

# Fitness trackers and apps

Helping you to manage your condition

- Managing your condition, your symptoms and treatment, and its impact on you, can be important for anyone with a medical or health condition.
- There are various health and fitness trackers which are designed to help you monitor and manage your overall health and wellbeing, which can also help you manage your condition.

Many people use trackers and apps as a way to monitor their overall health and wellbeing, and to help them manage medical or health conditions. Here are some trackers and apps, including some suggested by people with cardiomyopathy. Some are free of charge, some are paid for, and some need a specific device. There are many available, so it is worth thinking about **what you want to get from them** and finding out more about each one to make sure it meets your needs.

## What do fitness trackers do?

Fitness trackers, also called 'activity trackers' or 'activity monitors', are wearable devices (often like a watch, although other versions are available) which sense your movement. They record your activity and movement throughout the day, including how far you have walked, flights of stairs you have climbed, and other exercise you may have done. Some also monitor your sleep, or include relaxation functions (timed sessions that focus on your breathing). Most wrist-worn devices will also show the time, and some give you notifications from your phone (such as incoming messages and phone calls). Trackers often connect to a smartphone or computer app for you to view and record your activity.

Some trackers include heart rate monitors that some people with cardiomyopathy find helpful.

Fitness trackers vary in cost depending on the brand and the type of functions available.

Examples include FitBit, Garmin, Misfit and Samsung.

♥ Visit [www.which.co.uk/Fitness-Trackers](http://www.which.co.uk/Fitness-Trackers) for a review of different types of tracker.

## AliveCor - KardiaMobile

KardiaMobile can be used with certain smartphones to record an ECG (electrocardiogram) instantly, by holding your fingertips on small electrodes which are attached to your phone. The ECG reading can be saved and shared with healthcare professionals.

♥ Visit [www.alivecor.com](http://www.alivecor.com) for more information.

# Cardiomyopathy<sup>UK</sup>

the heart muscle charity

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## Health and fitness functions on your phone

Some smartphones have in-built 'health' functions. Some will record your activity (when you carry the phone with you), some connect with your fitness trackers, and some have information that you add manually. You may be able to add your medical information (such as details of your condition) and your 'in case of emergency' contacts. Examples include 'Health' on Samsung phones and iPhones.

♥ Search your phone or tablet settings for more details.

## Health and fitness apps

There are various tracker and health apps available for smartphones and tablets. Some record your activity, some connect with your fitness trackers, and some have information that you add manually. Some also have the function to add details of what you eat and calorie intake. Apps include:

My Fitness Pal - tracker and calorie counter. See [www.myfitnesspal.com](http://www.myfitnesspal.com)

Nokia Health Mate - records your health and activity data.

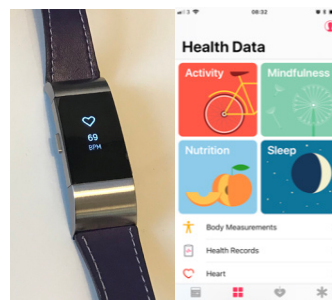
♥ See your device app store for more information.

## Diet-related apps

Slimming world app - (for members) weigh-in option and healthy eating plan.

Weight watchers app - activity and weight-tracking, and recipes.

♥ See your device app store for more information.



Example of a fitness tracker and 'health' function on a smartphone.

**Please note:** we cannot guarantee the accuracy or safety of using trackers to monitor your heart, and they are not a replacement for your usual treatment. **It is important to talk to your healthcare professionals about the best ways to manage your condition.**

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