

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

1st July, 2016

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SMART HEALTH

USE YOUR SMARTPHONE FOR IMPROVING YOUR HEALTH AND DAILY HABIT!

We spend too much time in staring at our phones, spend too much time in accessing various applications but usually we don't use our smart phone for our body care or health care.

In this issue, we will discuss several Health Apps which are easily available from Google Play Store at zero cost. Probably these apps will be helpful to schedule your workout, get detailed information about several commonly observed symptoms, schedule your meeting with physician, monitoring and analyzing the vital parameters associated with several diseases, etc.

1] RUNTASTIC: RUNNING & FITNESS APP

Ready to get in shape? Get started with the free Runtastic GPS Running & Fitness app and let us be your go-to fitness tracker (distance, time, speed, elevation, calories burned & more) - for activities such as running, jogging, biking & walking using GPS. It's the best of the best running apps! Plus it's fully optimized for Android Wear.

APP FEATURES & BENEFITS:

- Your personal fitness tracker: Track workouts in real-time with built-in GPS & monitor your personal training diary.
- Real Voice Coach: Audio feedback based on your preferred statistics for the first mile
- Yearly Running Goal: Set a running goal for the entire year & we will keep you motivated and on track to reach it
- Running Leaderboard: See who's run the furthest this/last week or this month.
- LIVE Tracking & Cheering: Receive messages & cheers from your friends on your next GPS running activity
- Powersong: Integrated music player & Powersong to give your next workout a boost
- Runtastic Wearable Connect: Allow to monitor workout using Wrist-watch!

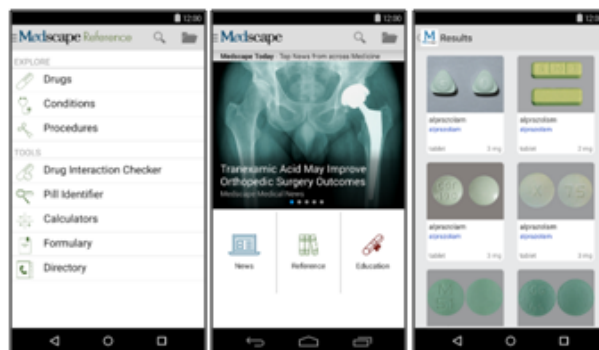
2] MEDSCAPE

Medscape from WebMD (medscape.com) is the leading medical resource most used by physicians, medical students, nurses and other healthcare professionals for clinical information. The Medscape app is the highest rated, fastest growing free mobile app for healthcare professionals with over 4 million registered users. Most popular features available in our app:



- **Medical News:** Read the latest news available across 30+ specialties, covering FDA announcements, thought leader perspectives, conference news, important journal articles, plus physician business news and tips.
- **Drug Information and Tools:** Look up adult and pediatric drug dosing information in seconds, check drug interactions, access medical calculators, and get health plan formulary information to support you with patient care.
- **Disease & Condition Information:** Prep for patients by reviewing clinical presentation, workup, and treatment information for 4,400+ diseases and conditions. Authored and reviewed by expert physicians.
- **Medical Calculators:** Access 129 medical calculators covering formulas, scales, and classifications directly through the calculator feature. Plus, 600+ drugs in our drug reference have integrated dosing calculators.
- **Drug Formulary Information:** Find out whether a drug is covered under a particular health plan and easily compare tier status for drugs in the same class to consider an alternative for your patient.
- **Continuing Medical Education Courses:** Complete accredited CME/CE courses for professional development and to fulfill licensure requirements.

- **Offline Access:** Drug, condition, and procedure reference, plus drug interaction checker can



be accessed without an internet connection when you select the option to download our clinical reference database.

3] BLOOD PRESSURE WATCH

Collect, track, analyze and share your blood pressure record. Get reminded at the right time. Share with just a click. Backup using Google Drive, Dropbox.

- **Get organized:** (Record) No more paper record. Record your BP, pulse, weight all in one place. Add comments, tag mood, weather, activity for future reference.
- **Always have your stuff with you:** (History, calendar, body) View your record as a list, calendar, and body location. View monthly average based on location.
- **See trends:** (Stats and analytics) Look at color coded sequential, time-line and distribution graph. Find best, worst average statistics for a given time.
- **Share your record:** Email, google drive, drop box, file
- **Never forget to record:** Set up reminder, never forget to record your blood pressure again.
- **Manage other's record:** Create multiple accounts and manage record for your family and friends.
- **Make it your own:** Choose the color you like most for viewing pleasure.



4] HOME REMEDIES+

Natural home remedies are safe and useful for the common ailments. Most of the non life threatening illness can be treated at home.

