

Popular health apps for your smartphone!



In a study with service users from South London and Maudsley NHS Trust, researchers wanted to find out what devices people with severe mental illness use to help manage their physical health, and how useful these are. This was conducted as part of a project called 'Integrating our mental and physical healthcare systems'.

A large amount of people involved in the study used smartphone apps, which were often a free and easily accessible way to monitor various aspects of physical health, ranging from step counting to weight management or period tracking.

From our study, we've developed a list of apps which were commonly used by participants, to help monitor different aspects of their health. **Please note that we are not recommending that these are the best apps to use - they are simply the 'most-used' amongst our participants.** We suggest you approach the apps with careful consideration for your own health and note that these apps should not be used in replacement of professional medical advice or guidance.

Medisafe Pill Reminder



An app to help you keep track of your medication. Helpful features include daily reminders, notifications when your prescription is running low, alerts to you and listed others if you've missed vital medication, and a tracker to log any side effects or symptoms.

Cost: Free.

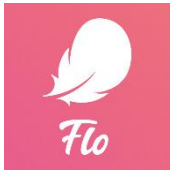
Bedsider Reminder



An app to help you keep on top of your contraceptive method. Helps you set reminders for the pill, the patch, the ring, or the contraceptive injection. You have the option to choose reminders which are humorous and engaging or opt for a more subtle and discrete reminder.

Cost: Free.

Flo



Flo is an app designed to help you track your menstrual cycle, predict future cycles, ovulation, and fertile windows. Offers advice on motherhood, pregnancy planning, conception, and menopause and includes a feature to log symptoms such as mood/pain, as well as keeping a record of sexual activity.

Cost: Free for basic use, but additional features may incur charges.

NHS App



The NHS app offers a range of features including online prescription ordering service, online appointment booking service, health advice, access to GP health records, access to your organ donation decisions and the ability to select whether the data from your health record can be included in research and planning.

Cost: Free.

I am Sober



An app to help you track your sobriety day by day, whilst connecting to an online community with the shared goal of being sober. Can be used for alcohol, substance misuse, self-harm and other behaviours with addictive tendencies such as smoking and gambling.

Cost: Free for basic use, but additional features may incur charges.

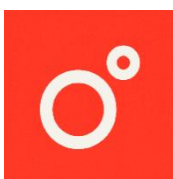
MyFitnessPal



A diet-tracking app which allows you to log your daily food intake, showing you the nutritional content of the food that you're eating. Also allows you to log exercise, and syncs with your step counter to give you an estimate of your calories burned. Additional features included access to recipes, meal plans and workout routines.

Cost: Free for basic use, but additional features may incur charges.

Noom



Noom is a diet tracking app grounded in psychology and behavioural science, which provides a coach, assigns a calorie budget, and encourages users to consider their eating behaviours, emotions related to food, practicing accountability, and making lifestyle changes with the goal of sustainable long-lasting weight lost.

Cost: £35 Monthly subscription, with a 14-day free trial.



Lifesum

An app which gives access to online meal plans such as keto or paleo amongst others. Features include a food diary which includes calorie and nutrient tracking, as well as a scanner that helps you log your food by barcode.

Cost: Free for basic use, but additional features may incur charges.



Couch to 5k

An NHS endorsed running app for beginners, which guides you week by week to build up from to running 5k in a 9-week programme.

Cost: Free.



Zombies Run

An immersive game which encourages running by playing a compelling storyline while you move, which involves Zombies chasing you. The aim of the game is you have to keep running, or they'll get you!

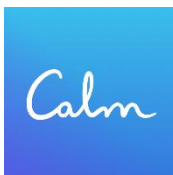
Cost: Free for basic use, but additional features may incur charges.



Sleepio

Sleepio is a web-based self-help programme based on Cognitive Behavioural Therapy (CBT) designed to help you manage sleep problems and insomnia. There are 6 core online sessions, taking approximately 20-25 minutes each. These are spaced weekly, but you can choose exactly what times work best for you. You will also keep a daily sleep diary to keep track of your own habits, and also to help make sure your sessions are personalised to you.

Cost: £45 and should be noted that there is a waiting list.



CALM

CALM is an app aimed at mindfulness, which offers daily guidance on meditation to encourage reduction in stress and anxiety and improve sleep quality.

Cost: £28.99 annually, with a 7-day free trial.



Headspace

Guided mindfulness and meditation, for a few minutes a day in the hope of reducing stress and anxiety. Includes playlists, sounds and targeted meditation courses for things such as self-esteem and patience.

Cost: £9.99 Month, with a 7-day free trial.



Sweatcoin

A step counter which converts your daily step count into an online currency, which can be spent on goods, services and experiences advertised on the in-app marketplace.

Cost: Free.



Pedometers

If you already have a smartphone or smartwatch, your device may already have a pedometer!

Apple health includes a built-in pedometer, as well as menstrual tracking, sound volume tracking and suggestions for other apps to use.

If your device doesn't already have a pedometer, some free options you can download include **Pacer** or the **Fitbit app**.

If you have any questions about the study or the popular apps list, please contact the research team at: IMPHS@slam.nhs.uk