

The use of mHealth apps is on the rise. By 2022, it is estimated that the mHealth business will reach \$102.4 billion. Currently, there are many apps available designed to improve health outcomes and prevent provider burnout. This guide highlights a few categories.

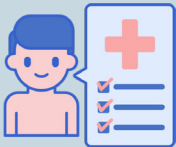
## Remote Monitoring Apps



COVID-19 has changed the way we support our patients. It may not be possible to see all patients at the practice. Remote monitoring apps enable practitioners to take care of the patients while they are at home. Apps and the supporting hardware/technology allows patients to report their blood glucose levels, oxygen levels, heart rate, blood pressure, etc. without needing to visit with a healthcare provider. Data are usually presented to providers in web-based portals.

*Examples include blood pressure and continuous glucose monitoring.*

## Clinical and Diagnostic Apps



One of the main appeals of using a clinical and diagnostic apps is that Practitioners can perform digital imaging. In addition, doctors can collect data on a patient, view labs, and evaluate the data before sharing with another provider. Doctors can check the symptoms and diagnose illness in real time.

*Examples include: Nuance PowerShare and Mobile MIM*

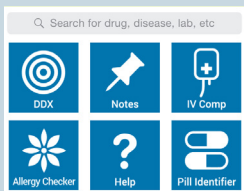
## Healthy Living Apps



These apps are designed to encourage healthy lifestyles for patients. Patients and providers can track metrics such as diet, exercise, sleep, and heart rate. The apps often provide education and engaging exercises to encourage patient behavior change. These apps are beneficial to patients who suffer from chronic disease, including diabetes or heart disease.

*Examples include: Health Pal, Diabetes: M and SleepScore*

## Clinical Reference Apps



These apps enable providers with timely, efficient digital access to E & M coding, ICD-9 and ICD-10 diagnoses, and other top reference documents to inform clinical practice.

*Examples include: PEPID PEDS and VisitCoding*

## Productivity Apps



These apps help to increase the efficiency of healthcare providers and professionals. Staff can use productivity apps for internal communication, scheduling, charting, and dictation. These apps – most designed to be HIPAA compliant - are increasing in popularity because they enable staff to manage the increasing number of administrative and coordinating tasks on their plate.

*Examples include: Evernote and Virtual Practice for Doctors*