DIABETES IN CONTROL
News and information for Medical Professionals.

Compliance Apps

1 – Apollo Sugar

Price: Free

Description: Diabetes is a condition that needs a comprehensive and holistic plan of action — constant monitoring, timely and high-quality medication, appropriate diet, and physical activity to maintain normal blood glucose levels. We present the Apollo Sugar app — we are your end to end digital partner to take care of your health as a diabetic or pre-diabetic person. With this app, you have the full power of Apollo's integrated diabetes care approach at your fingertips. Apollo Sugar app helps deliver superior and positive patient outcomes with glucose tracking, and self-management of blood glucose levels. Our approach is based on connected diabetes care and technology with a human touch that keeps you always in good hands and can help you achieve control of Diabetes (HBA1c, FF, PP). With this app, you can now access your Prescriptions, Lab Reports, and Vitals and get support whenever you need to understand these results and the related treatment plan. You also get to chat with a personalized Health Coach, get personalized educational information on diabetes, and access personalized tips and reminders on diet, medication compliance and activity tracking. Our app is a complete solution, a seamless extension of our expert clinics, to enable you as a patient to comply with treatment, interact with health coaches, and maintain optimum blood glucose levels.

Advantages of Apollo Sugar App:

1. Tracking patient's daily health parameters.
2. Access your Prescriptions, Lab Reports, and Vitals
3. Manage exercise (steps walked/day), diet (diets logged/per day), and detect other lifestyle considerations (e.g. hours of sleep per day, typical active / inactive daily patterns of activity).
4. Improve compliance with medication and lifestyle modifications (e.g. inbuilt reminders for medication, diet logging, self monitoring of blood glucose)
5. Access health coaches (certified diabetes educators) at your fingertips – either thru app or dial a help line.
6. Provide constant support mechanism to prevent / protects from very low and high blood sugar levels.(i.e Hypoglycemia and Hyperglycemia)

Download: Google:
https://play.google.com/store/apps/details?id=com.bvmcs.apollosugar&hl=en_US

iTunes: https://itunes.apple.com/in/app/apollo-sugar/id1192436773?mt=8

2 – Corrie Health

Price: Free

Description: Corrie (Cor is Latin for Heart) is designed to help you recover after surviving a heart attack. This cardiology app was built by a multi-disciplinary team at Johns Hopkins. Corrie makes it easy for you and your family stay on track with the essential parts of your heart health—medications, exercise, education, and connecting with your healthcare team.

Corrie App features include:

1. My Activities: track progress taking medications and completing other care tasks like engaging in physical activity. Reminders are included to help you stay on track.

2. My Vitals: stay in tune with indicators of recovery like heart rate, blood pressure, physical activity, and mood.

3. My ABCs: empower you to understand your heart health through engaging state-of-the art videos and easy-to-read summaries addressing life-saving cardiology topics including understanding why heart attacks happen and tips on how to prevent them in the future (ex. medications, diet, exercise, and smoking cessation). Patients, families, and caregivers can easily share in the learning experience by engaging with these videos on their mobile device in cardiac unit hospital rooms during their stay or at home.

4. My Follow-Up: schedule and track follow up appointments with healthcare providers and cardiac rehabilitation.

5. My Connect: keep critical health information a click away, including medical cards (e.g., stent cards, insurance cards) and care team contact information.

Download: Google:
https://play.google.com/store/apps/details?id=com.corriehealth.corrie

iOs: https://itunes.apple.com/us/app/corrie-health/id1212463532?mt=8

3 – Dosecast

Price: Free

Description: With Dosecast, you'll remember to take the right drug, the right way, at the right time, every time with the help of these features, all included in the free edition:

1. Reliable Notifications: Dosecast reliably sends dose reminders with or without an internet connection. Dosecast also tracks the time zone you're in when travelling and adjusts reminders accordingly, so you get notified correctly no matter where you are.

2. Flexible Scheduling: Some apps can only remind you to take your medication at the

same time every day. Only Dosecast helps you take doses on a daily/weekly/monthly schedule, every X days/weeks, or even after a pre-set number of hours or days since the last dose. Plus, you can avoid dangerous overdoses by setting a maximum number of doses allowed per day or per 24 hours.

3. Customizable Dose Amounts and Instructions: With Dosecast, set the drug name, dosage information, directions, and notes that appear in the reminders for each dose.

4. Postpone-able Reminders: With Dosecast, you can postpone a reminder before or after it goes off - by however long you need.

5. Smart Silencing: Dosecast tracks when you're sleeping and when your treatment begins and ends, so there are no unwanted alarms.

