

Safety and wellness apps

Smartphones use a wide variety of applications (apps) that can help people make positive changes in their lives. This list of some apps is provided as a courtesy. SAIF Corporation does not endorse specific apps, vendors, or products appearing on this list. Readers are encouraged to do their own research to find apps that are right for you

This document has two sections. The first is focused on behaviors that increase health and well-being. The second section lists apps related to injury prevention or safety. We provided the cost of the app when it was available and a bit about the app features.

Available on iPhone (iOS) and Android

Lose It! Cost: free, upgrade is available for \$39.99 a year.

This app helps users make healthy choices by setting a clear calorie budget per day, by allowing users to track their activity and calories burned by activity, as well as by providing insight into their nutrition. There is a food calorie counting database, and the app also has the ability to add items eaten by scanning bar codes. The device allows users to set goals and track progress. This app won a prize in the U.S. Surgeon General's Healthy App Challenge.

loseit.com/new/what-is-lose-it

The GoodGuide Cost: free

This app reveals whether or not a food product is healthy. It also indicates whether the food was produced by green or socially responsible companies. The app's barcode scanner accesses a database with more than 30,000 foods. The app allows the user to personalize it with his or her most important issue, such as nutritional value or controversial ingredients. This app was a U.S. Surgeon General's Healthy App Challenge prize winner.

goodguide.com/about/mobile

Fooducate Cost: free

This app makes it easier to choose healthy foods when shopping. Consumers can scan the barcodes of food products and see how nutritious they are. The app generates a letter grade for each product scanned and provides a brief explanation for the grade. This app was a winner of a prize in the U.S. Surgeon General's Healthy App Challenge.

fooducate.com

Instant Heart Rate – Heart Rate Monitor by Azumio Cost: \$0.99

This app uses the camera to read a user's heart rate. The user places her finger on the camera and after a few seconds the phone will display the pulse (similar technology to clinical pulse oximeters).

azumio.com/apps/heart-rate

Beeminder Cost: free

This app is advertised by the designer as a goal tracking app with teeth. The app plots a user's progress to his goal. If a user doesn't stay on track towards his stated goal, the app will charge a predetermined amount, starting at \$5. This increases each time the user falls off track from the goal.

beeminder.com/overview

MapMyFitness Cost: free; cost for upgrades.

MapMyFitness is a collection of apps (MapMyRide, MapMyRun, MapMyHike, etc.) that map and store activity, such as runs, hikes, walks, bike rides, triathlons and allow access to a considerable database of routes. It includes fitness calculators and nutrition tracking.

mapmyfitness.com

RunKeeper Cost: free; upgrade is available for \$19.99 per year.

This app is designed to help the user increase her level of fitness by tracking workouts and sharing information with a social network. It will track runs, hikes, and bike rides using the GPS in the phone. It allows the user to view stats, such as pace, distance and time, as well as view a history of activities. It also allows posting to social media, such as Facebook. The app is designed to integrate with other apps such as Fitbit, Lose It!, Withings, and Fitocracy.

runkeeper.com

Runtastic Cost: free; upgrade is available for \$4.99

This app is designed to use GPS tracking for workouts and includes activities such as running, walking, and biking, as well as tracking indoor fitness activities such as pushups or pull-ups. It tracks the user's stats and lets users share their success on Facebook and Twitter.

runtastic.com

Fitocracy Cost: free

This app is designed to motivate users to increase their level of fitness. The app makes exercising like a game. As a user tracks his exercise, he gets points for exercising and can level up and earn badges. The user can unlock achievements and share progress with others or initiate fitness challenges with others. The app was named "App of the Year" by *Men's Journal*.

fitocracy.com/about-us

Pocket Yoga Cost: \$2.99

This app is designed to guide the user through yoga. The app has three difficulty levels and provides voice and illustrated pose images to help the user achieve the proper positioning. The app allows the user to select music from the user's library in place of the default music. The app will track progress to promote consistency.

pocket-sports.com

GymPact Cost: free

This app is designed to help people achieve their fitness goals by allowing them to earn money if they exercise and requiring them to pay money if they do not. Participants identify how many times they want to exercise each week, and they record each time they go to the gym (the GPS in the phone verifies they are working out). Users set how much they are willing to pay if they do not exercise. Users who do not meet this agreement pay the people who do meet their agreement. The app can be used in conjunction with the RunKeeper app to track non-gym workouts (running, walking, and biking).

gym-pact.com

Workout Trainer by Skimble Cost: free; upgrade available for \$9.99 per year

This app provides free multimedia workouts coached by personal trainers. The users receive step-by-step instructions on the exercises. There are photos, videos, and audios with encouragement. The app allows the user to choose her focus area, such as weight loss, yoga, weightlifting, rock climbing, and more. The app includes a community forum.

