

# Using Technology to Support Health Management

This resource presents tips around identifying reliable health information online and mobile apps to support health management. It also provides examples of quality health apps and websites, which are accessible in multiple languages.



## Identifying Reliable Online Health Information

Not all information online is reliable. Here are some tips using our proposed "green flag" and "red flag" approach that you can use to assess the reliability of websites.



Green flags are clues that suggest the information may be reliable



Red flags are clues that suggest the information may not be reliable



Tries to educate and share accurate information



Tries to obtain money or sell products



Is written by experts and reviewed for accuracy



Can be written by anyone and is not reviewed



Is current and up to date



Is not up to date and may have incorrect information



The more green flags and fewer red flags a website has, the more likely it may be sharing reliable information!

Reliable websites often have these website endings: **.gov**, **.org**, **.edu**

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## Choosing a Quality Health App



You may sometimes have difficulty choosing a mobile app to support your health management. Here are some tips to consider.

### Set realistic expectations

Identify a specific health goal (e.g. "I want to walk 10,000 steps each day") and select an app that will help you achieve this goal.



### Avoid health apps that overpromise

If it sounds too good to be true, it usually is! Choose health apps that rely on trusted techniques for meeting your goal and remember that changes in health usually don't happen overnight.



### Research the app developers

Learn about the people or company that designed that app, such as whether they consult health professionals and whether their apps have been endorsed by trusted organizations. Where possible, download from reputable developers.



### Crowd-source online and test apps before committing to buy

Look at the quantity of user downloads and consult consumer reviews. Compare and contrast similar apps and test them out before you commit.



### Familiarize yourself with privacy statements

Read the privacy statements before consenting to use any app. Understand the security measures in place to protect your personal information.



Remember that websites and health apps are tools to complement health management; they should never take the place of medical advice. Care providers should be consulted first.

The following page provides some examples of health apps and websites that you may find useful in managing your health.

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## Mobile Apps and Websites to Support Health Management



With so many apps available for download, you may find it overwhelming to know where to start. Below are some examples, many of which are free and are offered in multiple languages, of apps and websites to explore. The apps below are available for both Android and Apple users. This content does not constitute or imply endorsement of the apps or websites by the creators of this handout.

### Medication and Nutrition



#### Medisafe

Tracks and sends reminders for your daily medications. Also reminds you to manage refills, and allows app sharing with a caregiver.



#### MyTherapy Pill Reminder

Ensures you remember to take your medication, vitamins, or supplements at the scheduled time.



#### MyFitnessPal

Primarily used for tracking weight, water intake, and nutrition, enabling you to monitor calories and log food portion sizes.

### Exercise and First Aid



#### Nike Training Club

Offers at home and gym-based workouts for all levels. Best suited for people with some exercise experience.



#### Daily Yoga

Offers a free trial for its features, which include a multitude of yoga and meditation classes for all levels.



#### Red Cross First Aid

Provides tips for how to treat common emergencies and information about when to visit the emergency room.

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## Sleep and Mindfulness



### Sleep Cycle

Helps to track the amount of sleep you are getting, and can wake you up with a gentle alarm.



### MindShift CBT

Uses proven strategies based on cognitive behavioral therapy (CBT) to reduce anxiety, worry, stress and panic.



### Insight Timer

Free guided courses and available paid meditations by various speakers, with an option to download sessions.

## Chronic Pain Management



### Curable

Provides options to help manage chronic pain, including guided meditations and instructions for monitoring and creating a chronic pain care plan.



### Manage My Pain

Assists in reflecting on, tracking, and analyzing pain, empowering you to manage conditions such as back pain, headaches, and arthritis.



### Symptom & Mood Tracker: Bearable

Empowers you to take control of your health by simplifying mood and symptom tracking, making it more insightful.

## Government of B.C. Health Service Apps



### B.C. Health Service Locator App

Helps you locate nearby walk-in clinics, hospitals, emergency rooms, urgent and primary care centers, immunization sites, pharmacies, and laboratory services. With the B.C. Health Service Locator App, you can also find health services, view the latest health alerts in your area, call 8-1-1, and access quick links to emergency contacts.

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## Health Gateway

Offers secure and convenient access to your British Columbia health records in one place, including lab results, medications, health visits, immunizations, and more.

- View documents shared by your care providers: Access consultation notes, hospital discharge summaries, outpatient clinic notes, and more.
- Manage your information: Download, organize, and print your health records. Additionally, you can add personal notes to track health events.
- Health Visits: Review the last seven years of your health visits billed to the B.C. Medical Services Plan.

## More Digital Health Resources



Here you will discover self-guided digital health literacy resources. This digital tool will help you connect with family, friends, or even a medical provider

Traditional Chinese:



English:



Punjabi:



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