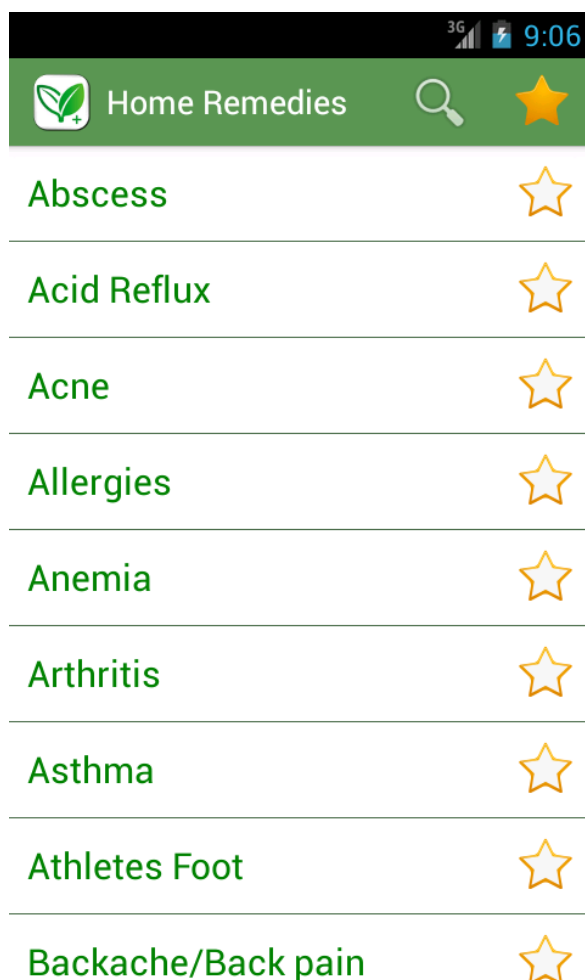
This app gives an idea about natural cures (alternative medicine or herbal cure) to replace many of the most commonly used over-the-counter drugs in the treatment of common ailments.

If you use home remedies wisely, it will save your time and money. Hope this app helps you to find your own path of healing through natural remedies.

Benefits of Home Remedies

- Made up from herbs, spices, fruits, and vegetables
- Simple to prepare, pure and no side effects on body
- Can helps 100's of ailments, like Acne, common cold, cough, flu, Hair loss, Backache, stress, Diabetes and High Blood Pressure
- Effective to boost your child's immunity
- Help to recover fast in seniors
- Inexpensive and joy of self cure

"Let your food be your medicine, and your medicine be your food." - Hippocrates



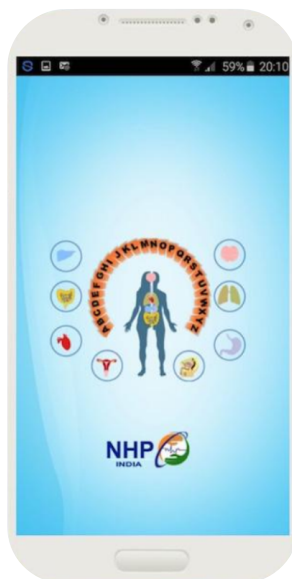
5] NHP SWASTH BHARAT

The access to authentic health information is the primary right of the citizen. Providing authentic Health information to the society is arguably one of the most important factors in improving health outcomes. Inadequate or poor health information can increase the risk of hospitalization or even disease burden.

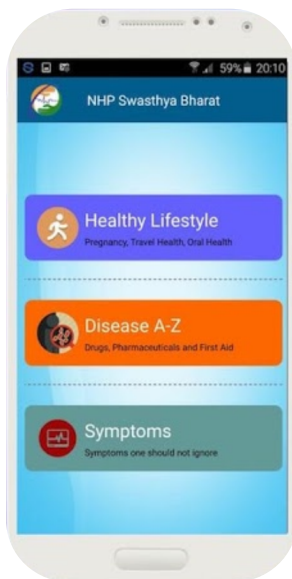
Ministry of Health & Family Welfare, Govt. of India, through its e-governance initiatives is launching a mobile application "Swasth Bharat Mobile Application" to empower the citizens to find reliable and relevant health information. The application provides detailed information regarding healthy lifestyle, disease conditions (A-Z), symptoms, treatment options, first aid and public health alerts.

Disclaimer: All details of above mentioned apps have been collected from Google Play Store. The selection of applications was in random manner. There is no promotional intention.

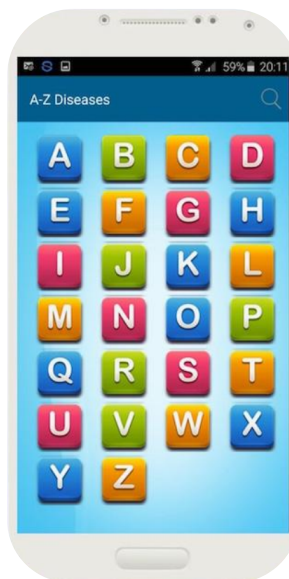
NHP INDIA



**NHP INDIA
Swasthya Bharat Mobile
Application**



**Know About
Common lifestyle,
Disease & Symptoms**



**Disease Conditions
(A-Z) and Search your
symptoms**



**Detailed information
regarding disease**