skimble.com/workouts

Endomondo Sports Tracker Cost: free; upgrade for \$2.99

Endomondo Sports Tracker allows tracking of outdoor sports with a GPS and allows manually entry of other workouts, such as use of a treadmill or weight lifting. It includes a newsfeed for sharing information about workouts with friends. The user can compete against a friend's time or against a route's champion.

endomondo.com

Jefit Cost: free; upgrade is available for \$4.99

This app is designed by body builders to help users improve their gym workouts. It provides an exercise database with more than 1,300 exercises and logging capability. The database has animations for each exercise to help people perform them properly.

jefit.com

Distance Meter Cost: free; an upgrade is available for \$2.99

Designed to measure the distance of a workout, this app works with Google maps.

Zombies, Run! Cost: \$3.99

This running game encourages users to exercise faster. It tells a story about zombies over the user's choice of music. To encourage users to go faster, the program makes zombie noises and says the zombies are getting close. The game is designed to make interval training fun and can be used with jogging, running, walking, and even on a treadmill.

zombiesrungame.com

Healthtap Cost: free

Healthtap is designed to help users get answers to health questions from U.S.-licensed physicians who apply to participate. While answering health questions is the primary feature, the site has a search program to help the user find doctors, and it can store the user's health information.

healthtap.com

WebMD app Cost: free

WebMD allows a user to check symptoms by selecting a part of the body, choosing the symptoms, and then learning about potential conditions or issues. The user can also look up conditions and learn more about causes and treatments. The app has first aid treatment tips and local health listings. WebMD has other free apps such as the WebMD Pain Coach app (iphone only) and WebMD Baby and WebMD the Magazine app (iPad).

webmd.com

Available only on iPhone (iOS)

Go! To Sleep Cost: free; an upgrade is available for \$2.99

This app is designed to help a user determine if she is getting enough sleep. It asks a series of questions about lifestyle and sleep habits and then generates a personal sleep score, giving a brief explanation of the score. This app was designed by the Cleveland Clinic.

my.clevelandclinic.org/mobile-apps/go-to-sleep-app.aspx

Wellness Tip of the Day Cost: free

This app offers health and diet related tips from the Cleveland Clinic.

my.clevelandclinic.org/mobile-apps/wellness-tip-of-the-day-app.aspx

Cleveland Clinic Stress Meditations Cost: free

This app, created by the Cleveland Clinic's Wellness Institute, offers eight guided meditations. They are designed for both people new to meditation and experienced meditation practitioners.

my.clevelandclinic.org/mobile-apps/cleveland-clinic-stress-meditations-app.aspx

Healthy Habits Cost: free; upgrade available for \$4.99.

Designed to help people make positive changes, this app reminds users about what's important, tracks progress, and even sends reminders. It is designed to be used with Eating Habits, Fitness Habits, Personal Happiness Habits, and Social Happiness Habits. This app was a U.S. Surgeon General's Healthy App Challenge prize winner.

2morrowmobile.com/HealthyHabits.php

Lift Cost: free

This app provides motivation for any goal with habit tracking, progress visualizations, and social support from friends. The app boosts 300,000 active habits like bringing a lunch to work, telling your wife you love her, taking 10,000 steps a day, and flossing your teeth.

lift.do

Hubbub Health Cost: free

Additional features that have costs associated (\$3 per employee per month) are available for an employer to use in employee wellness efforts. This app is designed to help users get healthy and stay healthy by providing challenges and social support. Challenges can be in a variety of areas, such as exercise, nutrition, weight loss, mediation, volunteering in the community, reading a book, and stopping smoking.

hubbubhealth.com

Dietbet Cost: free

This app is similar to GymPact except, instead of exercise, it is designed for weight loss. This is a social dieting game that allows users to make a financial commitment to losing weight. Users choose to join a four-week game with a fixed cost—\$25 for example—to join. The money goes into a pool, and at the end of the four weeks, all of the users who lose four percent of their body weight split the money. The app indicates that the weight loss is verified with photographs and algorithmic auditing.

dietbet.com

Get Running (*Couch to 5K*) Cost: \$2.99

This app is designed to help with training for a 5K run over nine weeks (even beginners). The app provides coaching prompts and provides a forum for other new runners. The app will provide reminders and log your workouts. There are “Couch to 5K” playlists available for free download on this website and others.

c25k.com

Cardiio-Touchless Camera Pulse Sensor Cost: \$2.99

This app uses the iPhone camera to read a user’s heart rate. The camera takes a picture of the user’s face, and the amount of light reflected off the face allows the camera to read the user’s heart rate (similar technology to clinical pulse oximeters). The app will record and display a personal history (daily, weekly, and monthly) and can provide information on a user’s fitness level based on heart rate.

cardiio.com

Safety apps for iPhones and iPads (iOS)

Adobe Ideas Cost: \$9.99

This app lets you take a digital photo during an inspection and annotate it with a title and/or message.

iAudit Cost: free

This app is used for job site inspections as well as general work applications, for example, email and signing documents. It allows you to customize inspection criteria and score the inspection. The use of this app on one policyholder’s iPad has streamlined many safety processes.

