

## Droid Apps

Calorie Counter - MyFitnessPal

[MyFitnessPal, LLC](#)

◆  
Top Developer



Lose weight easily with MyFitnessPal, the best calorie counter for Android!

Lose weight with MyFitnessPal, the fastest and easiest to use calorie counter for Android. With the largest food database of any Android calorie counter (over 1,100,000 foods), and amazingly fast food and exercise entry, we'll help you take those extra pounds off! There is no better diet app – period.

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Fooducate Shopping Scanner

[Fooducate, Ltd.](#)



Scan a barcode. See what's really in your food. Choose healthier alternatives.

Get Fooducated! Featured app on Android Market Dec 2011.

As featured in USA Today, NYTimes, WSJ, Lifehacker, Gizmodo and on ABC, FOX, NBC and more...

Scan and choose healthy groceries. Over 200,000 unique UPCs!

Instead of trying to decode nutrition facts labels and ingredient lists...

...use your Android phone to:

- ★ Automatically scan a product barcode
  - ★ See product highlights (both good & bad)
  - ★ Select better alternatives
- 

WebMD for Android

[WebMD, LLC](#)

◆  
Top Developer



24/7 access to health information and decision-support tools.

WebMD for Android helps you with your decision-making and health improvement efforts by providing mobile access 24/7 to mobile-optimized health information and decision-support tools including WebMD's Symptom Checker, Drugs & Treatments, First Aid Information and Local Health Listings. WebMD the App also gives you access to first aid information without having to be connected wirelessly – critical if you don't have Internet access in the time of need.

### KEY FEATURES

- WebMD Symptom Checker – Select the part of the body that is troubling you, choose your symptoms, & learn about potential conditions or issues.
- Conditions – Find medically reviewed information about Conditions relevant to you & learn more about causes, treatments, & related symptoms.
- Drugs & Treatments – Search our extensive database for information on Drugs, Supplements, & Vitamins. Access content such as Uses, Side Effects, Warnings, and more.
- Pill Identification Tool – Identify your prescription drugs and over the counter medicines by pill shape, color, &

imprint.

- First Aid Essentials – Your handy guide for medical emergencies. From insect stings to broken bones, helpful treatment tips are always available, even without an Internet connection.
  - Local Health Listings – Find the closest physician, hospital, & pharmacy based on your current location or search by city, state or zip.
- 

## Cardiograph

[MacroPinch](#)



Personal heart rate measuring device

### \* Measure Your Heart Rate

Ever wanted to know how fast your heart is beating? It's never been easier! Use your smartphone's built-in camera to get an accurate reading almost instantly. Anytime, anywhere.

### \* Authentic Visual Style

Beautifully designed, authentic visual interface inspired by real-life medical equipment. Watch as every beat of your heart is drawn on paper and reported on the monochrome LCD screen below.

### \* Interesting Facts

Enjoy dozens of interesting, insightful and fun facts about the heart while you measure your pulse. Just don't get too excited about them, it may interfere with the results...

### \* Authentic Audio Design

The stride for authenticity and the attention to detail carry over to the audio department, with convincing sound effects that wouldn't sound out of place in a hospital.

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Calorie Counter by FatSecret

[FatSecret](#)



A simple tool to find all the Calorie and Nutrition Facts for the foods you eat.

Calorie Counter is the essential app to simply find nutritional info for the food you eat and easily keep track of your meals, exercise and weight.

Calorie Counter is simple to use and has all the cool tools to help you succeed:

- A food diary to plan and keep track of what you're eating.
  - An exercise diary to record all the calories you burn.
  - A barcode scanner and manual barcode input
  - A quick pick to find calorie and nutrition info for your favorite foods, brands and restaurants.
  - A diet calendar to see your calories consumed and burned.
  - A weight tracker.
  - A journal to record your progress.
  - Recipes and meal ideas. You can also sync your account online to access your info anywhere, any time.
-

## Period Tracker

[GP International LLC](#)



Period Tracker™, the easiest way to track your periods!

Period Tracker™, the easiest way to track your periods is now on Android!

\* Press a button at the start of your period every month. Period Tracker™ logs your dates and calculates the average of your past 3 months' menstrual cycles to predict the start date of your next period.

