Steve Jobs foresaw a future in which each person had "an incredibly great computer in a book that you can carry around with you that you can learn how to use in 20 minutes."

1. **First Smartphone** – 1994 had 10 built in apps.
   - Address book, calculator, calendar, Mail, Note Pad, Sketch Pad
2. **Apple App Store in July 2008 with 500 apps** - Remember “Snake”?
3. **End of 2018** there were 2.1 million apps in the Android store and 2 million in the iTunes stores
4. **Current US population 327 million people - 77% have a smart phone**
   - Increase from 35% in 2011
5. **World population 7.7 billion**
   - 2.5 billion own a smartphone (36%) up from 11% in 2011
6. **FDA Regulation of Apps - 2013**
   a. **Health App** – “mobile software that diagnosis, tracks, or treats diseases”
      - diabetes testing
   b. **Wellness App** – “enhances or traces the overall health of the user”
      - calorie counter, workout aid
   c. Can cross over - Wellness app that tells the user when they have the recommended daily intake or to treat obesity

**Health Apps**
7. **Dario** - app that syncs with a glucometer - includes a nutrition guide, logbook, and monitoring system
8. **FreeStyle Libre Pro** - Uses a tiny insertable sensor / patch on arm and records glucose data every 15 minutes..
9. **BlueStar Diabetes** digital diabetes management platform
10. **Propeller Health** – Asthma and COPD Management.
11. **AsthmaMD** - Journal of symptoms, peak flow - sharable
12. **Quell Relief** – Wearable pain relief technology
13. **Pill Reminder All in One** – Current list of medications and schedules – Alerts to help remember to take meds
14. **Medisafe** – Pill and med Reminder
15. **MyQuest for Patients** – lab results available via app with explanations and health data storage
16. **mySymptoms Food Diary** – IBS and Symptom Tracker
17. **Pacifica for Stress and Anxiety** - psychologist designed tools to address stress, anxiety and depression.
18. **KidsDoc** – Parents can search symptoms and get direction on next steps - AAP
19. **Blood Pressure Monitor** – Tracking blood pressure, medications, and export reports
Wellness Apps
20. My Fitness Pal - calorie counter, log exercise and steps
21. My Plate – Calorie counter
22. Insight Timer – meditation App
23. Fitness Buddy and Gym Workout – work out plans, logs, meal plans, exercise library
24. Sleep++ - automatic sleep tracker utilizing your apple watch

Professional Apps
25. FP Notebook - rapid access point of care reference
26. EMRA Abx - antibiotic guide reviews most common organisms by diagnosis, clinical pearls, and recommendations for treatment
27. Good Rx - Assists in finding the least expensive pharmacy for specific medications
28. Pedi Quikcalc - Calculates correct pediatric dosages.
29. PediStat - rapid reference for pediatric emergency situations
30. Mommy meds - Provides review of medication safety by trimester and for breastfeeding moms.
31. 3D4Medical - 3D anatomy diagrams of all body systems
32. Visual DX - clinical decision support app providing images and diagnostic pearls
33. AHRQ EPSS - enter age, sex, and risk factors to identify current recommendations for screenings and preventative interventions
34. CV Risk – 10 year CV risk calculator
35. CDC Vaccine Schedules – quick reference app for current recommendations
36. MPR (monthly prescribing reference)– pharmacology database
37. AHA Guidelines-on-the-go – Summary of guidelines, resources, and interactive tools
38. Medicode – ACLS BCLS PALS – algorithms all in one place, practice test, reviews

Personal
39. Turbo scan - utilizes camera to generate pdf of documents to text or email

Thank you!!