



# APP ONLY

FUNCTION	EXAMPLE
FOOD TRACKING	<a href="#">Calorie Counter &amp; Diet Tracker (My Fitness Pal)</a> , <a href="#">Cronometer</a> , <a href="#">See How You Eat</a>
MINDFULNESS	<a href="#">Headspace</a> , <a href="#">Insight Timer</a> , <a href="#">Aura</a>
VIRTUAL DOCTOR SURGERY	<a href="#">Push Doctor</a> , <a href="#">Babylon Health</a> , <a href="#">Practo</a>
SLEEP MONITORING	<a href="#">Sleep Cycle (Nova Labs)</a> , <a href="#">Sleep Time (Azumio)</a>
HEART MONITORING	<a href="#">Instant Heart Rate (Azumio)</a>
GENERAL HEALTH	<a href="#">Standup Test (Azumio)</a>
STRESS TESTS	Stress Check (inc. in Azumio's Instant Heart Rate app), <a href="#">Stress Check (AIIR Consulting)</a>
HEART RATE VARIABILITY	<a href="#">Elite HRV</a> , <a href="#">Sweetbeat HRV</a> , <a href="#">HRV4Training</a>
BLOOD GLUCOSE MONITORING	<a href="#">mySugr</a> , <a href="#">myDario</a> , <a href="#">Glooko</a>
FITNESS APPS	Many Smartphones now come with their own fitness apps e.g. Apple Health, Samsung Health, Sony Lifelog