\* View your current and future period dates, ovulation and fertile days, your moods and your symptoms in a simple month-view calendar.

\* Decorate your phone with an icon that looks great on your home screen and that's discreet. It reads simply "P Tracker."

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## Instant Heart Rate

[Azumio Inc.](#)



Top Developer



Turns your phone into a heart rate monitor. Quick and accurate.

Instant Heart Rate is the most accurate Heart Rate Monitor app for any smartphone and it does not need any external hardware.

Use it for optimizing your exercise and to track your progress.

Accuracy is constantly tested by fitness coaches, nurses, doctors, EMTs and 5 million users like you.

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## Daily Ab Workout FREE



[Daniel Miller](#)

Want to strengthen and tone your abs in just 5 minutes a day?

Daily Ab Workout is a great 5 to 10 minute daily ab routine for men and women that steps you through ten of the best ab-sculpting exercises. These proven exercises, demonstrated by a certified personal trainer, target all major abdominal muscles. Spending just minutes a day can strengthen your core and tone your abs.

The routine's simple interface, complete with video and timer, allows you to easily follow along and understand each exercise.

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## My Tracks

[My Tracks Team at Google](#)



My Tracks allows you to record and share your GPS tracks, including statistics.

Use My Tracks while you run, bike, hike, or do anything else outdoors, and it will use the GPS sensor in your phone to record the path you took. It will also gather useful statistics such as time, speed, distance, and elevation. You can review all of this data live, or you can save it for use later. While you're out, you can mark relevant waypoints, and can ask to hear automatic voice announcements about your progress.

My Tracks can record data from external sensors:

- Zephyr Technology Consumer HxM Bluetooth heart rate monitor
  - Polar Bluetooth heart rate monitor
  - ANT+ heart rate monitors (\*)
  - SRM power meters, speed, and cadence sensors (\*)
- 

### **Workout Trainer**

[Skimble Inc.](#)



Download Workout Trainer and get fit with FREE workouts led by expert trainers!

Get in shape with workouts led by expert personal trainers! Workout Trainer ranks Top 10 in the App Store in free Healthcare & Fitness -- download it now on your Android!

Your coaches guide you through exercises with timed, step-by-step audio, photo and video instructions -- complete with encouragement! Whether you're doing bodyweight workouts at home or lifting weights at the gym, Skimble's Workout Trainer will help you get fit with thousands of free workouts. You can also choose your area of focus and use it to strengthen, lose weight, improve your running, practice yoga and more.

Workout Trainer is ideal for people who want to get in shape without using any exercise equipment. Also great for those who enjoy Tabata, High Intensity Interval Training (HIIT), timed workouts and CrossFit WOD.

Here are just a few ways that Workout Trainer is the best app to help you achieve your fitness goals:

- ✓ Just put on your headphones and follow along with audio instructions and progress cues
  - ✓ See instructional photos and videos that explain each move in detail
  - ✓ Complete our free virtual fitness consultation wizard!
  - ✓ Share your workouts via Email, Facebook and Twitter
  - ✓ Easily create and edit workouts from your Android!
  - ✓ Add our home screen widget to see a new workout every day.
  - ✓ Play your favorite music while working out
  - ✓ Try new and recommended workouts from the community
- 

### **Lightning Bug - Sleep Clock**

[lightningbug.me](#)



Lightning Bug is a visual sound machine. Night time clock, sleep timer & alarm.

Lightning Bug has been a top app in the Android Market's Health category for over a year! Check it out, see why! Make your mood! Find sleep and relaxation easier with Lightning Bug, a simple but powerful ambience and white noise mixer for Android powered devices. Lightning Bug contains a growing library of sound loops and samples ranging from the natural peace of rain storms and ocean waves, to pure white noise, city trains, meditation bells, acoustic and electronic instruments, and down-tempo break beats.

Lightning Bug doesn't just play simple, repetitious audio loops. Lightning Bug uses a customizable engine to play harmonized sound samples in random patterns. You never have to hear the same thing twice!

Lightning Bug also includes many soothing backgrounds and sound visualizations. It even has a stylish, customizable digital clock with alarm, a great replacement for your bedside alarm clock!

