

# Watch Health Apps

## AutoSleep



## HeartWatch

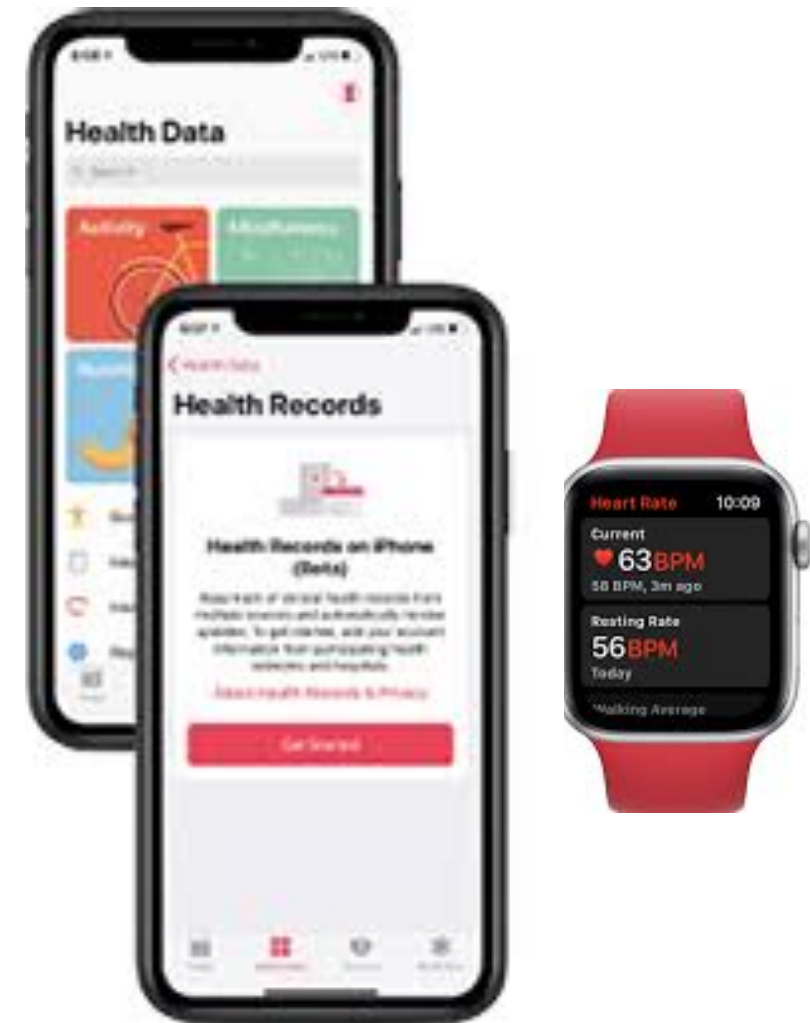
Working in partnership with



Heart Foundation



## Health App

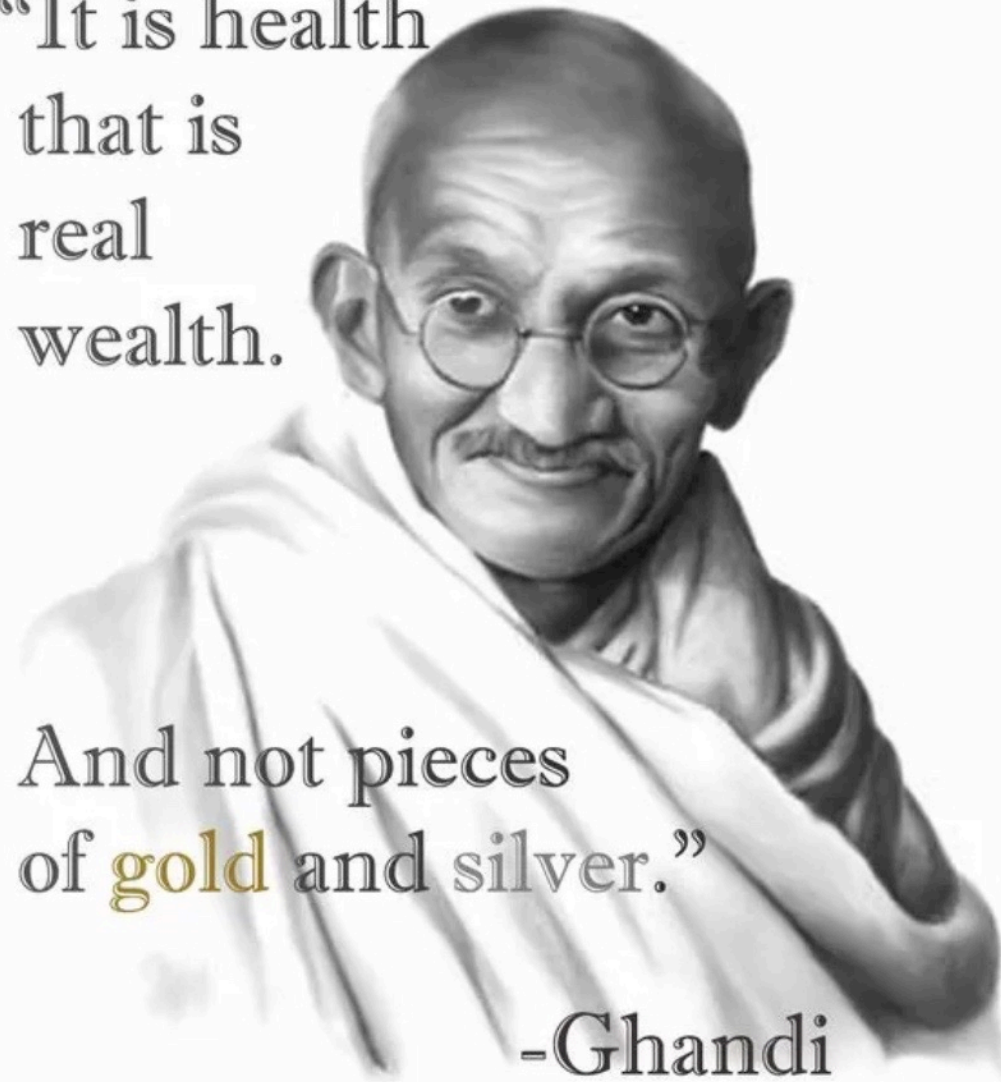


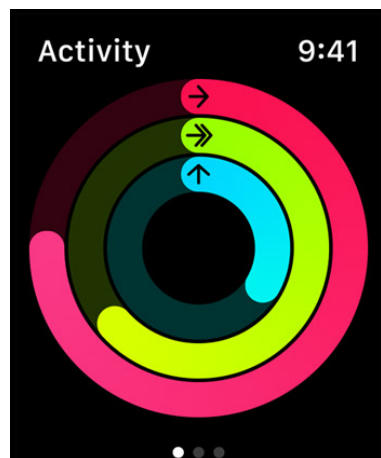
## Metrics and Trends

“It is health  
that is  
real  
wealth.

And not pieces  
of gold and silver.”