Chemical Safety Data Sheets ICSC Cost: free

This app displays essential health and safety information on chemicals for the end-user. The list contains chemicals used in agriculture, shops, factories, construction, and other work industries. This app is meant to augment, not replace, current SDS training.

Decibel 10th Cost: free

Works as a hand-held sound level meter (SLM). There are many SLM available within the app store; however, this app received the best and most consistent reviews.

Dragon Dictation Cost: free This app uses voice recognition to translate voice information into text or email. It also allows users to update their status in social networking sites, such as Facebook and Twitter.

EHSQ Audit and Verification Cost: \$29.99

This app contains more than 500 checklist templates, but it also allows the user to load his own personal checklist. Each checklist allows customized notes, provides status updates, takes photos, captures video, and records audio. The user can upload the information and generate reports in MS Word or MS Excel.

ErgoMinder Cost: \$.99

This app allows the user to establish reminders to conduct micro-exercises at her desk. Each day provides for different micro-exercises.

Ergonomics Cost: Free

This comprehensive app allows the user to set reminders for taking breaks, provides equipment set-up advice, and provides ideas for workplace exercises. Those who are competitive will like the feature which gives points for the different positive ergonomic activities that are done throughout the day.

Flashlight Cost: free

Flashlight turns your iPhone's flash into a flashlight when needed.

iAuditor Cost: free

This app provides a fully customizable workplace audit for every industry and application. It performs workplace safety audits, and it pre-starts checks and inspections faster and easier.

iJSA Cost: free

iJSA provides templates for conducting workplace risk assessments. After completion, it allows the user to export the completed JSA in PDF format.

Megaman Lux Meter Cost: free

Emulates a lux meter to measure the light levels of an environment. In addition to the recommended illuminance of a given environment, useful lighting tips are supplied to help make the ideal lighting choice.

NIOSH Pocket Guide to Chemicals Cost: \$19.99

This provides basic industrial hygiene information to assist in recognizing and controlling chemical hazards.

Oregon OSHA lifting calculator app Cost: free

Oregon OSHA's easy lift app (available for iPhone or Android) uses a modified version of the NIOSH lifting equation to give the user a maximum safe weight for various lifting scenarios.

orosha.org/apps/liftcalc/lifting-calc-options.html

OSHA Heat Safety Tool Cost: free

This app allows the user to calculate the heat index for a worksite, and, based on the heat index, it displays a risk level to outdoor workers. The app also can be set to provide reminders about the protective measures that should be taken at that risk level to protect workers from heat-related illness.

OSHA Audit for iPad Cost: \$100

OSHA Audit allows the user to perform completely electronic safety audits. It is available for construction (CFR 1926) and general industry (CFR 1910). This allows the user to take the iPad to a worksite, and easily create a new guided audit. The user can add notes and email a copy of the full audit report when you're done.

PeakWorks Fall Clearance Calculator Cost: free

This easy-to-use app, helps to accurately calculate the required fall clearance based on the equipment being used and the height of the anchorage point.

Pocket First Aid and CPR from the American Heart Association Cost: free

This app has been updated to reflect The American Heart Association Guidelines on CPR and Emergency Cardiovascular Care. Reorganized content makes it easier to find help in an emergency. All content provided by the American Heart Association, the nation's oldest and largest voluntary health organization.

Pocket Safety

This app is a basic system for iPhone and iPad that helps a worker do hazard identification and avoid potential accidents and incidents by resolving deficiencies.

Professional Safety Journal Cost: free to ASSE members

This journal is now available at your fingertips. Members and subscribers can install the app. Users log in with his or her member number or customer ID and password (last name).

SafetySnaps Cost: \$3.99

SafetySnaps allows users to take a photo of a worksite issue and email it to appropriate personnel or to themselves for recordkeeping and solving issues.

WorkSafeBC Videos Cost: free

This app contains the WorkSafe BC videos that appear on its website. Videos are available for viewing on the iPad and iPhone, or they can be downloaded for training.