

# VitaMin

Vital health information in a minute



## Tap into apps for your health

Mobile apps can help you make smart moves for your health. Apps can help you improve fitness, track health goals, change habits and connect with your health care plan. Downloading an app certainly won't provide a quick fix, but if it inspires you to take action for your health, it's a great place to start.

Here's a quick review of ways to use apps for your health.<sup>1</sup>

### Track fitness and nutrition

If you want to lose weight or get fit, apps can help you set goals, stay motivated and track your progress. Some apps are designed to track your physical activity (calories burned, number of steps, etc.). Nutrition apps make it easy to keep a food diary by entering food items or uploading photos of your meals.

### Measure health numbers

There are apps designed to help you monitor your heart rate, blood pressure, glucose levels and more. Some of these health apps work together with a wearable fitness tracker or other device. Others are designed to take readings using your phone's camera and flash.

### Receive reminders

App alarms can remind you to check your blood sugar or take a medication at the same time every day. Apps designed to help you lose weight or quit smoking provide text reminders and support.

### Share data with your doctor

Certain apps allow you to send reports to your doctors or family members via email. This can help you connect with your doctor to stay on top of your health.

### Manage your health care plan

Apps can help you find a doctor, locate a medical facility or access information about health care.

**Apps can help you manage your health, but they should never take the place of your health care team. Check in with your doctor if you have questions about your health.**

### Source:

1. The Office of the National Coordinator for Health Information Technology. "Stay Well: Access Wellness Resources." <https://www.healthit.gov/patients-families/stay-well> (last reviewed/updated October 5, 2016)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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