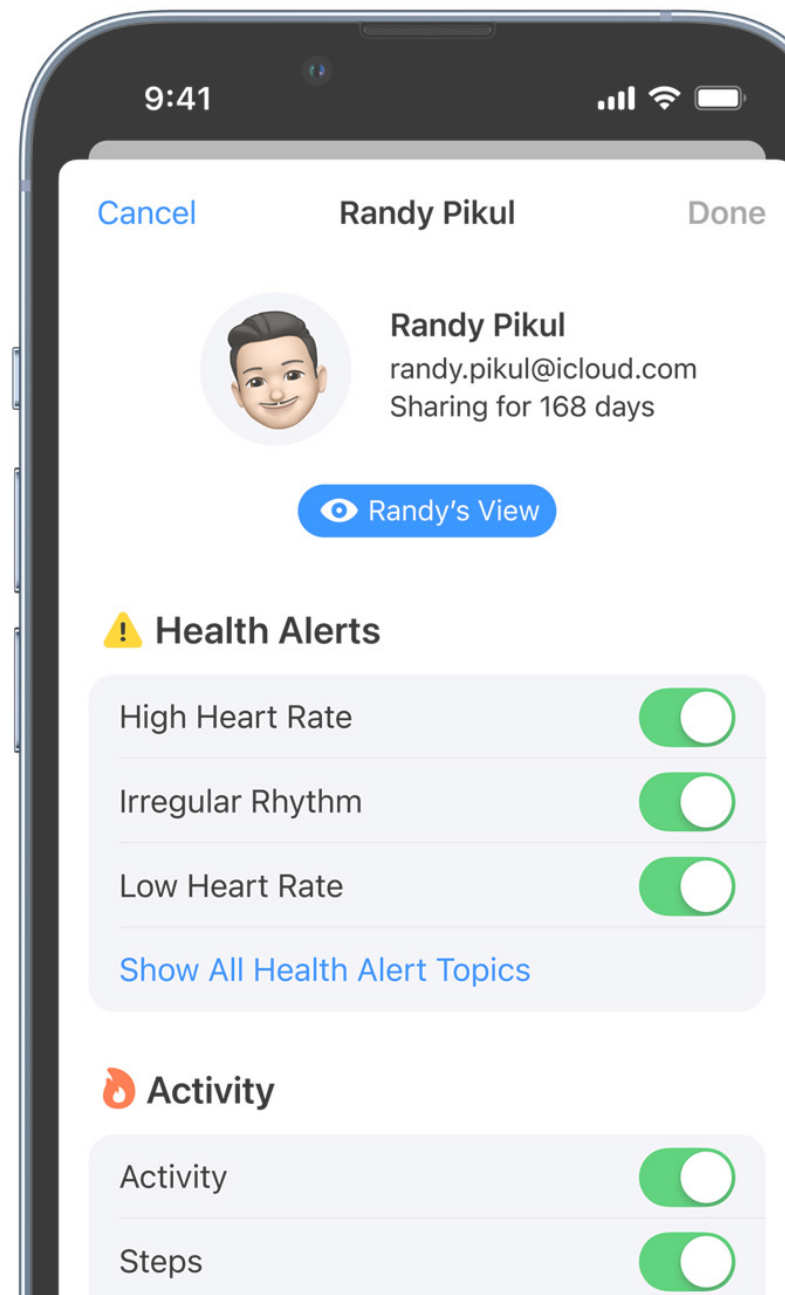
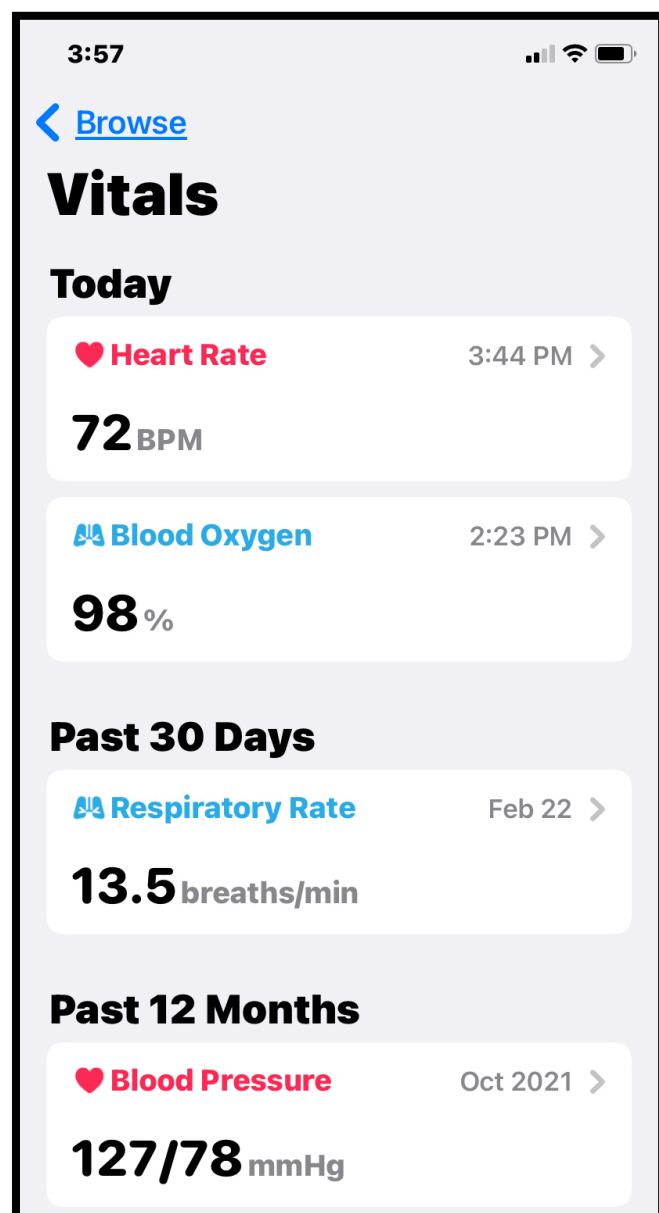
-Ghandi



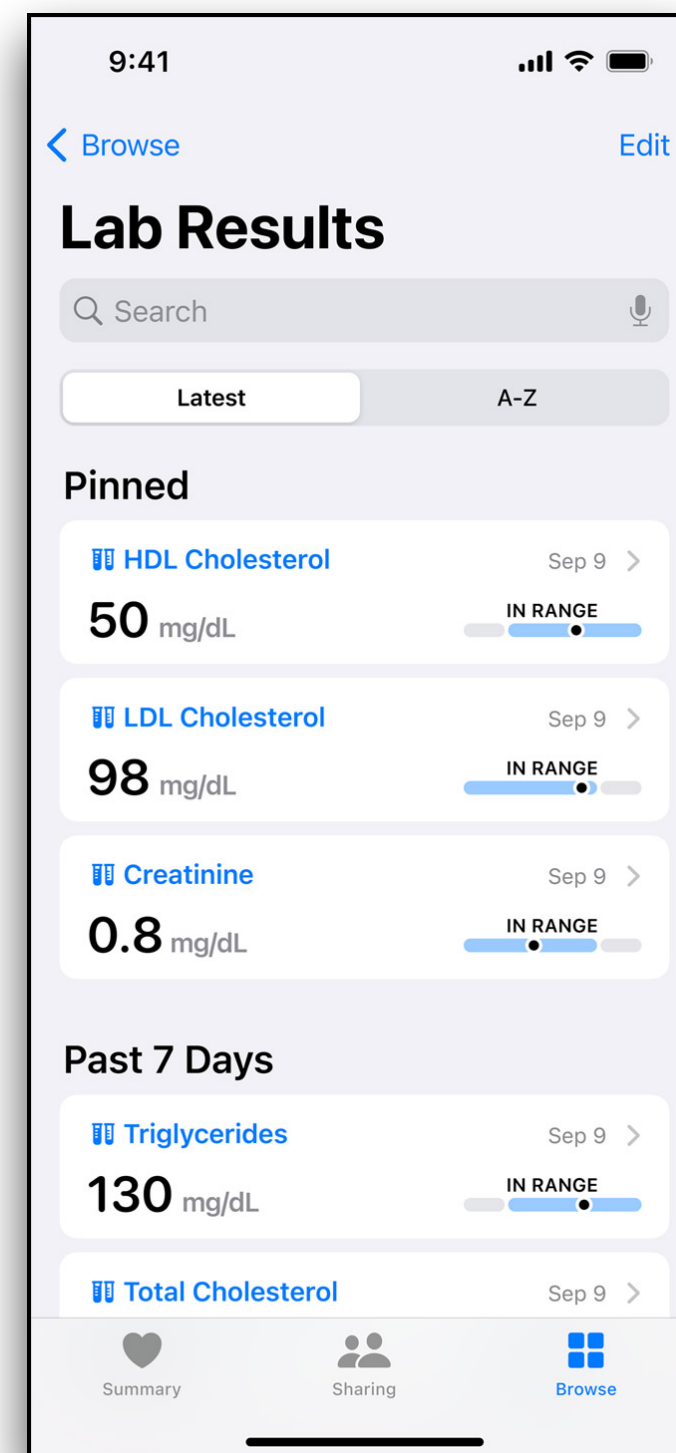


Fitness Rings

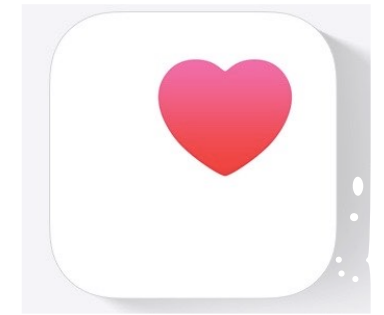
# The Health App



BP is measured with a BP cuff  
not thru the watch sensors.  
Data can be entered manually.