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**Music Therapy for Sound Sleep**  
[IMOBILIFE INC.](#)



Music Therapy for Sound Sleep - Amazing Alpha Wave Set to Comfort Your Mind

\* Music Therapy for Sound Sleep (Full Version) with 8 music pieces and 12 ambient sounds is now available on Android Market! \*

[https://market.android.com/details?id=imoblife.mtsoundsleep.deluxe&feature=search\\_result](https://market.android.com/details?id=imoblife.mtsoundsleep.deluxe&feature=search_result)

Music Therapy for Sound Sleep is an android music application based on the famous EEG to optimize human brains. For a necessary sound sleep, Low Speed Alpha Wave set in this app will comfort your mind, assisting you to fall asleep smoothly.

Enrich Your Imagination with a Sound Mixer in the latest version!

Features:

- Tunes with Low Speed Alpha Wave
  - Ambient Sound Mixer with a group of natural sounds
  - Elegant interfaces and varied music themes
  - Elaborate descriptions
  - Increase sleep quality and relaxed state
- 

**Brain Workout**

[Daxup Mobile](#)



Keep Your Brain Active! Use it or lose it.

IS YOUR BRAIN ACTIVE?

Sharpen Your Brain with 4 brain training games that will analyze your memory, concentration, reaction and accuracy abilities. Track your performance and watch your stats rise as you improve your mental skills each time you play. Compare scores with your friends.

Test your brain in 4 areas : Memory, Focus, Reaction and Accuracy (More tests coming soon...).

\* You may post your results to global scoreboard and compare with other player from all over the world.

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**Brainwave Tuner Lite**  
[IMOBILIFE INC.](#)



Brainwave Tuner - Just put on the earphones and let Brainwave Tuner turn you on!

\* Brainwave Tuner Full Version is now available on Android Market! \*

Brainwave Tuner is a brain wave stimulation application that generates tones with binaural beats, which can change your brain frequency towards the desired state, be it relaxation or enhanced attention.

10 Preset Sound Patterns are now included in Brainwave Tuner Lite:

- Headache Therapy: Helps alleviating headaches with a mixture of steady low theta (5Hz) and mid-alpha (10Hz) waves.
- Meditation: Concentrating on this tone helps quickly attaining a meditative state of mind.
- Schumann Resonance: Helps meditating with a steady 7.83Hz alpha tone. This is also the resonance of the Earth's magnetic field, making it a very natural meditative frequency.
- Sleep Induction: Gently slows the brain frequency down to a 3Hz delta wave, which usually occurs in a deep sleep

thus to gradually induce one's sleepiness.

- Relaxation: Helps to relax with a basic sweep from a regular beta wave (15Hz) down to a low alpha wave (7Hz), in order to save you from certain intense strain.
- Self-hypnosis: Helps getting into a self-hypnotic state. The user should listen to the repeating sound and concentrate on it.
- Edge of Consciousness: Discover the true meaning of life and consciousness with this track taking you to the very edge of the conscious mind.
- Earth Peace Night: This is an Earth Meditation track that helps relax and mediate.
- Attention Increase: Helps focusing by bringing the brain to a high beta frequency. The frequency is lowered briefly once every 15 seconds to keep the brain more receptive.
- Intelligent Increase: This 10Hz alpha tone helps increase the blood flow in the brain, promote dendrite and synapse growth, increase IQ points and cognitive abilities.

kw: Brainwave tuner entrainment binaural beats therapy for headache quality of sleep meditation relaxation android application health fitness

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### QuitNow!



[EAGIN Software](#)

Let your Android Help you quit smoking!  
Pro version available on the market.

Are you quitting smoking?  
Want to quit?  
Let this application help you!

- Days without smoking
  - Cigarettes not smoked
  - Money saved
  - Time saved
  - 9 Aspects of your health that you will see gradually improved
  - Tips for quitting
  - Facts about snuff
  - Achievements to unlock and share with your friends! (More achievements in Pro Version)
  - Widget to see your progress
  - Gallery
  - Share your progress
- 

### AlcoDroid Alcohol Tracker



[Myrecek](#)

Track your drinking.

AlcoDroid is an alcohol consumption tracker, drink diary and blood alcohol content calculator. AlcoDroid helps you get a better handle of what you drink and change your drinking habits. Optionally it also tracks costs of your drinks.

