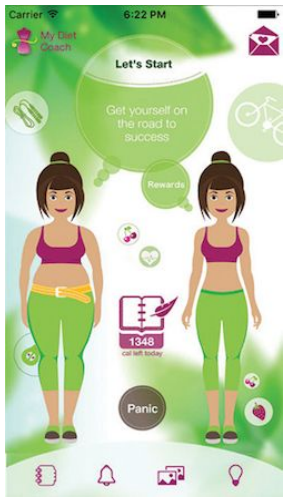
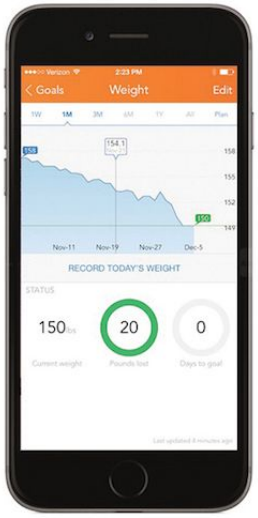
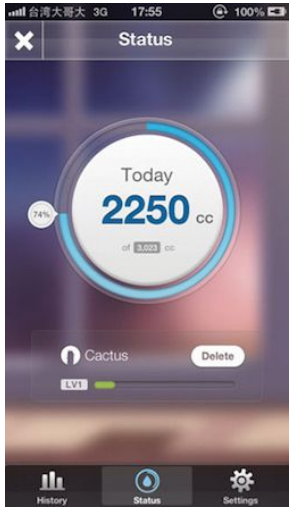
Four Mobile Apps to Encourage Healthy Habits

Modified from *Family Practice Management* article:
David Rebedew, MD, Four Mobile Apps to Encourage Healthy Habits, *Fam Pract Manag.* 2018 Jan-Feb;25(1):OA1-OA3.

Application	Platforms Available	Cost	What it does	Ease of use
MY DIET COACH 	Android; iOS 10.0 or later for iPhone, iPad, and iPod touch.	Free for the basic version; $4.99 per month for the “pro” version.	With the free version, patients can set one daily challenge, which may be related to physical activity (e.g., going for a walk), eating (e.g., watching serving size), or self-control (e.g., avoiding snacking). Patients can log their meals using a barcode scanner, count their calories burned, see how many calories they have left for the day, photograph their meals, and track water intake.	Patients enter their weight, height, goal weight, baseline activity level, weekly weight loss goal, and motivation for losing weight. The app can also import data automatically from the Apple Health App and FitBit devices. Available in English, French, German, Italian, Polish, Portuguese, Russian, and Spanish.
MANGO HEALTH	Android 4.1 or later; iOS 8.0 or later for iPhone, iPad, and iPod touch.	Free.	Allows patients to set reminders both to take their medications and to request refills. Can schedule reminders to track their blood glucose, blood pressure, mood, and weight. Each time patients take their medications and achieve other goals, they gain points. These points can automatically enter patients to win a weekly raffle for such things as gift cards to popular stores.	Patients can enter generic or brand names, and the app updates the appearance of the drug automatically. Patients can add notes, such as a reminder to take a certain medication with food. Available in English only.

LOSE IT! 	Android; iOS 8.0 or later for iPhone, iPad, and iPod touch.	Free for basic version; $39.99 per year for the premium version.	Patients can use the app to track calories, body measurements, exercise, weight, and health goals. Patients can also join weight loss, exercise, and healthy eating challenges with other users within the online community. With the premium version, patients can plan meals, gain nutrition insights, and get recommendations on how to further their weight loss.	Tracking calories using Lose It!'s “Snap It” feature or its barcode scanner takes only seconds. The basic version syncs with Apple Health, Google Fit Sync, and Wifi scales. The premium version integrates with FitBit, Misfit, Healthkid, and Withings scales. Available in English, French, Spanish, German, Brazilian Portuguese, Simplified Chinese, Japanese, or Korean.
PLANT NANNY 	Android 4.0 or later; iOS 7.0 or later for iPhone, iPad, and iPod touch.	Free, with in-app purchases.	Patients are charged with caring for a series of cartoon plants that “grow” when the user indicates he or she has consumed a predetermined serving of water. The app also reminds users how many servings they need each day and tracks water consumption over time. App users can earn upgrades as they water their plant consistently over time, including new plants, flowerpots, and background scenes.	The app is very easy to set up, and it takes just a couple seconds to “water the plant” for each serving of water consumed. In-app advertisements do slow down the app a bit. Available in English, French, German, Italian, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Traditional Chinese, Ukrainian.