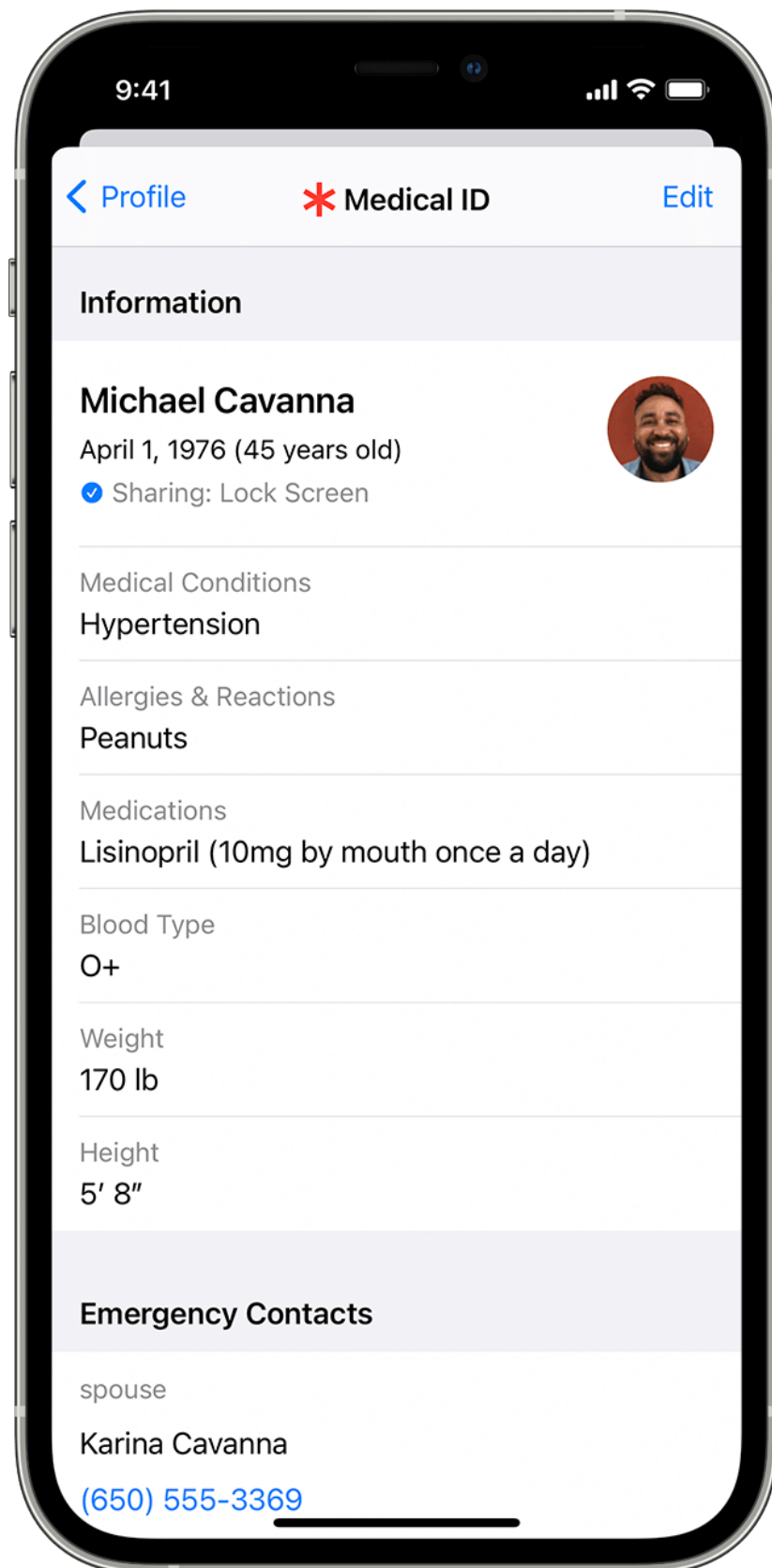


# Health App on the iPhone



We all know about the Medical ID  
and adding Emergency Contacts

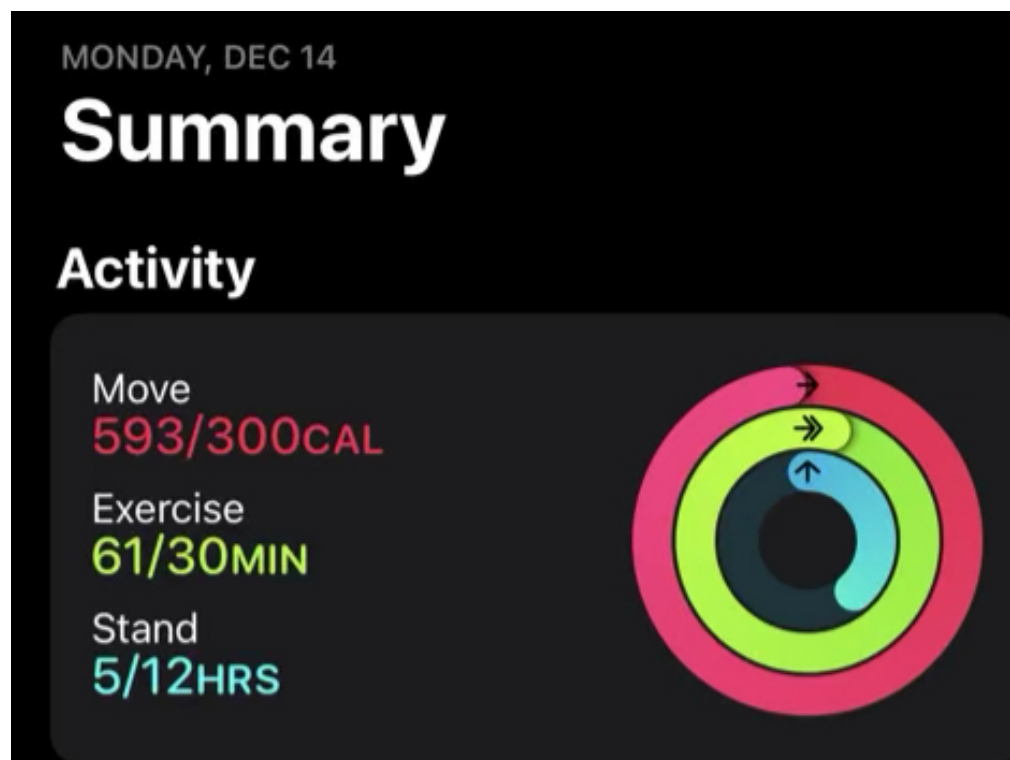
Open Health App > Click on Name icon  
Then add or edit information