AlcoDroid also provides an estimate of your blood alcohol content (BAC) based on the drinks you've logged, plots your BAC development in a chart and indicates when you get below the legal limit or back to zero.

AlcoDroid also allows you to:

- show, edit and export your drink logbook
- chart your drinking habits daily, weekly or monthly
- display and export daily, weekly and monthly alcohol consumption statistics
- set your drinking goal (e.g. 21 standard drinks per week, SD/w) and see how your drinking matches the goal

- setup your own list of "drink presets" to log your drinks fast
  - pin the most frequently used drinks to the main screen to log your drinks by two clicks
  - share your status and BAC chart on Facebook, by e-mail etc
- 

## OnTrack Diabetes

[GExperts Inc](#)



Manage diabetes better by tracking blood glucose, medication and other values.

OnTrack is an application to help diabetics manage their diabetes by tracking various items such as blood glucose, food, medication, blood pressure (BP), pulse, exercise and weight.

Features include:

- easy to use interface makes it a snap to add new entries
- Add multiple entries simultaneously, for example add glucose and medication at one time quickly and easily
- a variety of detailed graphs and reports
- a detailed log book with tables and graphs suitable for sharing with your doctor
- Supports both US (mg/dl) and international (mmo/l) glucose units.
- export your data in a variety of non-proprietary formats including CSV,HTML,XML
- annotate each entry with a category (breakfast, lunch, dinner, etc)
- customize categories, medications, exercise types and more by adding, removing or renaming as desired
- automatically have OnTrack select the right category for new entries based on time of day
- activate reminders on new entries, for example remind yourself to test two hours after eating food.
- Your data is your data, backup and restore as needed and even move it from one phone to another

NOTE: Before upgrading to a new version of OnTrack we always recommend backing up your data first using the backup option under the Tools button in the OnTrack dashboard.

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## iPhone Apps

### Calorie Counter & Diet Tracker by MyFitnessPal

By [MyFitnessPal.com](#)

[View More By This Developer](#)



Open iTunes to buy and download apps.

#### *Description*

Lose weight with MyFitnessPal, the fastest and easiest to use calorie counter. With the largest food database of any calorie counter (over 1.1 million foods), and amazingly fast food and exercise entry, we'll help you take those extra pounds off! There is no better diet app – period.

PC Magazine Editor's Choice Selection

Wired Magazine's Editor's Pick for Lifestyle Apps

Also featured in the NY Times, USA Today, Family Circle, Marie Claire, NBC, CNET, Shape, the Today Show and more.

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## iTriage



By Healthagen LLC

[View More By This Developer](#)

Open iTunes to buy and download apps.

### Description

Created by two ER docs, iTriage helps you answer the questions: "What medical condition could I have?" and "Where should I go for treatment?" It also lets you save, easily access, and share the healthcare information most important to you. iTriage has been downloaded millions of times in over 80 countries and consistently receives a 4.5 (out of 5) user rating.

Features:

- \* Proprietary Symptom to Provider™ pathway: search symptoms, learn about potential causes, and then be directed to the most appropriate treatment facility or doctor
  - \* Find the closest facilities and doctors from your location
  - \* Maps and turn-by-turn directions to all provider facilities
  - \* Thousands of medical symptoms, diseases, procedures, and medications
  - \* Clear, concise, and useful information
  - \* The most updated and comprehensive national directory of hospitals, urgent cares, pharmacies, physicians, outpatient clinics, and community health clinics
  - \* Wait times for select Hospital Emergency Rooms and Urgent Care facilities
  - \* Pre-registration feature for select Hospital Emergency Rooms
  - \* Emergency hotlines, and physician and nurse advice lines
  - \* Save your personal healthcare facilities, doctors, diseases, procedures, medications, and health plan advice lines
- 

## White Noise Lite



By TMSOFT

[View More By This Developer](#)

Open iTunes to buy and download apps.

### Description

RECOMMENDED BY CNET, PC WORLD MAGAZINE, AND MSNBC! OVER 10 MILLION DOWNLOADS! FIND OUT WHY THE WORLD IS SLEEPING BETTER!