Download: Google: https://play.google.com/store/apps/details?id=com.montunosoftware.dosecast&hl=en_US

iTunes: https://itunes.apple.com/us/app/dosecast/id365191644?mt=8

4 – Habits: Diabetes Coach

Price: Free

Description: The Habits Program is a proven online lifestyle coaching program based on a landmark clinical study called the Diabetes Prevention Program (DPP) in the US and has been designed for India in partnership with Dr. Mohan's Diabetes Specialities Centre.

1. Track Diet & Activity: In order to help you, we have created an easy to use web and mobile platform that help seamlessly integrate diet & activity tracking into your life. What once was a laborious task can be an inspiration to create lifestyle changes. With tracking, watch as you improve your food intake and exercise routine.

You can track the following parameters using Habits.

- Glucose
- Daily activity (using built-in pedometer)
- Dietary Intake
- Weight
- Insulin Units
- Blood Pressure
- HbA1c
- Lipids

2. Learn How to Achieve a Healthier Lifestyle Balance: Our weekly interactive video lessons will help you learn exciting and proven strategies to eat healthier, become more

active and manage day-to-day situations that come in the way of improving lifestyle. You will be guided by our expert coaches who as certified diabetes educators have helped thousands of participants just like you!

3. Coach: The Habits app has a Coach feature which gives you timely suggestions when you are using the app. The coach will keep you on the track when you are going through the program. You can also ask questions to your Coach using the app.

4. Reports: Get access to beautiful and informative reports about the information that you are tracking. These reports can also be shown to your personal physician so that he/she can get better data about your health.

The program is recommended for people with:

- Type II Diabetes
- Pre-diabetes
- Hypertension
- High Cholesterol

Download: iTunes: https://itunes.apple.com/us/app/habits-diabetes-coach/id1016026169?mt=8

5 – Life in Control Diabetes Coach

Price: Free

Description: Diabetes can attack your health from all directions. Meet the one app carefully designed to provide personalized yet comprehensive Diabetes Management at your fingertips!

Here is a list of features available in Life in Control:

1. Your Personal Diabetes Coach: Your coaches assess your health and create a diet and exercise plan that adapts with your health condition. They are also constantly available to answer questions and give advice and support.

2. Daily Tasks and Health Goals: We create long-term health goals for managing Diabetes. We then hand-hold you towards these goals by giving small and manageable daily tasks every day with gentle reminders!

3. Diabetes Lifestyle Management: Find diabetic friendly diet and exercises, count calories burned and consumed, and get an estimated impact of each meal on your blood sugar level.

4. Log and Visualize Health Data: Monitor Diabetes and track HbA1C and Blood Sugar Levels, medicines, insulin and other health vitals. Get a complete picture of your health using our beautiful visualizations.

5. Variation in Blood Glucose Level: An overall as well as category-wise view of your blood sugar levels on your preferred time scale.

6. Remain Connected to your Doctor: If your doctor is a part of the Life in Control network, he can see your health data, monitor your progress and adapt your treatment plan (including insulin and other medicines) using our web application.

Download: Google: https://play.google.com/store/apps/details?id=com.lifeincontrol

6 – Mango Health

Price: Free

Description: Mango Health takes care of your daily health routine, to make it fun, easy, and rewarding. Feature highlights include: reminders to take your medicine and keep up with healthy habits, drug interactions info, a health history, and best of all - points and rewards!

HOW MANGO HEALTH SIMPLIFIES YOUR HEALTH:

1. Reliable Medicine Reminders: Schedule customized pill reminders for medications and supplements. Our user-friendly reminders are easy to schedule and edit, giving you the peace of mind that comes with knowing you'll never miss a dose.

2. Healthy Habit Reminders: Set up custom reminders to drink water, record your mood, track your food, track your step count, check your blood glucose, take your blood pressure, or watch your weight. Our habit reminders make managing your health easy as possible, so you can focus on the rest of your life.

3. Drug Interaction Warnings: Once you've added a medication, Mango Health alerts you to side effects and potentially dangerous drug interactions with other meds, supplements, or food. Color-coded messages also make it easy to understand the severity of interaction warnings.

4. Points and Rewards: Each day you take your medicine correctly, you'll earn points. Points unlock the chance to win rewards, including gift cards from your favorite stores, donations to leading charities, and more.

5. Daily Health Diary: We automatically log your health history, so you can look back and see what you did and when. We make it easy to reference your health history at your next appointment to make sure your prescription and treatment plan is right for you.