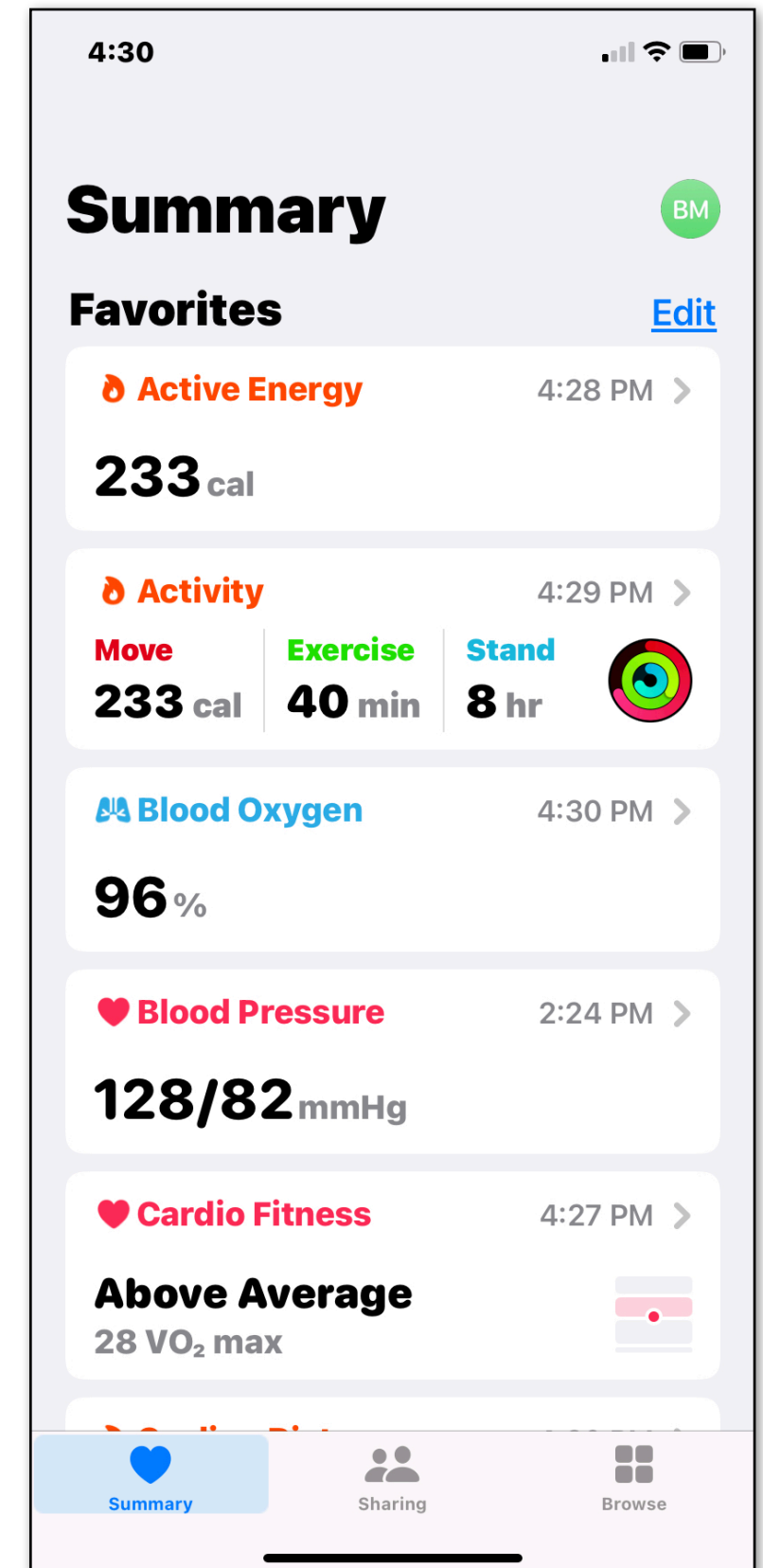
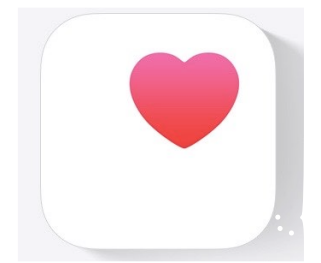


The **Apple Watch** collects data and sends it to the **iPhone**. Fitness App shows 3 rings: **Move, Exercise, and Stand**

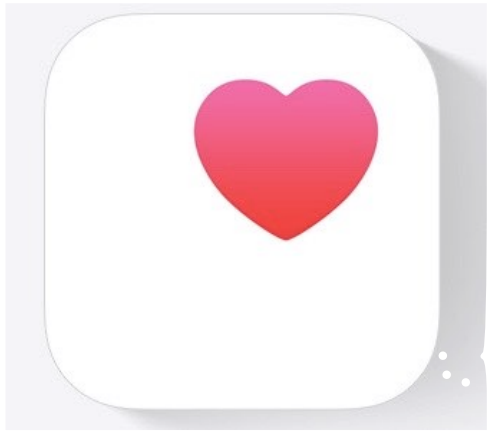
Default apps on iPhone are **Fitness and Health**



The daily goal is to close your 3 rings.