CNET: Five free iPhone apps that can improve your life

"Trouble falling asleep at night? A little white noise might do the trick. Just choose a sound--a thunderstorm, waves crashing on a beach, chirping crickets, etc.--and set your iPhone (or second-gen Touch) on your nightstand. The app features a volume fader and timer so your handset can "drift off" after you do."

PC WORLD: Three iPhone Apps You Can't Live Without

## FEATURES

- Mix multiple noises together to create new soundscapes
  - Create a timed playlist of sounds and mixes
  - Sleep function turns display into a LED clock and dragging up and down adjusts brightness
  - Sound timers that slowly fade audio out so you don't suddenly awake
  - Multiple alarms that slowly fade in so you wake up feeling refreshed
  - On-screen media and volume controls with support for headphones w/ remote controls and iPod controls on lock and multitask screens
  - Gesture support allows swiping left or right to navigate sound collection
  - Integrated help available by swiping down. To dismiss swipe up.
  - Star your favorite sounds and mixes in the catalog viewable in the favorites category.
  - Settings let you adjust device volume, sound volume, balance, and pitch of sound. Auto sleep enables sleep mode after 2 minutes.
  - Includes beautiful images that match the high quality of each sound
- 

## Restaurant Nutrition

By [Foundation HealthCare Network](#)  
[View More By This Developer](#)



Open iTunes to buy and download apps.

### *Description*

Stay in the Know on the Go!

- Loaded with over 250 Restaurants, 60,000 food items!
  - Rate/review menu items!
  - Journal your food!
  - Post what you ate to facebook!
  - Upload and use images uploaded by others!
  - Accurate Nutrition to track calories, carbs, protein, fat and more!
  - Now shows allergens when supplied!
  - Create Multiple Profiles!
  - Set food allergen filters by profile!
  - Gluten Free Menu Indicator!
  - Shows Daily Values based on 2000 calorie diet or calorie goal of your choosing!
  - Set diet goals by profile!
  - Filter nutritional displays by profile!
  - Find Dining Location With Map Feature!
  - Track Nutrition Automatically!
  - Full Restaurant Menus!
  - Search For Food by calorie, carb, fat and more!
  - Search for foods based on nutritional values within restaurants!
  - Hide Locations you are not interested in or that are not near you!
  - Mark your favorites to appear at the top of the list!- ALWAYS FREE! Or upgrade to AD FREE version!
-

## Zune App

# healthvault



Microsoft Corporation  
health + fitness  
Version 1.0.0.0  
Release date: 12/13/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

### HEALTHVAULT

Ever wish you could access medical information for yourself and your family right from your smartphone? Wouldn't it be great if you could easily retrieve your prescription history or quickly look up insurance information at the doctor's office? You can, using Microsoft HealthVault for Windows Phone.

HealthVault for Windows Phone provides mobile access to the health information in your HealthVault account. Use it to track and manage chronic conditions, enter health data on the fly, and keep family emergency information handy—all on the go!

For more information on what you can do with HealthVault, visit [www.healthvault.com](http://www.healthvault.com).

This app makes use of your phone's:

- data services
- music and video library

### screenshots



# myfitnesspal



MyFitnessPal, LLC  
health + fitness  
Version 1.1.0.0  
Release date: 6/24/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

### MYFITNESSPAL

Lose weight with MyFitnessPal, the fastest and easiest to use calorie counter for Windows Phone 7. With the largest food database of any mobile calorie counter (over 1,000,000 foods), and amazingly fast food and exercise entry, we'll help you take those extra pounds off! There is no better diet app – period.

Featured in the NY Times, Wall Street Journal, USA Today, Family Circle, Marie Claire, NBC, CNET, Shape, the Today Show and more.

This app makes use of your phone's:

- data services
- phone identity

### screenshots



# calorie counter by fatsecret



FatSecret  
health + fitness  
Version 1.1.0.0  
Release date: 10/20/2010

FREE

## CALORIE COUNTER BY FATSECRET

Calorie Counter is the essential app to simply find nutritional info for the food you eat and to keep track of your meals, exercise and weight.

The Calorie Counter application has all the cool tools to help you succeed:

A food quick pick to find calorie and full nutrition information.

A food diary to plan and keep track of what you're eating.

