

Search Term	App Name	App Type	Link	Developers Description	Cost	Launch date	Last Update	Rating (Android store stats unless otherwise stated)	Download Stats (Android store stats unless otherwise stated)	Analysis
NHS	NHS Catch	IOS only	https://itunes.apple.com/app/id937768634	A clinical tool to 'catch' the goals of an intervention or treatment session by Health Professionals, Carers, Support Workers and families within formal and informal sessions.	Free	Nov 2014	May 2015	Not available on App store (not enough users)	Not available on App store	Strange application. Looks like it is aimed at service users but claims to be for professionals to use to provide procedure details to clients! Unclear on use or target audience.
NHS	NHS Now	IOS only	https://itunes.apple.com/app/id1049702707	NHS Now allows users across East Leicestershire and Rutland to get self-care advice or find their nearest, most appropriate and most convenient local health service currently open to them at any time of the day or night. The App is time and location aware. This means that users get real-world, real-time details, opening times and directions to a range of their local NHS services. For each type of service, users can ask to see either all locations or those that are open for service at the specific time of using the App. The range of services include: • GP Practices • Pharmacies • Dentists • Urgent Care • A&E	Free	Oct 2015	Dec 2015	Not available on App store (not enough users)	Not available on App store	Simple information providing app that seems to pull data straight from maps and NHS choices.
NHS	NHS GO	IOS and Android	https://play.google.com/store/apps/details?id=com.sohostrategy.nhsgo&hl=en	NHS Go is a new initiative enabling young people to have greater access to medical information. Users can read health related articles, search for nearby services, and find out more information regarding their rights as an NHS customer.	Free	Jul 2016	Jul 2016	4.1 (Android)	1000-5000 (Android)	Seemingly well received app with largely positive reviews. Just seems to pull information from NHS choices. Works UK wide.
NHS	Push NHS Oldham	IOS only	https://itunes.apple.com/gb/app/push-nhs-oldham/id950815963?mt=8	Push NHS Oldham enables NHS patients in Oldham to consult with a clinician, like their local GP, from the comfort of their own home, or conveniently in and around their working day using their iPhone, iPad and iPod Touch.	Free	Jan 2015	Aug 2015	Not available on App store (not enough users)	Not available on App store	Video consultation software for users of Oldham GP services.
NHS	Menorrhagia - NHS Decision Aid	IOS and Android	https://play.google.com/store/apps/details?id=uk.co.activata.TotallyHealth.condition217&hl=en	This App is a Patient Decision Aid designed to help people with Menorrhagia (heavy menstrual bleeding) make a decision as to the best treatment choice for them. Traditionally people relied upon their Healthcare Professionals to make the decision regarding the most appropriate treatment for their condition. However as medicine has progressed and the range of treatment options has increased it is no longer always a decision based on the Healthcare Professionals preference only.	Free	Feb 2013	Mar 2013	5 (Android)	50-100 (Android)	Primarily this app delivers information but packages it in a way that helps the user make an informed decision on what treatment should be appropriate for them. Functionality is basic and could be delivered through a website. Has received good reviews but has a tiny user base.
NHS	My Local NHS	IOS and Android	https://play.google.com/store/apps/details?id=com.myoxygen.berkshire&hl=en	The My Local NHS app will help you choose the right NHS service, leaving urgent care to those that need it most. The app will explain what each service does, when it should be used, and where to find it. The app uses GPS technology to signpost patients to nearby services displaying the information on an interactive map. NHS services include:	Free	July 2014	Never	4	5000 - 10000	GPS based service finding app. Basic but relatively well received in comparison to other NHS apps.
NHS	NHS 24 MSK Help	IOS and Android	https://play.google.com/store/apps/details?id=uk.co.isai.nhs24msk&hl=en	- In this app you will find: - • Advice on common muscle, back and joint problems • Exercises and video clips to help you get moving safely • Self help quizzes to help tailor information for your MSK problem • Information to help with Work - Working lives information • Reminders to do your exercises and/or attend any appointments	Free	Sep 2012	Nov 2014	3.5 (Android)	5000-10,000 (Android)	Nicely designed app interface with plenty of content and some nice functionality. E.g log and notifications/appointment reminders. Video content, although clear looks dated and some of the reviews indicate that compatibility of the video files may be an issue. Relatively low usage statistics given that the app looks like it has received significant investment.

