

# Health Apps Galore

Over 5,000 medical, health and fitness apps are available for smartphones today. By next year, approximately 500 million smartphone users worldwide will be using a health app.

Apps monitor nearly every aspect of health, including exercise, weight, blood pressure, cholesterol levels, sugar levels, heart rate and sleep quality and some can even claim to detect cancer.



## INTERESTING APPS

**Apple HealthKit** gives you a dashboard of your health and fitness data.

**Doctor OnDemand** lets you see a doctor for a video consultation, have that doctor write you a prescription or just get your questions answered.

**HealthTap** is an app and website that lets you have a virtual medical appointment with a doctor or just get your questions answered.

**HelloMD** specializes in finding specialists such as the right certified doctor or surgeon but not in getting immediate care.



**LiveHealth Online** is a telemedicine service that lets you see a doctor via video call and even get a prescription.

**Microsoft HealthVault** is an online service and mobile app where you can keep your own medical records safe and up-to-date.

**PillPack** is a prescription-by-mail service that puts your medications into date-and-time stamped single packets.

## When Strokes happen... every second counts.

*Regional's Comprehensive Stroke Center extends the potential stroke treatment window.*

- Joint Commission Certified Comprehensive Stroke Center
- Dedicated multi-disciplinary 24/7 stroke team
- Dedicated Neurosciences ICU with 24/7 physician care
- Advanced neuro-interventional procedures
- Comprehensive stroke rehabilitation services
- Stroke survivors and caregivers support group

 **REGIONAL**  
MEDICAL CENTER  
COMPREHENSIVE STROKE CENTER



To learn more, go to: [www.regionalmedicalsantose.com](http://www.regionalmedicalsantose.com)  
To find a doctor or consult with a nurse call 1-888-RMC-8881