An activity diary to record all the calories you burn.

A weight chart.

Average customer rating:

★★★★☆

[view reviews](#)

## screenshots



# kegel bootcamp



Rudi Grobler  
health + fitness  
Version 1.1.0.0  
Release date: 9/13/2011

FREE

## KEGEL BOOTCAMP

Kegel Bootcamp is a fun and easy way to gain the benefits of Kegel Exercises.

Average customer rating:

★★★★★

[view reviews](#)

## screenshots



# fertility calendar



EOS Consulting  
health + fitness  
Version 1.4.0.0  
Release date: 5/9/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## FERTILITY CALENDAR

This app helps track and predict your menstrual cycle and fertile days at a glance using an easy color coded calendar view.

You can use this app if you are trying to get pregnant or if you are trying to avoid getting pregnant.

If you like this free app please leave a review comment.

### Features:

- \*Set your last period date, cycle length, period length, and luteal phase duration
- \*Color code calendar view shows your menstrual cycle and fertile days at a glance
- \*Saves information entered so you don't have to reenter it every time you start the app

Version 1.4:

## screenshots



# mywalk



Anh  
health + fitness  
Version 1.4.0.0  
Release date: 6/30/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## MYWALK

Brisk walking is one of the best ways to stay physically fit if you don't have time to go to the gym.

MyWalk will help you walk more.

How? MyWalk will give you rewarding feedback as you walk, and help you feel proud of your improvement day by day. It does this by combining the phone's location sensing and motion sensor to comprehensively monitor your walking.

It's simple to use. Whenever you walk, just launch the app, indicate if you

## screenshots



# relax you lite



Ehhou  
health + fitness  
Version 1.2.0.0  
Release date: 5/28/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## RELAX YOU LITE

If you are tired of bustle and hustle of the city, if insomnia is your "friend" or if you just want to relax, than Relax You Lite is exactly what you need.

Thanks to Relax You Lite, you can enjoy 11 relaxing sounds and 7 tranquil melodies skillfully chosen specially for you.

You can change their volume, listen them separately or together and even with your own music!

Note that Relax You Lite is ad-supported but you can buy Relax You. It has timer, no ads and updates faster.

It will be useful for:

- ★ quickly restore your vitality
- ★ get into sleep faster
- ★ calm your crying baby

## screenshots



# blood pressure



GCrisuolo  
health + fitness  
Version 1.2.0.0  
Release date: 6/14/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## BLOOD PRESSURE

Today stress and unbalanced diets lead us to have problems with blood pressure.

This application, easy to use but great useful, allows us to store values about the maximum pressure (diastolic) and minimum (systolic) and heart pulse and to be able to manage the history displaying in chronological order.

You can also send an email with the whole story, or only the surveys have not yet sent to a recipient (for example, your cardiologist).

This app makes use of your phone's:

- data services

## screenshots



# mobile first aid



Ste09  
health + fitness  
Version 1.2.0.0  
Release date: 5/21/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## MOBILE FIRST AID

According to a recent study (Gray, 2008) there are about 1.8 mobile phones per person around the world. Since everyone of us can find himself in the need to give some first aid assistance to someone injured, it is simple to merge these two data and say "why don't give these people a first aid application to be installed on their mobile phones."

Nothing particularly new here, but if you give it a further and deeper look, you will find Mobile First Aid to be not the ordinary list of TODO's in case of emergency or just a simple book you can scroll through.

Mobile First Aid is developed to give anyone the tools and knowledge to perform the right thing, no matter what are your skills.

Features:

## screenshots



# weight4me



Dan Crevier  
health + fitness  
Version 1.0.0.0  
Release date: 11/4/2011

FREE

Average customer rating:  
★★★★★

[view reviews](#)

## WEIGHT4ME

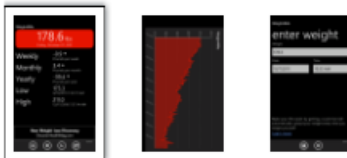
Weight4Me allows you to track your weight over time.