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NHS	Diabetes - NHS Decision Aid	IOS and Android	https://play.google.com/store/apps/details?id=uk.co.activata.TotallyHealth.condition330&hl=en	<p>This App is a Patient Decision Aid designed to help people with Diabetes make a decision as to the best treatment choice for them.</p> <p>Traditionally people relied upon their Healthcare Professionals to make the decision regarding the most appropriate treatment for their condition. However as medicine has progressed and the range of treatment options has increased it is no longer always a decision based on the Healthcare Professionals preference only.</p>	Free	Mar 2013	Never	4.0 (5)	500-1000	<p>Primarily this app delivers information but packages it in a way that helps the user make an informed decision on what treatment should be appropriate for them.</p> <p>Functionality is basic and could be delivered through a website.</p> <p>Has received good reviews but has a tiny user base.</p>
Smoking Cessation	Smoke Free, stop smoking help	IOS and Android	https://play.google.com/store/apps/details?id=com.portablepixels.smokefree&hl=en	<ul style="list-style-type: none"> ★ See how long you've been smoke free ★ The money you've saved from not smoking ★ The number of cigarettes you've not smoked ★ How your health is improving ★ Earn badges for your progress ★ Share your successes with your friends ★ Record your cravings in a diary ★ And more <p>This is the app that science built. Proven techniques to help you stop smoking are delivered in a beautifully clear and very human way. The calculator tells you how much money you've saved and how many cigarettes you've not smoked, the calendar tells you how long you've been smoke free and how much life you've regained, bars show you how giving up smoking is improving your health, and a diary shows how your cravings for cigarettes are decreasing over time. Plus filling it out seems to help, even if you only use it to vent.</p>	In App Purchases	Feb 2013	Aug 2016	4.5	500,000 - 1000,000	<p>Very popular app with great ratings. Lots of different features / analytical tools help create a wide appeal for this app.</p> <p>The money saved from not smoking and how your health is improving features are particularly motivating.</p> <p>Even with the one off cost implication for advanced features this seems like good value.</p> <p>A professionally produced and well designed product.</p>
Smoking Cessation	NHS Smoking Decision Aid	IOS and Android	https://play.google.com/store/apps/details?id=uk.co.activata.TotallyHealth.condition370	<p>This App is a Patient Decision Aid designed to help people who want to give up smoking make a decision as to the best treatment choice for them.</p> <p>Traditionally people relied upon their Healthcare Professionals to make the decision regarding the most appropriate treatment. However as the range of treatment options has increased it is no longer always a decision based on the Healthcare Professionals preference only.</p> <p>Patient decision aids are a useful tool when there is a decision to be made about medical advice from the Healthcare Professional but also incorporating the patients' preferences and concerns.</p>	Free	Mar 2013	Never	5.0 (android x1)	50-100	<p>Primarily this app delivers information but packages it in a way that helps the user make an informed decision on what treatment should be appropriate for them.</p> <p>Functionality is basic and could be delivered through a website.</p> <p>Has received good reviews but has a tiny user base.</p>
Smoking Cessation	Quit Smoking	Android	https://play.google.com/store/apps/details?id=com.umtgm.quitsmoking&hl=en	<p>Quit Smoking helps you to quit smoking and track your health and savings after quitting relying on scientific health data. Quit Smoking offers full functionality free of charge. You can monitor:</p> <ul style="list-style-type: none"> - the time you haven't smoked for, - the number of cigarettes you haven't smoked, - the amount of money you saved - and the time of life you saved. <p>The app can fire notifications at major events such as 'You haven't smoked 100 cigarettes'.</p>	Free	Not available	Jul 2016	4.4	10,000 - 50,000	
Smoking Cessation	NHS Smoke Free	Android	https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en	<p>Created for those who want to stop smoking, the Smokefree app is a 4 week programme that puts practical support, encouragement and tailored advice in the palm of your hand.</p> <p>Features:</p> <ul style="list-style-type: none"> • Daily support messages to help to motivate you • Badges to reward your progress • A help button with crave-busting tips and content to distract you • A shareable progress indicator so friends can see how you're doing • A savings calculator so you can see how much money you're saving • Record a motivation. This lets you take a picture, video or capture audio to remind you why you're giving up • Success tips – tried and tested ways to help you 	Free	Not available	Dec 2015	3.5	50,000 - 100,000	

