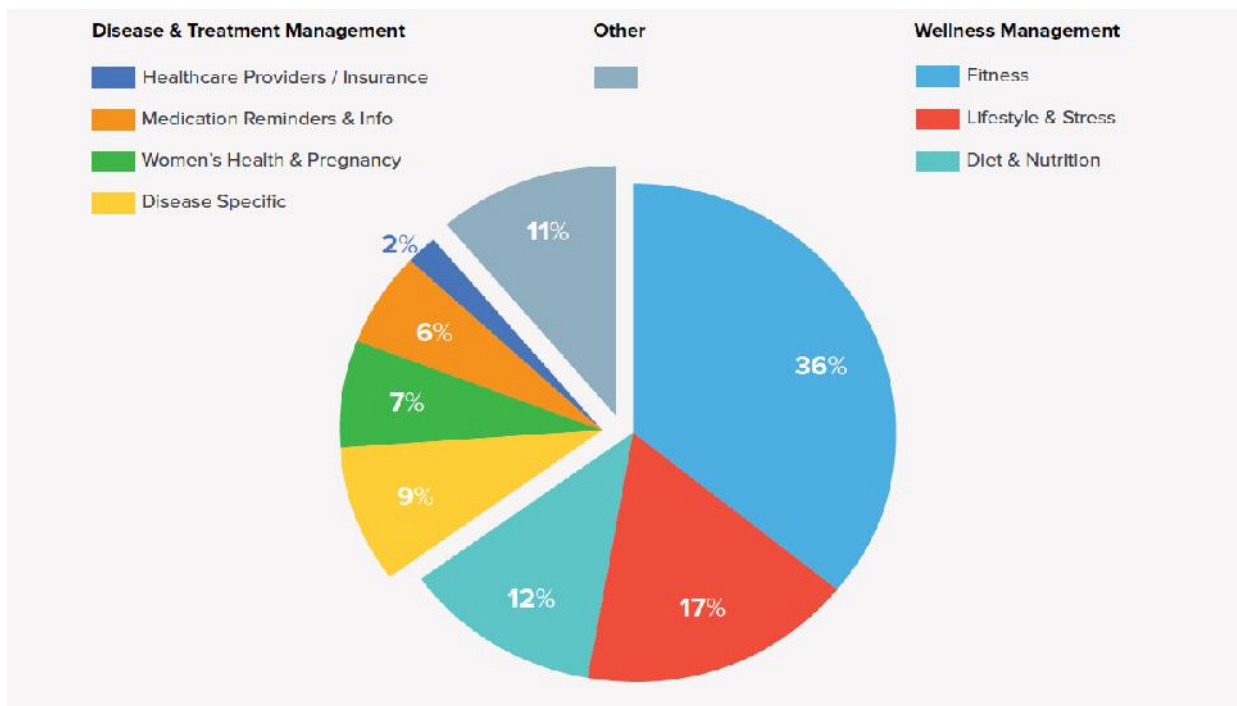
CHART -1 : Distribution of apps

This article highlights about few of the apps which are increasingly getting popular and can be downloaded easily from the play store for any android platform smart phone or for an iphone.

Visit

The app was developed by alumnus of BITS Pilani in March 2016 with the idea of consultation at the comfort of your home or workplace. The clients get a free sign up and are accessed to speak with the handpicked vetted doctors over a video or voice call. Every consultation comes with 7 days of free messaging follow-up and continuous interaction with the Visit consultant specialists securely and privately. The calls will be charged a consultation fees based on the speciality. The other features include medicine details and their side effects along with an online prescription.

1mg

The company was founded in 2015 by Prashant Tandon, Gaurav Agarwal and Vikas Chauhan. The App tells you about your medicines, their substitutes and side effects. It also helps to order medicines online, book health tests and packages from certified labs near your location with free sample pickup with a 30% discount. It offers a generic substitute for your medicines along with their side effects and usages. It provides a discount of 10-20% when medicines are ordered online by uploading the prescription. Currently it is functional in Delhi, Noida, Ghaziabad, Gurgaon, Greater Noida, Faridabad, Chennai, Agra, Indore, Hyderabad, Lucknow, Bhopal, Bengaluru, Jaipur, Kolkata and Ahmedabad.

NHP

National Health Portal of India Health Directory was set up by National Institute of Health and family Welfare for the benefit of the Indian citizens. This Application provides information related to Hospital and Blood bank across India. The user gets the information on the nearest Hospital / Blood bank as per current geographical location along with the current available stock in the blood bank. User can search for Hospital / Blood bank by District, City or Facility name. The application also works offline.

HEALTHIFYME

The Indian digital Weight loss platform developed by Tushar Vashisht, Mathew Cherian and Sachin Shenoy provides fitness services. The application provides calorie tracking, water tracking and on-the-cloud fitness coaching. In addition to these, the app takes the gamified approach to keep users motivated and set fitness goals. Users with premium subscription get to choose from a team of in-house nutritionists, fitness trainers and Yoga coaches, who are certified by international organizations and certifications.

PACT

The main motto of the app is "Earn cash for living healthy, paid by members who don't". The user either needs to sign in a gym pact, veggie pact or a food logging pact with other members and a monetary benefit is attached to each pact which is paid by the members who could not follow the pact. The progress is tracked by the photos of the meals and track workouts via GPS and accelerometer, or counts your steps with an iphone 5s and above. The user can connect with Run Keeper, Fit bit, Jawbone Up, MapMyRun, MyFitnessPal or any of their partners and get notified of cash earnings each week.

PRACTO

It is the world's second largest healthcare start up founded by Shashank ND and Abhinav Lal. With the help of the app one can find and book appointments with doctors, dentists, ayush, therapists, labs, spas and salons. Currently it is operational in 15 countries and 50 Indian cities with more than 200,000 registered doctors, 8000 diagnostic centres, 10,000 hospitals, 4,000 fitness and wellness centres. Doctors use practo ray a software to manage their practice and patient database.

DIABETO

The vision of Diabeto is "To make world diabetes free, let's fight diabetes together". The app help people manage their diabetes and monitor and record their blood glucose level in a simplified and easy manner. The bird shaped diabeto device is compatible with more than 30 glucometers.The bird-shaped device then wirelessly beams data and readings to the free mobile app. This augments the glucometer by allowing diabetes sufferers to see their blood sugar history and track trends or worrying changes. In addition, users can input their insulin intake, food, and mood to get a much clearer picture of their health. The app also endows instant Tele-consultation service from a pool of doctors at a reasonable fee.

ALIVECOR KARDIA

The AliveCor Heart Monitor is intended to record, store and transfer single-channel electrocardiogram (ECG) rhythms. The AliveCor Heart Monitor also displays ECG rhythms and detects the presence of atrial fibrillation (when prescribed or used under the care of a physician). The AliveCor Heart Monitor is intended for use by healthcare professionals, patients with known or suspected heart conditions and health conscious individuals. The device fits snugly on to the back of a smart phone. It records heart rhythm when a person places two fingers on electrodes to take a 30-second reading. Results are then delivered to an app, which alerts the patient if they have a normal or abnormal heart rhythm, and these results can be emailed or printed out to a physician

Conclusion

Research studies prove that19 percent of all adults who have downloaded and routinely used any one health app show better health outcomes, among full time workers this percentage rose to 23.In the near future it is not contradictory to state that people will trust the app more than the physician. So let's all start using our mobile in a healthy way.

Refernces

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