Download: Google:
https://play.google.com/store/apps/details?id=com.mangohealth.mango&hl=en_US

iTunes: https://itunes.apple.com/us/app/mango-health/id560657279?mt=8

7 - Med Helper Pill Reminder

Price: Free

Description: Now with Cloud Backup/Restore Med Helper keeps track of your prescriptions - Alarms remind you when medication needs to be taken, when Doctors appointments are scheduled and when meds are running low or are about to expire.

Med Helper also tracks your vital signs and PRN / take-as-needed medication. You can log and export or print detailed reports for your Doctor, Nurse or Caregiver

Multiple profiles let you manage others in your care.

Whether you're self managing or taking care of your loved ones, Med Helper's features will help you deal with anything from simple short term situations to prolonged complex chronic conditions by making it easy to maintain prescription and medical regime compliance / adherence.
Med Helper Free Features include:

Phone / Tablet compatible

Prescriptions, Schedule, Take as Needed (Amount/time taken, last 10 doses), Inventory, Doctor/Pharmacy Contact Info, Vitals Tracking, Med Log and Exportable and Printable Reports

Download: Google:
https://play.google.com/store/apps/details?id=com.earthflare.android.medhelper.lite

iTunes: https://itunes.apple.com/app/med-helper/id438926478

8 – Medisafe - Pill & Med Reminder

Price: Free

Description: Never forget to take your meds and pills again with the MUST HAVE pill reminder ranked #1 by pharmacists and physicians in independent tests.

Be safe with your meds - Improper medicine use and dosage tracking leads to:

- 50% of patients not taking medicines as prescribed
- 125,000 deaths a year (one every 4 minutes)
- 700,000 hospital visits a year
- 44 out of 100 prescriptions never picked up at the pharmacy

With Medisafe you won't put yourself or your loved ones at risk by missing a dosage -- or taking a double dose because nobody tracked. Our mission is giving you the pill reminder tools, support and info you need to safely take pills.

This app includes:
1. Clean & Simple: Visual and easy medical manager to handle drug reminders.
2. Health App Integration: Keeps track of your measurements and syncs them to Health app: blood glucose, blood pressure, weight, pulse and temperature.
3. Report Sharing: See your progress report and send it to the doctor or nurse as a visual informative PDF.
4. Family Interaction: Synchronizes the family's medicine pillboxes to one place, in real time. Manage your entire family from one account!
5. Medtones: Various Medtones to make Medisafe playful and a great addition to your day: have Darth Vader, Dr Evil, Austin Powers, Elsa or your Nagging Mom remind you about your meds.

Download: Google:
https://play.google.com/store/apps/details?id=com.medisafe.android.client&hl=en_US

iTunes: https://itunes.apple.com/us/app/medisafe-pill-med-reminder/id573916946?mt=8

9 – MyMeds: Med Tracking Made Easy

Price: Free

Description: MyMeds is an easy to use, secure medication management platform built for people who would rather live their lives rather than worry about when to take their next dose.

MyMeds can help keep you healthy by:

- Sending you daily medication and refill reminders (text, email, and push notification depending on your preference).
- Helping you understand the reasons for taking your medications.
- Keeping your healthcare team and loved ones in sync on what medications you're taking.
- Analyzing your medication usage history.
- Finding the best price for prescriptions near you.
- Informing you about your medications and their side effects.

Download: Google:
https://play.google.com/store/apps/details?id=com.mymeds&hl=en_US

iTunes: https://itunes.apple.com/us/app/mymeds-med-tracking-made-easy/id541882256?mt=8

10 – Wellthy Care

Price: Free

Description: Want to lead a healthy life, but struggling to do so?

And despite the abundance of information all around you, you're probably confused about where and how to get started?

Don't worry, we are here for you!

Introducing Wellthy Care - your own 24*7 personal health coach.

Wellthy Care is the digital health coach that will help you manage diabetes, chronic kidney disease (CKD) and other such chronic conditions. We'll help you improve your lifestyle, by helping you maintain your blood sugar levels, blood pressure levels, lose weight, make your diet healthy and make you more active.

The features of the app are built to help you beat your health issues and lead a healthy (and happy!) life in just 16 weeks:

24*7 instant personalized lifestyle coaching by Carey, your AI-powered health coach

- Access to a dedicated health coach who is a certified clinical nutritionist
- Expert guidance to lose weight in a healthy way
- Logs and diary to keep track of your lifestyle
- Weekly and monthly lifestyle reports to show your doctor
- Expert-verified interactive lessons that will help you manage your condition better

Download: Google:
https://play.google.com/store/apps/details?id=wellthy.care&hl=en_US

iTunes: https://itunes.apple.com/us/app/wellthy-care/id1382566710?mt=8