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Smoking Cessation	KWIT	Android	https://play.google.com/store/apps/details?id=fr.kwit.app.free&hl=en	<p>Have you recently quit smoking, or been wanting to quit? Kwit is exactly what you need! Kwit uses game design techniques, game thinking and game mechanics to encourage people to quit smoking.</p> <p>You reach higher and higher levels and rankings as you try to become the Ultimate Kwitter.</p> <p>You'll have access to useful statistics such as the time passed since you've stopped smoking, the money you've saved and the number of cigarettes you haven't smoked. You can monitor these statistics live.</p> <p>There are also 60 achievements for you to unlock. When you reach some of them you'll even get info about the benefits of stopping smoking for your body and your life</p>	In-app Products £0.84 - £3.37 per item	May 2012	Feb 2016	4.2 (ANDROID)	50,000 - 100,000 (Android)	
Scottish Health Apps	Ready Steady Baby	Android and IOS	https://play.google.com/store/apps/details?id=net.nhs.healthscotland.readysteadybaby&hl=en	<p>This FREE app from NHS Scotland is packed with the latest health information and advice for pregnant women, dads and partners in Scotland only. It complements the Ready Steady Baby! website and book given to all pregnant mothers in Scotland.</p> <p>Features</p> <ul style="list-style-type: none"> • Access to helpful video content. • Day-by-day tracker on how you and your baby are developing. • Handy information notifications throughout your pregnancy and the first year of your baby's life. • Useful checklists to remind you what to pack in your hospital bag and kit for your new baby • Guidance on who to call in a medical emergency and when. • Unique tool to find services near you if you live in Greater Glasgow and Clyde. <p>Tips and advice for when you are trying for a baby too! The Ready Steady Baby! app is only available in English, but the videos are also available in Chinese, Urdu and Polish. Alternative languages and formats of the Ready Steady Baby! printed book are available on request from nhs.healthscotland-alternativeformats@nhs.net</p>	Free	Dec 2012	Aug 2014	3.9	10,000 - 50,000	
Other	Florence	Texting App	https://www.getflorence.co.uk	<p>Their idea was simple: rather than purchase and rely on specialist telehealth hardware, let's get patients to text their vital statistics using their own mobile phones.</p> <p>Let's create a system flexible enough to send reminders and health tips that are personalised for each individual patient. These will be text messages encouraging them to take a more active role in their own healthcare.</p>		N/A	N/A	N/A	N/A	
Other	Patients Know Best (PKB)	IOS, Android, Web portal	https://www.patientsknowbest.com	<p>Patients Know Best puts you the patient in control of your medical record through our online patient portal software.</p> <p>Using this portal benefits everybody including clinicians, researchers and charities as the information about you and your health is accessible by those that need it to help you, and you have given permission to.</p> <p>As a social enterprise we feel our mission is critical which is why we have provided a platform where patients truly can know best.</p>		Not Available	Mar 2015	3.9 (8)	500 - 1000	
Other	www.patientslikeme.com	Website	www.patientslikeme.com	<p>Imagine this: a world where people with chronic health conditions get together and share their experiences living with disease. Where newly diagnosed patients can improve their outcomes by connecting with and learning from others who've gone before them. Where researchers learn more about what's working, what's not, and where the gaps are, so that they can develop new and better treatments.</p> <p>It's already happening at PatientsLikeMe. We're a free website where people can share their health data to track their progress, help others, and change medicine for good.</p>	Free	Not Available	Not Available	Not Available	400,000 users according to promotional information	<p>Interesting peer support style American based forum that also uses users to provide data for research studies</p> <p>Feedback on the site indicates it is overwhelmingly well received.</p> <p>Presumably generates income based on selling access to data / users to researchers.</p>