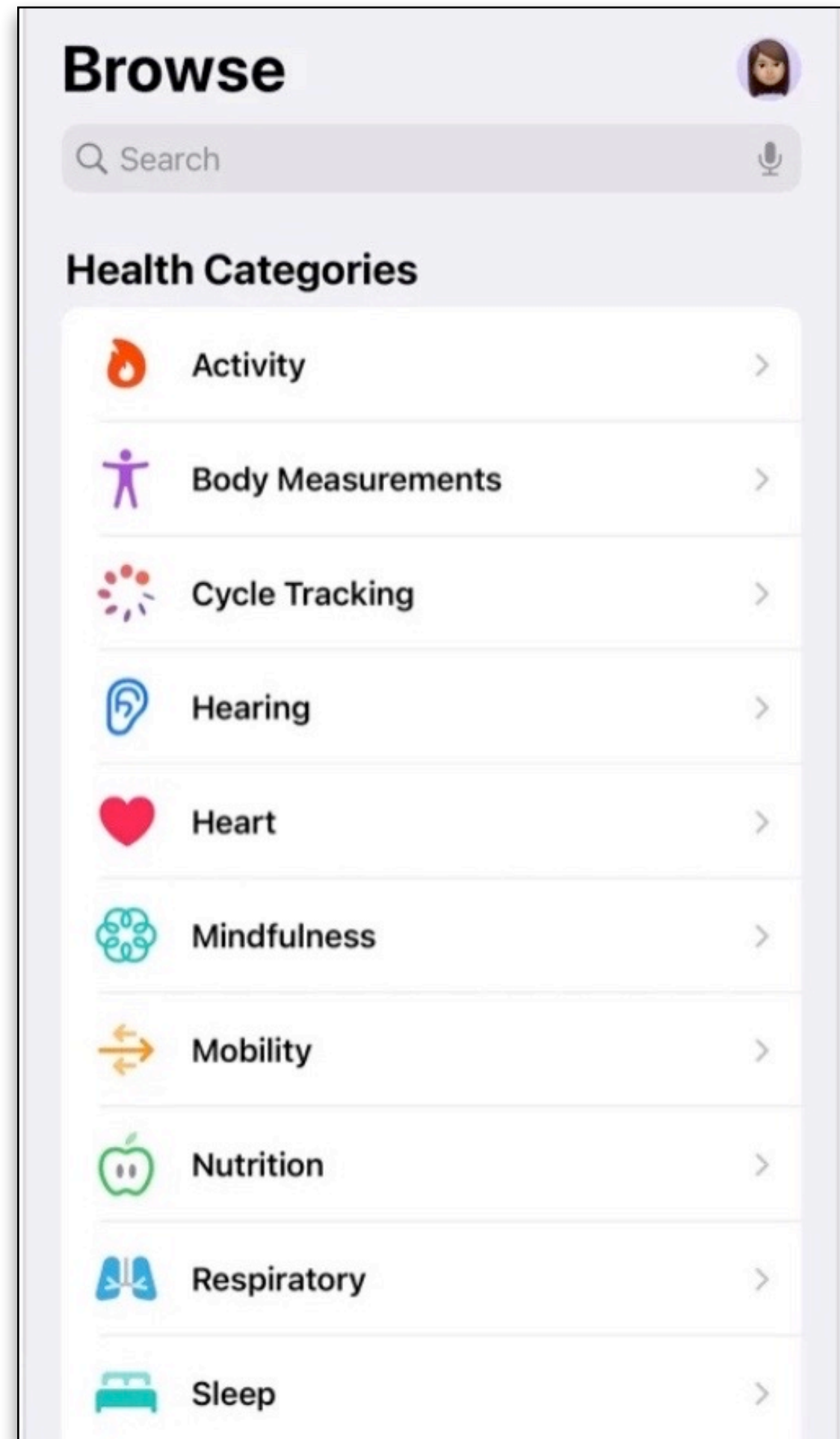
# Health App



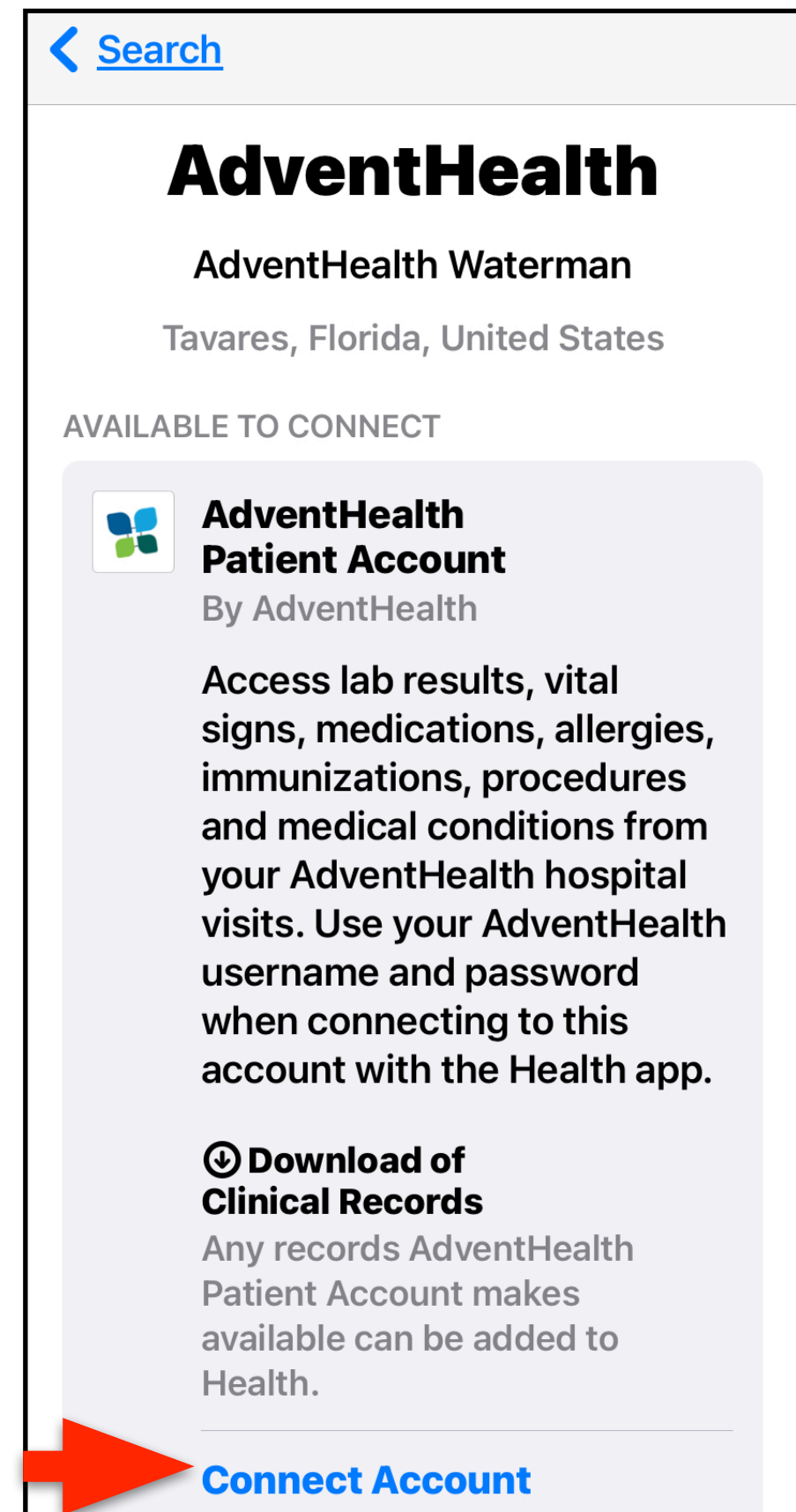
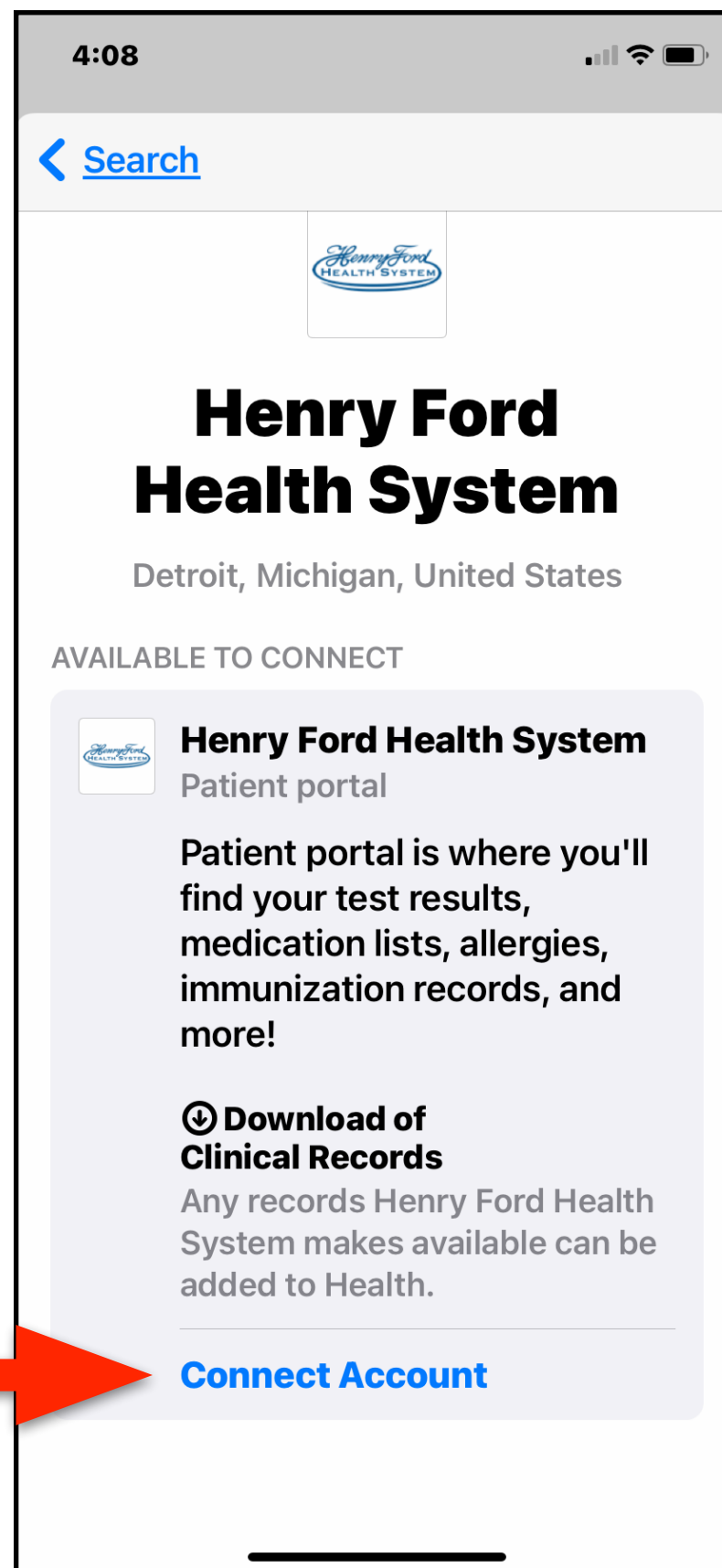
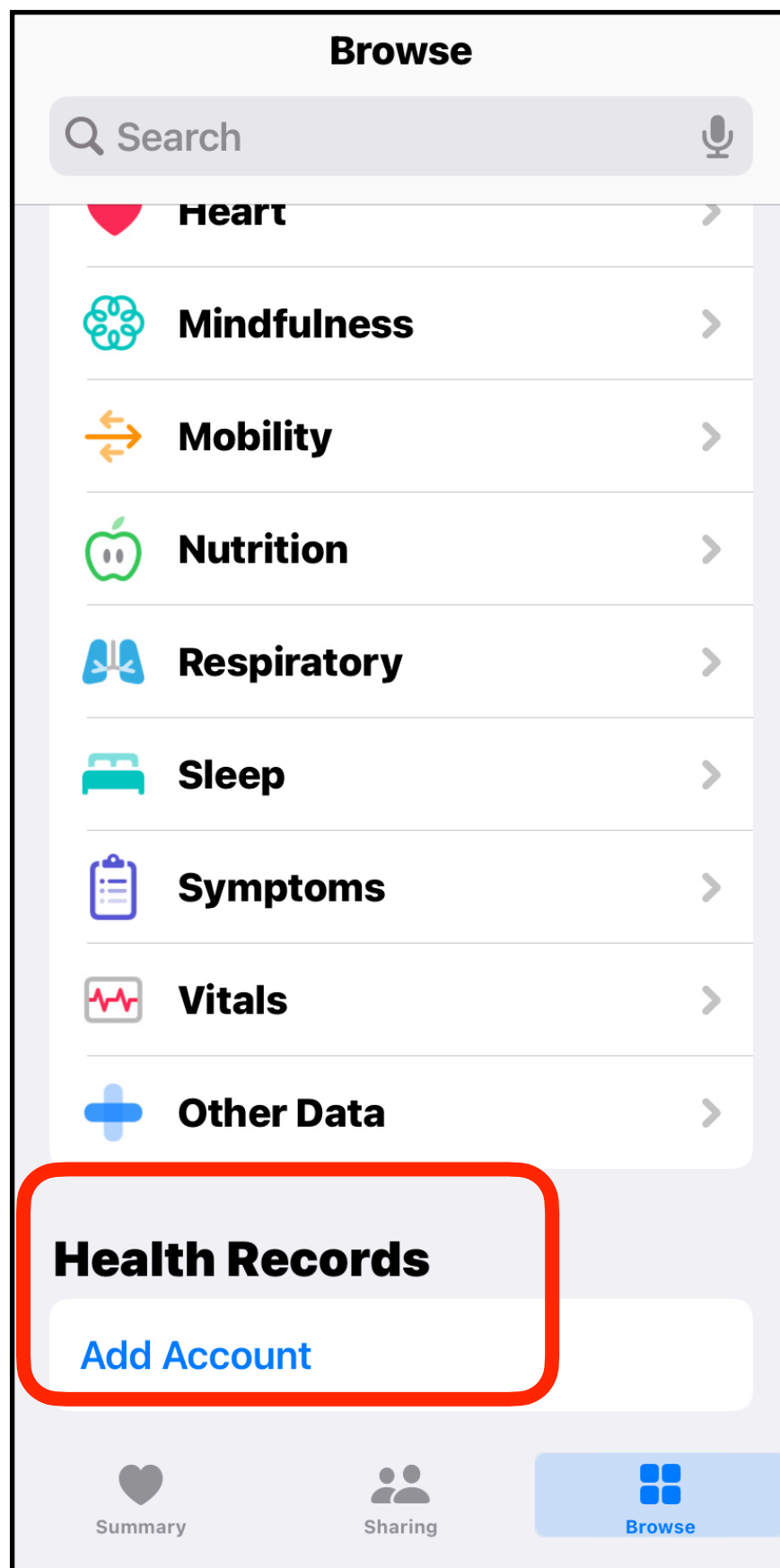
Data collected on the Watch goes to the **Health app**.