Are you tired of losing all of your weight data whenever you upgrade phones? Do you wish your weight tracking application could automatically get data from your scale? Do you want access to your weight data from multiple applications on multiple devices? If so, Weight4Me is for you. Weight4Me connects with Microsoft® HealthVault™ to store your health information. This means that the data you enter into the application can be accessed on all of your devices with a number of applications. And, you can use certain scales to automatically upload your weight data every time you weigh yourself.

Version 1.0 supports the following features:

- \* All data is stored in HealthVault.
- \* Integrates with HealthVault compatible scales.
- \* Shows most recent weight in pounds
- \* Shows weekly, monthly and yearly trends based on simple linear

## screenshots



# taoist meditations



CAC Development  
health + fitness  
Version 1.0.0.0  
Release date: 7/12/2011

FREE

Average customer rating:  
★★★★★

[view reviews](#)

## TAOIST MEDITATIONS

Taoist Meditations is intended as a resource for enlightening material and useful tools for meditation. This application currently provides five useful tools for enhancing your meditation experience. The first is a meditation countdown timer, used to relieve your mind of timing constraints while meditating. There is a Tao Te Ching reference tool that allows you to generate a random passage or view all the passages and choose the one you wish to contemplate during meditation. There is also a random quote generator that you can add your own favorite quotes to. There is a favorites section where you can place your most commonly used mantras as well as a reference section where you can put your most commonly used meditation website links. Please email me with suggestions for updates you would like to see in this application at [cacdevelopment@hotmail.com](mailto:cacdevelopment@hotmail.com)

This app makes use of your phone's:

- data services
- owner identity

## screenshots



# cpr·choking



LagDroid  
health + fitness  
Version 1.0.0.0  
Release date: 3/18/2011

FREE

Average customer rating:  
★★★★★

[view reviews](#)

## CPR-CHOKING

The CPR/Choking app offers instant videos on how to perform CPR and aid a choking victim. Developed by leading educators and doctors at the University of Washington, it is compatible with the latest recommendations from national organizations. More info at <http://learncpr.org>

This app makes use of your phone's:

- data services

## screenshots



# beginner yoga free



WildCard LLC  
health + fitness  
Version 1.1.0.0  
Release date: 2/17/2011

FREE

Average customer rating:  
★★★★★

[view reviews](#)

## BEGINNER YOGA FREE

BEGINNER YOGA is the ultimate comprehensive step-by-step guide to your initial Yoga training!

Inside this application are original images and detailed guidelines to a sequence of 11 basic Yoga poses:

- Tadasana
- Urdhva Hastasana
- Uttanasana
- Adho Mukha Svanasana
- High Lunge

## screenshots



# premera mobile



PhoneApps  
health + fitness  
Version 1.0.0.0  
Release date: 12/13/2011

FREE

Average customer rating:  
★★★★★

[view reviews](#)

## PREMERA MOBILE

Premera Mobile provides members with on-the-go access to health insurance information including:

- Mobile Proof of Coverage
- Find A Doctor
- Member Discounts
- Customer Service
- Other Contact Information
- and much more coming soon

You will need your username and password you registered with at the Premera web site.

This app makes use of your phone's:

- data services

## screenshots



# besmart



Azurebits LLC  
health + fitness  
Version 1.3.0.0  
Release date: 1/13/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## BESMART

Few use of this application will grow the natural hatred and aversion towards the tobacco, it may leave a positive impression for life time. Smoking cession effort fails because they don't hit the root cause. This automatic revulsion towards tobacco is the answer!

This application uses power of information and facts. Repeated use of this application solidifies your dislike towards tobacco and slowly your tobacco use frequency will reduce. I quit smoking after more than 20 years of addiction by repeatedly browsing my small black book fill with the facts and gory details of tobacco side effects. Here is my black notebook in a form of a phone application.

Daily tweets against tobacco will provide you with new and updated information and reinforce your resolve to keep away from tobacco.

If you are not a smoker then help your friend, son, daughter or uncle with this application.

## screenshots



# first aid manual



The Coders Life  
health + fitness  
Version 1.0.0.0  
Release date: 4/22/2011

FREE

Average customer rating:  
★★★★☆

[view reviews](#)

## FIRST AID MANUAL

A detailed manual of First Aid, it will help you on the most difficult circumstances and never wanted or planned situations. NO Network is needed.

This app makes use of your phone's:

- data services

## screenshots