Scottish Health Apps	Activity & Mood Diary Ginsberg	IOS, Android	https://play.google.com/store/apps/details?id=com.scotgov.ginsberg&hl=en_GB https://www.ginsberg.io/activity-mood-diary-app/	<p>Emotions are complex; it isn't always possible to quantify our mood on a simple 1 to 5 scale. Ginsberg's unique approach to measuring mood allows you to choose to track 3 from over 20 different wellbeing measures based on clinically valid mental wellbeing systems.</p>	Free	Not Available	Mar 2015	3.5	5000 - 10,000	<p>Good looking app, useful diary and lifestyle monitoring.</p> <p>Mixed reviews owing to a lack of interoperability which the app claims to deliver.</p> <p>Plenty of potential for development and to build upon (if it is as open as made out in the documentation).</p>

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Other	CATCH	IOS and Android	https://play.google.com/store/apps/details?id=com.damibu.catchapp&hl=en_GB https://itunes.apple.com/gb/app/catch-app/id1063792008?mt=8&ign-mpt=uo%3D4	<p>The CATCH app provides parents and carers with NHS-approved information, empowering you to know when your child needs treatment or when self-care would be more appropriate.</p> <ul style="list-style-type: none"> * Create a profile for your children and receive regular guidance and advice tailored to suit them as they grow. * Information about what to do in an emergency, such as if your child swallows a button or battery - which can be reviewed at any time, ensuring you're prepared if a health emergency were to occur. * Highly localised information about healthcare services and support groups available in Cheshire East. Explore a map of local health services, such as GPs, dentists and pharmacies. * NHS-approved health advice. Be better informed on a range of conditions by reading advice from a trusted source. Information is supplied directly from NHS choices. * Timely reminders about key health dates, such as childhood immunisations and seasonal advice. 	Free	Feb 2016	Aug 2016	5	100-500	<p>Well received app but with very small user base.</p> <p>Provides info pulled from NHS sources and uses geo location to provide localised information.</p> <p>Nice use of notifications/reminders.</p> <p>Visually very busy, perhaps a result of trying to syndicate content through an app that has not been designed for delivery on a small screen.</p>
Online GP	Dr Now	IOS and Android	https://play.google.com/store/apps/details?id=nhg.DrNow http://www.drnow.com	<p>As the medical diagnostic branch of Now Healthcare Group, the revolutionary Dr Now @ platform connects patients with qualified GPs through remote video consultation, giving them the medical diagnosis they need, when they need it</p>	Subscription or one off fee	Jun 2015	Sep 2016	3.9	1000-5000	<p>A subscription based service that allows people to access the expertise of a GP anytime they need it.</p> <p>Also provides medicine and prescription delivery services.</p> <p>Although it is available to individuals this product is primarily advertised as a solution for businesses based on the idea that it saves money in terms of days taken ill and time spent visiting GP practices.</p> <p>Considering the amount of investment it has received (including national funding) it seems to have a very small userbase and average feedback. Recent reviewers claim to have connectivity issues.</p>
Online GP	Push Doctor	IOS and website	www.pushdoctor.co.uk	<p>Whether you're unwell right now, are looking to improve any aspect of your personal health or just have a quick question – Push Doctor lets you talk face-to-face with an experienced UK GP through your smartphone.</p> <p>Our expert doctors can solve 90% of issues in a single, ten-minute consultation and if needed, can issue prescription medication, sick notes and referrals for specialist treatment or testing.</p> <p>HOW IT WORKS</p> <p>It's simple. See a doctor within six minutes.</p> <p>Download the Push Doctor app and jump into our waiting room to see a GP within minutes, or book a time that suits you up to seven days in advance.</p> <p>We've got doctors online, waiting to talk to you, from 7am to 10pm every day of the week, 365 days a year – including weekends, Bank Holidays and even Christmas.</p>	Subscription based	Mar 2014	Sep 2016	4.1 (Apple store)	Unavailable	<p>Good reviews received for this subscription based service that allows people to access the expertise of a GP anytime they need it.</p> <p>Offer prescriptions, referrals and sicknotes.</p> <p>CQC regulated and very slick design and marketing materials.</p>