Some Watch apps are developed by Apple.

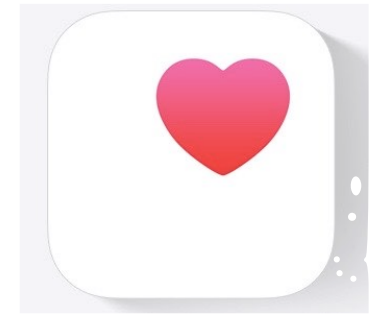
Many excellent third party apps found on the App Store.



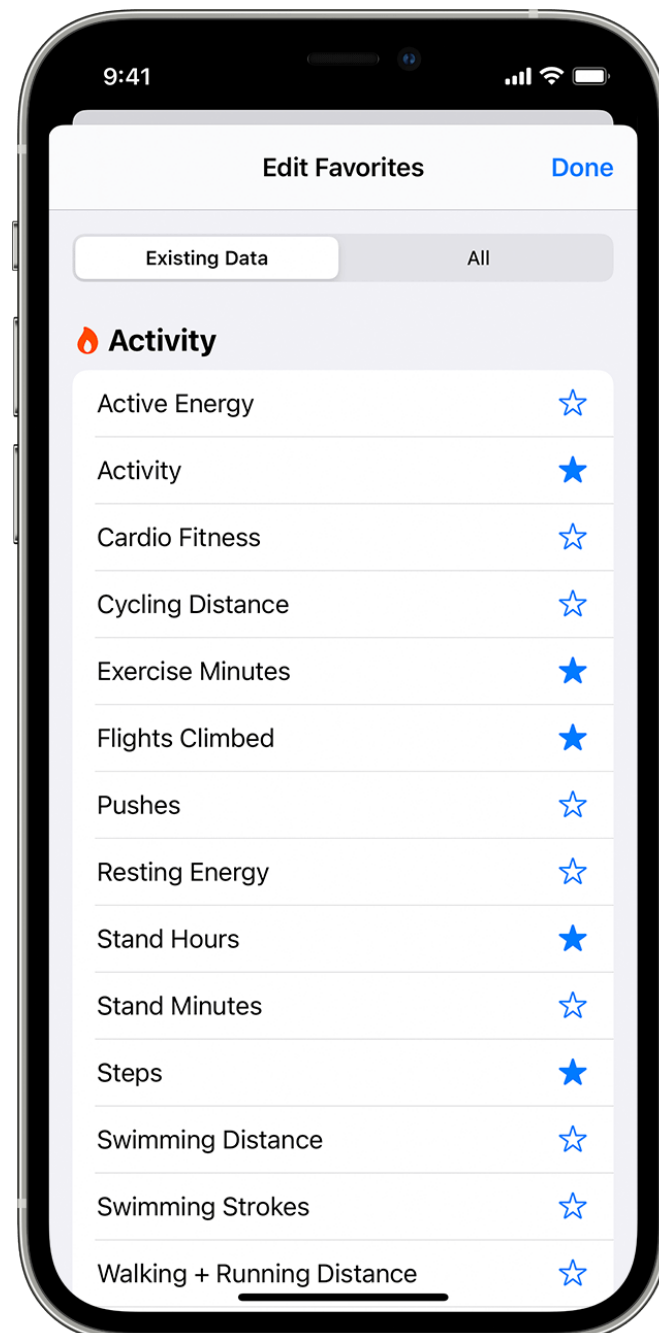
# Adding Health Records in the Health App



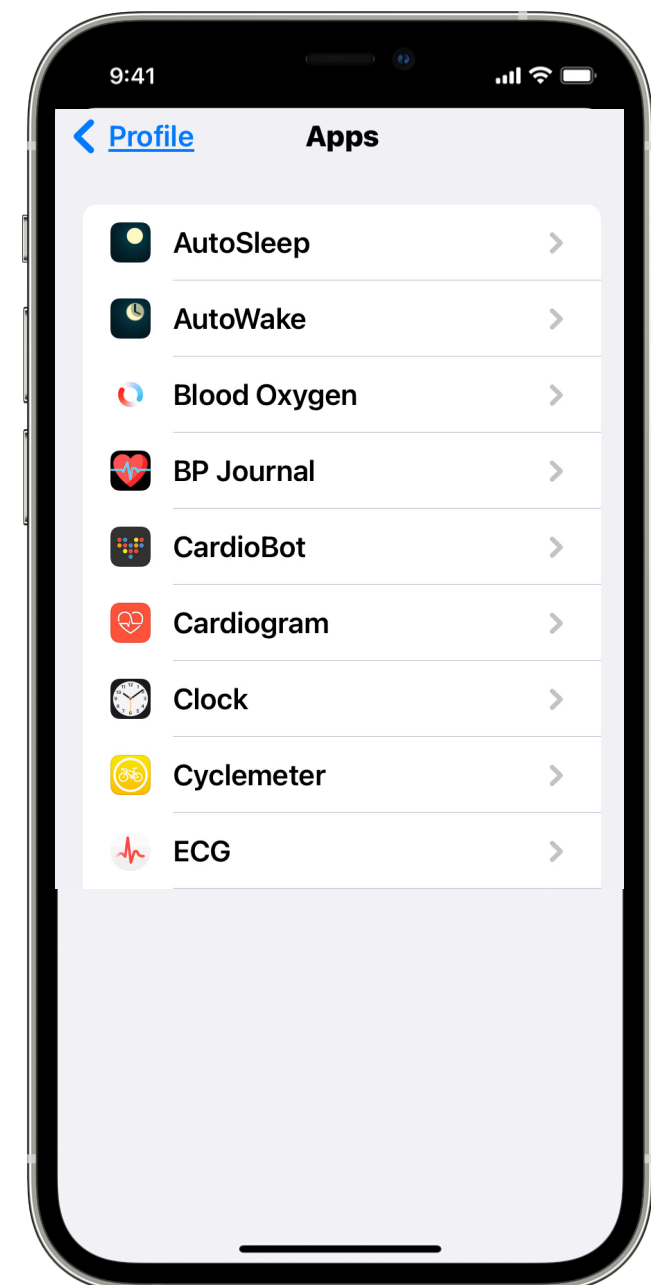
# In the Health App...