IBS	Patient IBS	IOS and Android	https://play.google.com/store/apps/details?id=com.patientuk.ibstrack&feature=more_from_developer#?t=W251bGwsMSwYLDEwMiwY29tLnBhdGllbnR1ay5pYnNOCmFjayJd	<p>Use this app as a personal logbook for your Irritable Bowel Syndrome (IBS) and view charts of your symptoms over time. You can also learn more about the condition and how to manage it with information written by doctors.</p> <p>Developed in association with the IBS network, the UK's charity for irritable bowel syndrome.</p> <p>The symptom tracker will help you record your bowel movements and the type and severity of symptoms that you get each day. It will also allow you to record notes on food and lifestyle.</p> <p>This may help identify triggers such as food, alcohol, or emotional stresses, and may show if exercise helps to ease or prevent symptoms.</p> <p>If you are advised to try a particular treatment, log your bowel movements and the type and severity of symptoms that you get each day for a week or so. You can then assess whether treatment has improved symptoms or not. You can also share your results with your GP.</p>	£0.99	Sep 2012	Oct 2014	2.4(8)	100-500	<p>This feature rich app produced by patient.co.uk seems riddled with bugs, which likely explains its poor download statistics. Additionally there is a free (lite) version available with restricted features that also will impact on download statistics. This lite version only scores marginally better than the paid and according to reviewers is riddled with glitches as well.</p>

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IBS	Poop Diary	Android only	https://play.google.com/store/apps/details?id=com.pinc.poop	"Poop Diary" is an application that allows you to easily record your every bowel movement - including time, color, amount, and shape information. It also provides you with statistics information to let you clearly understand your poop condition. In addition, You can let "Poop Diary" remind you if you had no bowel movement for a period of time so that you can keep constipation away from you!	Free	Not available	Not available	3.9	100,000 - 500,000	A simple app that encourages users to store details of their bowel movements and reflect upon changes. There seem to be a number of similar apps available although none immediately stand out as having been developed in the UK.
Asthma	Asthma Check	Android and IOS		You can suffer from asthma. Or you can have it under control. Scientific studies show that the health problems faced by asthma sufferers can be almost completely brought under control with careful monitoring. Clear data record AsthmaCheck helps patients to help themselves. The App was specially developed by pulmonary specialists to assist patients to optimally and independently manage their illness. Thanks to the App's intuitive user interface and its simple design and icons, patients have a clear record of their readings, allowing them to keep a careful eye on their asthma Notifications Let AsthmaCheck remind you of medication, checks or your peak flow readings to specific point of times. AsthmaCheck will also remind you in case of low amount of medicine. Regular symptom check Monitor your success with AsthmaCheck. In order to help you to systematically monitor your asthma, AsthmaCheck provides you with a simple 5-point check – in accordance with the Global Initiative for Asthma GINA – that you can run regularly.	In app purchases	Not available	Not available	4.2	10,000 - 50,000	This German built app is overwhelmingly well thought of by its user base. The inclusion and user friendly delivery of a variety of features seem to be its key selling point. Claims to have been developed by pulmonary specialists but unable to locate additional information.
Asthma	Asthma Logger	Android only	https://play.google.com/store/apps/details?id=org.androworks.asthmaog	Asthma Logger is an application for mobile phones with Android which can help you to keep record of your asthma difficulties and thus give your allergist more information. I am asthmatic and I visit an allergist since childhood. Each visit starts with the same question: "How have you been?" I never know what to answer because my memory is short. I needed a way to easily remember my difficulties and this is exactly what Asthma Logger does. With help of Asthma Logger application I can give my allergist new information which she can use to choose right treatment. The application allows to log two event types: How are you today - choosing one of options "perfect", "not bad", "bad". SOS spray application - each time you apply an SOS spray (Ventolin, Berodual, ..) you log it.	Free	Not available	July 2013	3.9 (52)	1000-5000	Essentially a diary style app that encourages users to record data and reflect upon it themselves or with a clinician. Visually it appears very basic which may be a factor in its low usage statistics. Feedback indicates users of the app like its simplicity.
Asthma	Asthma MD	IOS and Android	https://play.google.com/store/apps/details?id=com.mobilebreeze.AsthmaMD	AsthmaMD is a FREE Android asthma and COPD management application. AsthmaMD Peak Flow Meter is now available at every CVS and Walgreens in US (not required to use the app). It's been the leading app on iphone and the number 1 app recommended by doctors. Featured on CBS news, the Wall Street Journal, Toronto Global, USA today, Forbes, Mobile Health News, Tech Crunch and more... AsthmaMD is easy and quick to use to help you with tracking and managing your Asthma and COPD.	Free	Jan 2010	March 2016	4.5	5000-10000	Marketing itself as the original Asthma app AsthmaMD has been around an incredibly long time (in app terms). It provides a range of functions and receives largely good feedback from users. Has recently launched an accompanying Peak Flow Meter - but user still seems to need to enter the data into the app manually?! A recently launched new version of the app has potentially skewed the download figures

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Hypertension	Hypertension Treatment JNC 8	Android Only	https://play.google.com/store/apps/details?id=appinventor.ai_AHSCBC.HypertensionTreatmentJNC8	<p>Medications with dosing added to a the practical tool to help guide treatment of Hypertension based on latest JNC 8, 2014 Guidelines. Just put age, and BP settings as well as check whether Diabetes or Kidney Disease is present or not and the tool guides through the treatment options. Up-to-date tool for evidence based management of hypertension (elevated blood pressure).</p> <p>Treatment medications with dosing added.</p> <p>Great tool for treatment of high blood pressure.</p> <p>Disclaimer: Developer carries no liability for medical decisions made by users of this application.</p> <p>Please leave your feedback.</p>	Free	Not available	May 2014	4.2	10,000 - 50,000	<p>Very basic design on this American app that looks like it has been developed using some free development software (MIT App Developer).</p> <p>Despite its design short comings the app seems to have been well received with favourable dowload statistics and a high user rating.</p> <p>This app essentially provides treatment advice based on user input and would very likely fall under classification as a medical device in the UK.</p>
Hypertension	Exercise Hypertension	Android and IOS	https://play.google.com/store/apps/details?id=com.builtbydoctors.exhypertension&hl=en_GB	<p>The Exercise Hypertension app teaches the user simple, safe and adequate exercises to deal with Hypertension, using interactive tools such as images, videos, calendar with exercise register functionality to keep track on symptoms and exercise frequency and type of activity. The user can then export it to show it to the doctor. Besides, the user can test its knowledge regarding Hypertension in an amusing way through a little and fun quiz.</p> <p>Some information provided may not be valid for residents of other countries due to variations in medical practice and drug approval and indications.</p>		May 2016	June 2016	4	100 - 500	<p>Recently launched app developed by doctors in Portugal.</p> <p>Only has 1 reviewer and low download statistics (most likely influenced by recent launch).</p> <p>Looks nice but video content appears dated.</p> <p>Too early and not enough feedback evaluate.</p>
Wearable Healthcare Technology	ADAMM	TBC	http://healthcareoriginals.com	<p>Symptom Detection Sensors in the wearable detect your symptoms – tracking cough rate, respiration patterns, heartbeat, temperature and other symptoms of interest.</p> <p>alerts</p> <p>Notifications Whenever your symptoms deviate from your individual norm, the wearable vibrates, notifying you of the deviation. If you've designated someone, they will also get text notifications.</p> <p>inhaler</p> <p>Inhaler Detection Can't remember if you took your inhaler? Need to track rescue inhaler use to determine your level of control? Depending on the type of inhaler you use, we can tell you.</p> <p>voice</p> <p>Voice Journaling Press your wearable to record relevant journal entries – changes, feelings, behaviors – anything you notice and want to record – no need to write or record anywhere else. This data gets transferred to your long-term record.</p> <p>voice</p> <p>Autonomous, Rechargeable This is a wearable that does not depend on your smartphone for processing power, thus providing true autonomy – no need to be near a smartphone. Parents: no need to worry if your child doesn't have a smartphone: the wearable has the capacity to transmit data as required. Don't want to wear it at night?Place it in a rechargeable cradle on your nightstand and we'll continue to monitor for coughing – the most prevalent night-time symptom.</p> <p>voice</p> <p>Unique Algorithm Technology Our algorithms help us learn what's unique to you – what is your normal. Then, we put all that data together, process it on the wearable, and develop an understanding – are you at your norm, or are you moving away from it? When we have that result, we sent it to a smartphone if you have it, as well as to your loved ones – parents, caregivers, persons who agree to get that result in real-time.</p>	TBC	TBC	N/A	Not Available	N/A	<p>Really interesting looking product that constitutes an application and wearable monitor to help manage Asthma.</p> <p>The wearable aspect monitors cough rate, respiration patterns, heartbeat, temperature and other symptoms of interest whilst also acting as a spoken journal. This data is then synced with the users account and analysed through the app. The app learns what is normal for the user and alerts them in they stray from their norm. Additionally it provides standard functionality such as notifications and medication reminders.</p> <p>It also links with specific third party smart inhalers.</p>