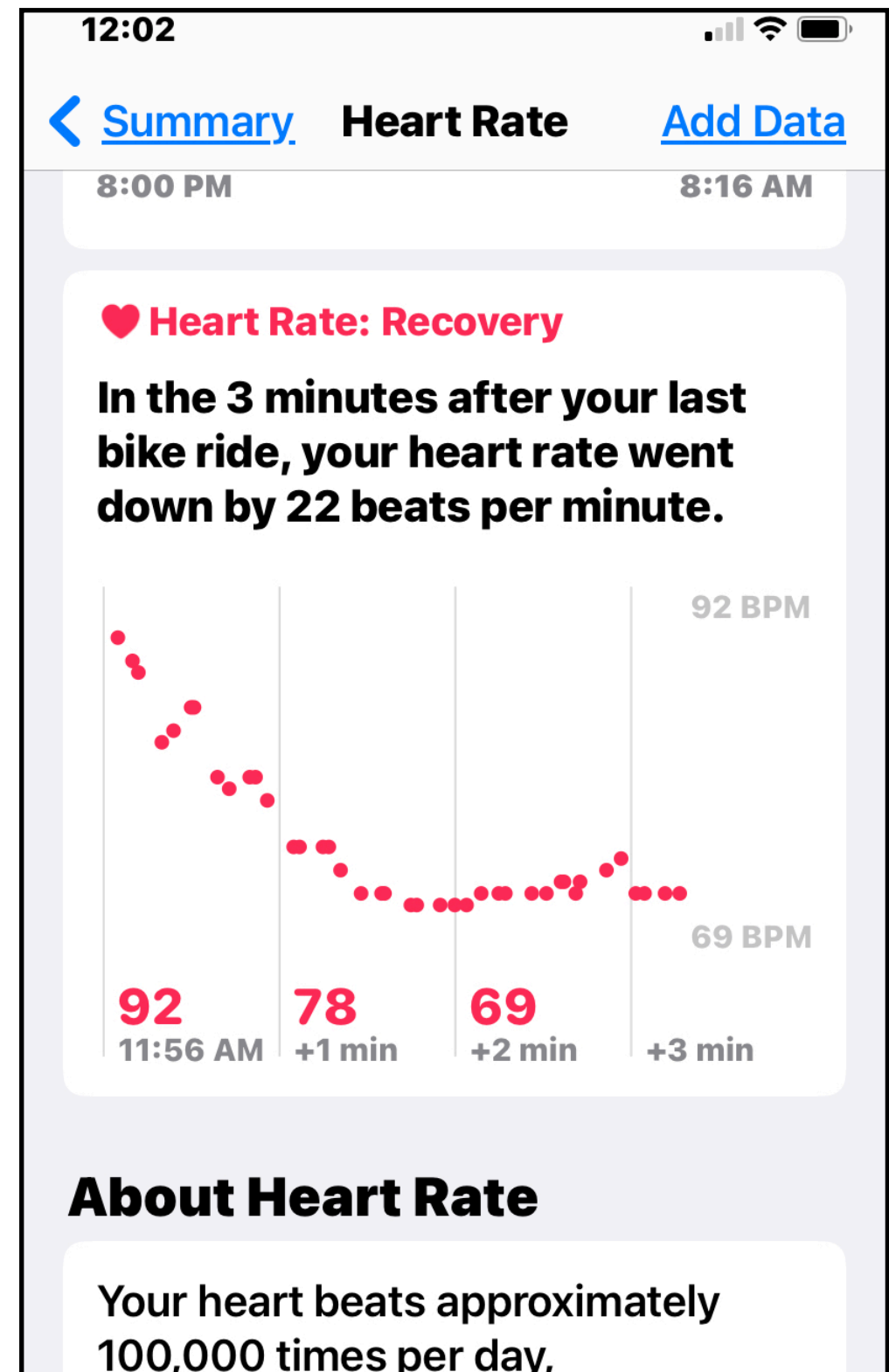
Choose Favorite Activities to Track



Decide which Watch apps share data



The Health App provides a quick daily summary.





This app is available only on the App Store for iPhone and Apple Watch.



# AutoSleep Track Sleep on Watch

Auto Sleep Tracker & Alarm

Tantsissa

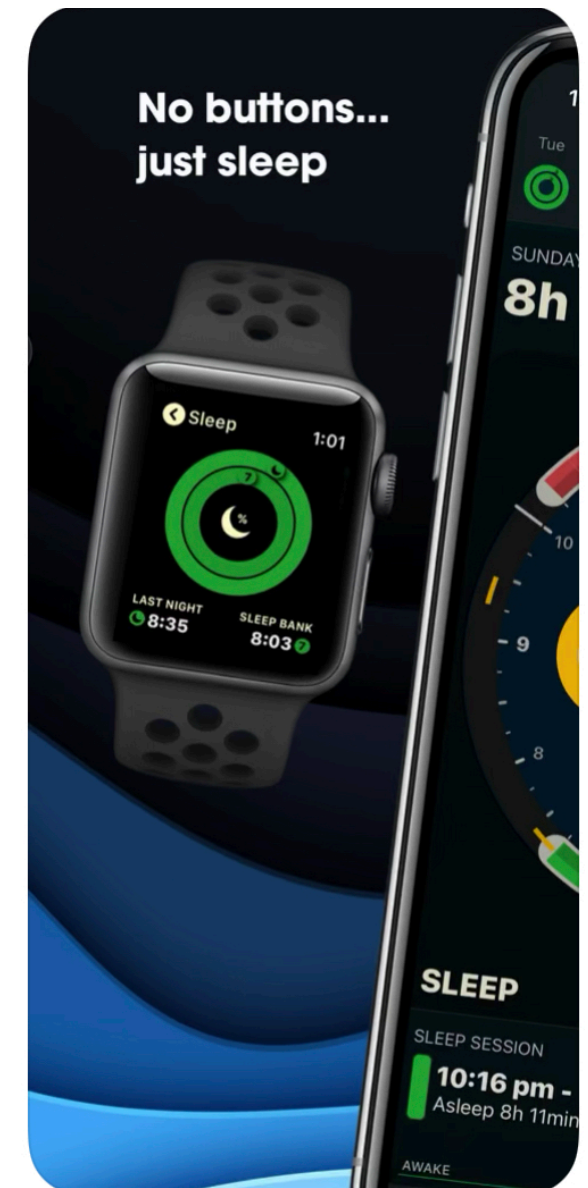
#3 in Health & Fitness

★★★★★ 4.7 • 40K Ratings

\$3.99

now \$4.99

Needs Watch OS7 or better



**Auto Sleep** and **Heart Watch** are made by the same developer from Australia.

Both work well together, integrating more metrics captured from the watch.

These apps were released in 2016 and have constantly been updated. Both have excellent user guides. They work best in WatchOS7 or better.



**Developer: Tantsissa**

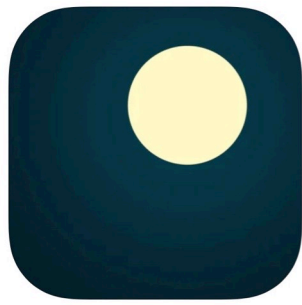
These are not medically certified apps.

# So when do I charge the Apple Watch?

Most people charge the watch while sleeping.  
I wear my watch while sleeping.

Charge when showering, doing dishes  
then again prior to sleeping for maybe 30 minutes.