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Wearable Healthcare Technology	Propeller	IOS, Android and Website	https://play.google.com/store/apps/details?id=com.asthmapolis.mobile	<p>How often you use your inhaler says a lot about your asthma control or COPD status. Propeller automatically records when and where you use your inhaler to make it easier to see trends, track symptoms and talk to your doctor.</p> <p>What can Propeller do? + Remind you and your family to take your medication + Show trends about when you use your inhaler + Alert your family and physician if you are getting worse + Help you talk to your doctor about your symptoms</p> <p>The Propeller Health mobile app for Android works with or without the Propeller Bluetooth Sensor and allows you to view the data your sensor captures to give you personalized feedback and education on ways to improve your asthma control or COPD status. Propeller automatically keeps a record of your trends including time, date and location of when you use your inhaled medications</p>	Commissoned product	Not available	Aug 2016	4.7	1000 - 5000	<p>Monitor that sits on top of an Asthma inhaler and records each time it is used. This monitor syncs data with an application and uses other data (presumably geolocation and user entered data) to help identify triggers.</p> <p>Seems like a simple and highly compatible solution that offers many benefits.</p>
Anxiety and depression	Self-help Anxiety Management	IOS and Android	http://sam-app.org.uk	<p>"SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.</p> <p>The key features of SAM are:</p> <ul style="list-style-type: none"> • Clearly laid out menus • User guidance • External links • Self-monitoring of anxiety with graphical display • 25 self-help options covering: Information about anxiety, Thinking and anxiety, Physical relaxation, Mental relaxation, Health and Anxiety • Guidance on putting self-help into practice • Closed social network of SAM users 	Free	Jul 2013	Oct 2015	4	100,000 - 500,000	<p>Popular and well reviewed app that helps users to identify triggers for their anxiety and measure the effectiveness of coping strategies.</p> <p>Data input is processed as part of a long term research study.</p> <p>The app is incredibly well designed and intuitive to use.</p>
Anxiety and depression	Big White Wall	Website IOS and Android	https://www.bigwhitewall.com	<p>Big White Wall is a digital support and recovery service for people who are stressed, anxious, low or not coping. At the heart of Big White Wall is its community of members, who support and help each other share what's troubling them in a safe and anonymous environment, with the guidance of trained professionals, who are online 24/7.</p> <p>We look at what is going to best help you feel better and offer you personal suggestions on your home page. My home page is somewhere to keep everything you do on BWW in one place so you can find it easily and keep a record of what you've been doing. It is all about your personal journey to feeling better.</p>	Subscription	Dec 2013	Oct 2015	3	5000 - 10,000	<p>Essentially a forum style platform with lots of nice features that enhance its peer support offering (online guided support courses). Its big selling point is the inclusion of trained professionals in the community.</p> <p>Has US and UK versions of its platforms.</p> <p>Usage statistics taken from Google may not be reflective of its popularity. The web based version has been active for longer. It seems, based on user feedback, that the service provided through the website is delivered in a superior way to that through the apps.</p>
Anxiety and depression	Mood Panda	Website IOS and Android	http://www.moodpanda.com/?url=http://www.moodpanda.com/index.aspx	<p>MoodPanda is your Interactive Mood Diary MoodPanda helps you track how you're feeling, with personal analysis, visualisations and interpretations of your mood, and a lovely, friendly and anonymous community of people there to support you if you need them</p> <p>Voted The Guardian's "Top 30 Apps", Featured on NBC's Today Show, The Wall Street Journal, Lifehacker.com, New Scientist, Oprah Winfrey's Blog, British Broadcasting Company and mental health charity websites</p> <p>USER QUOTES: "I don't know what I would've done without MP. Best app I've ever downloaded :) <3" - Ikra S "Everyone should know about the site, at the moments in life where you feel lost and alone MoodPanda is always there!" - Serena G</p>	Free	N/A	N/A	3.1	50,000 - 100,000	<p>A facebook style semi anonymous platform with more in depth privacy settings. Seems to have a dedicated and large community.</p> <p>Simple to use with nice design and friendly feel.</p>