# Auto Sleep App

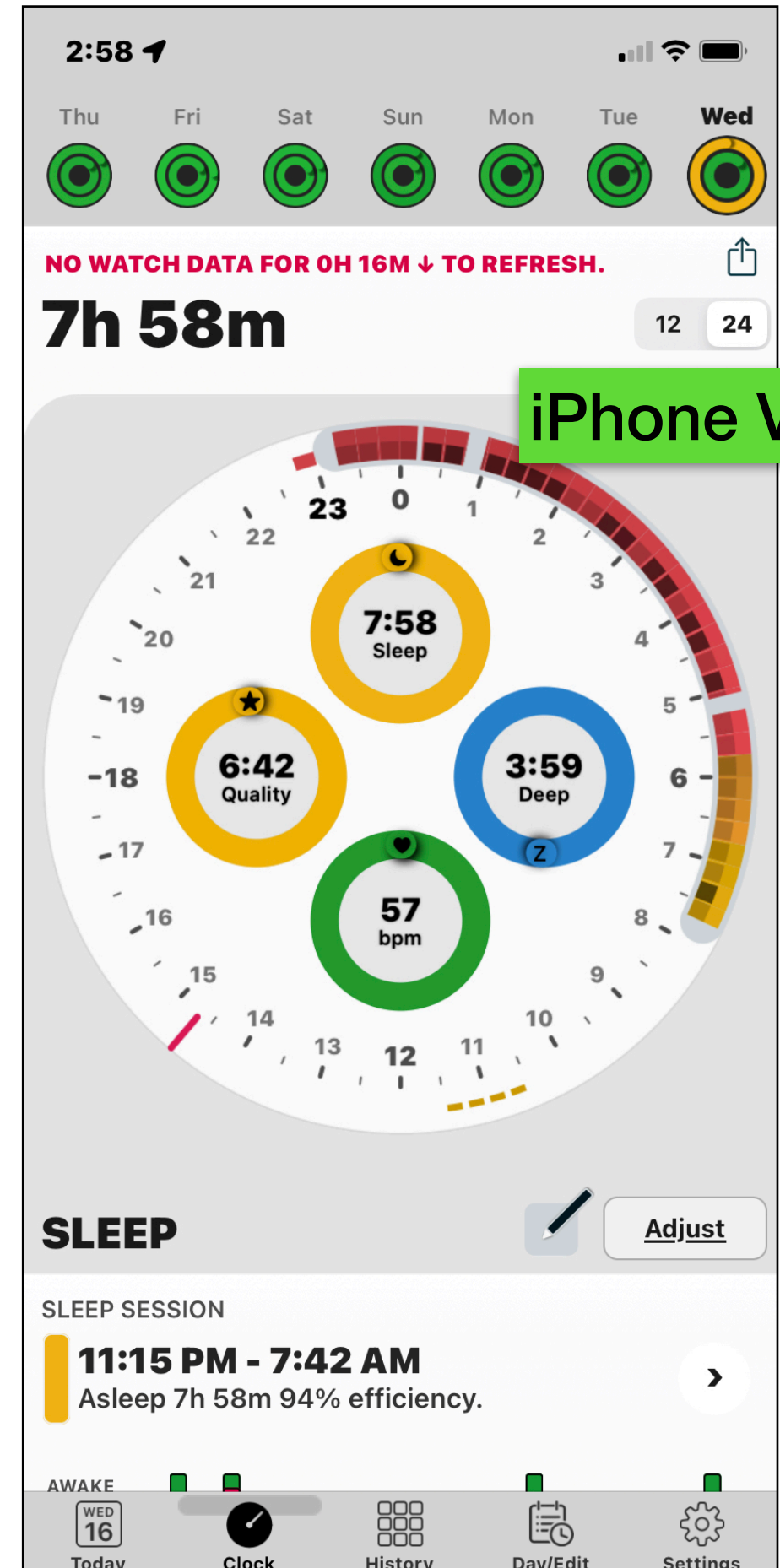
for  
Apple Watch and iPhone

## Metrics:

- Length of sleep
- Quality
- Deep Sleep
- beats per minute



Green rings are met goals



iPhone View



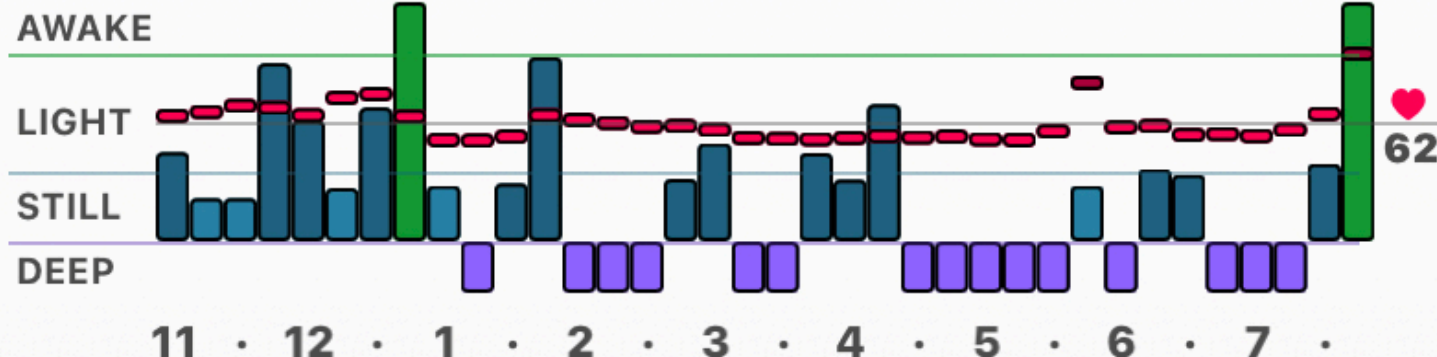
Data collected by  
**Auto Sleep App**  
shown on iPhone  
**Sleep cycles**

SLEEP SESSION



**11:00 PM - 7:48 AM**

Asleep 8h 36m 98% efficiency.



This is missing in the Health App

< Today Sleep Rings

Sleep Rating



SLEEP >

7h 57m

DEEP >

2h 42m

QUALITY >

5h 23m

BPM >

60



Your sleep ring shows how much sleep you have had today.



Your quality ring considers how long you have slept, how restless you've been and your sleeping heart rate.

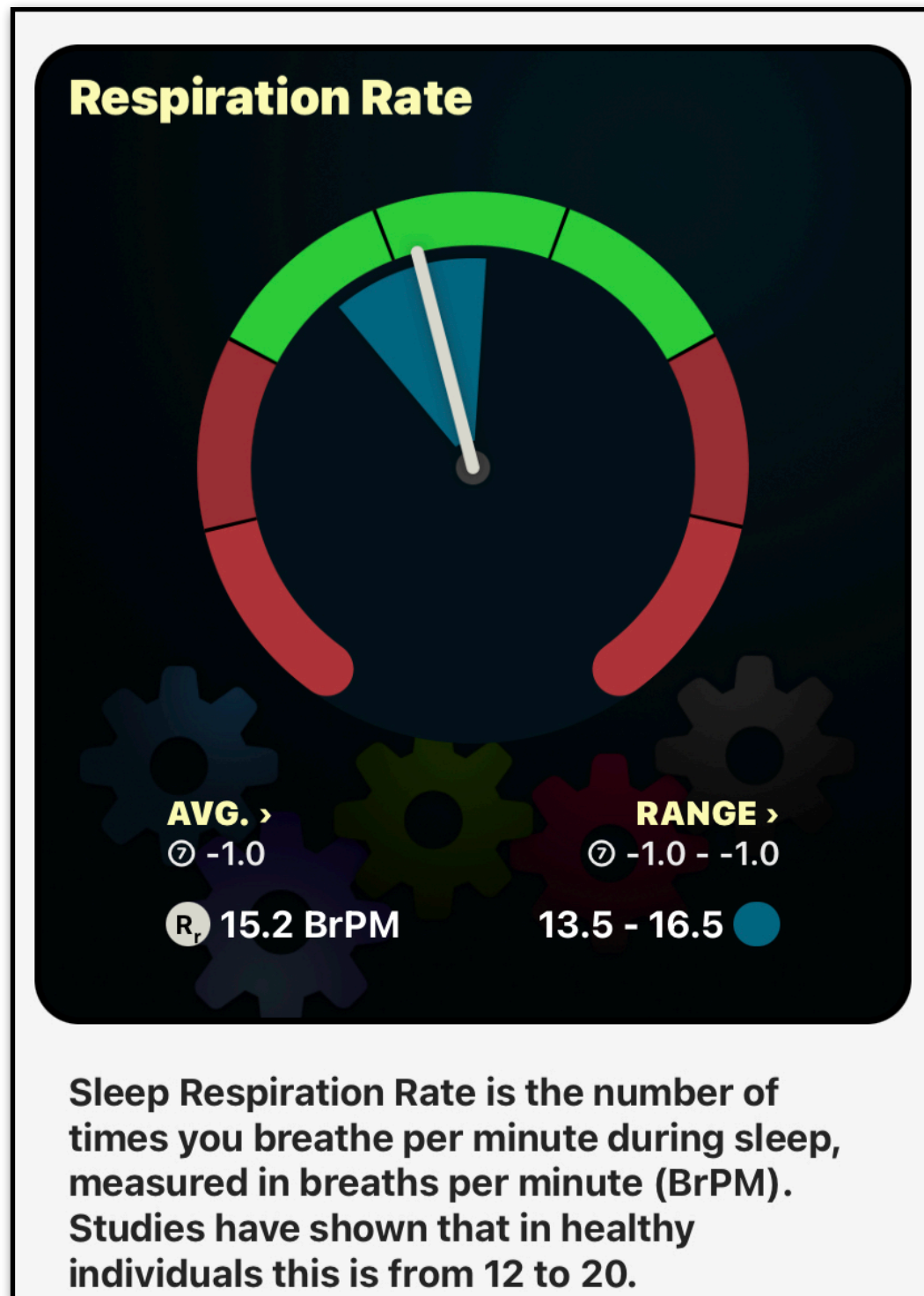


Deep sleep is where your heart rate slows and your muscles relax to a point where you barely move.

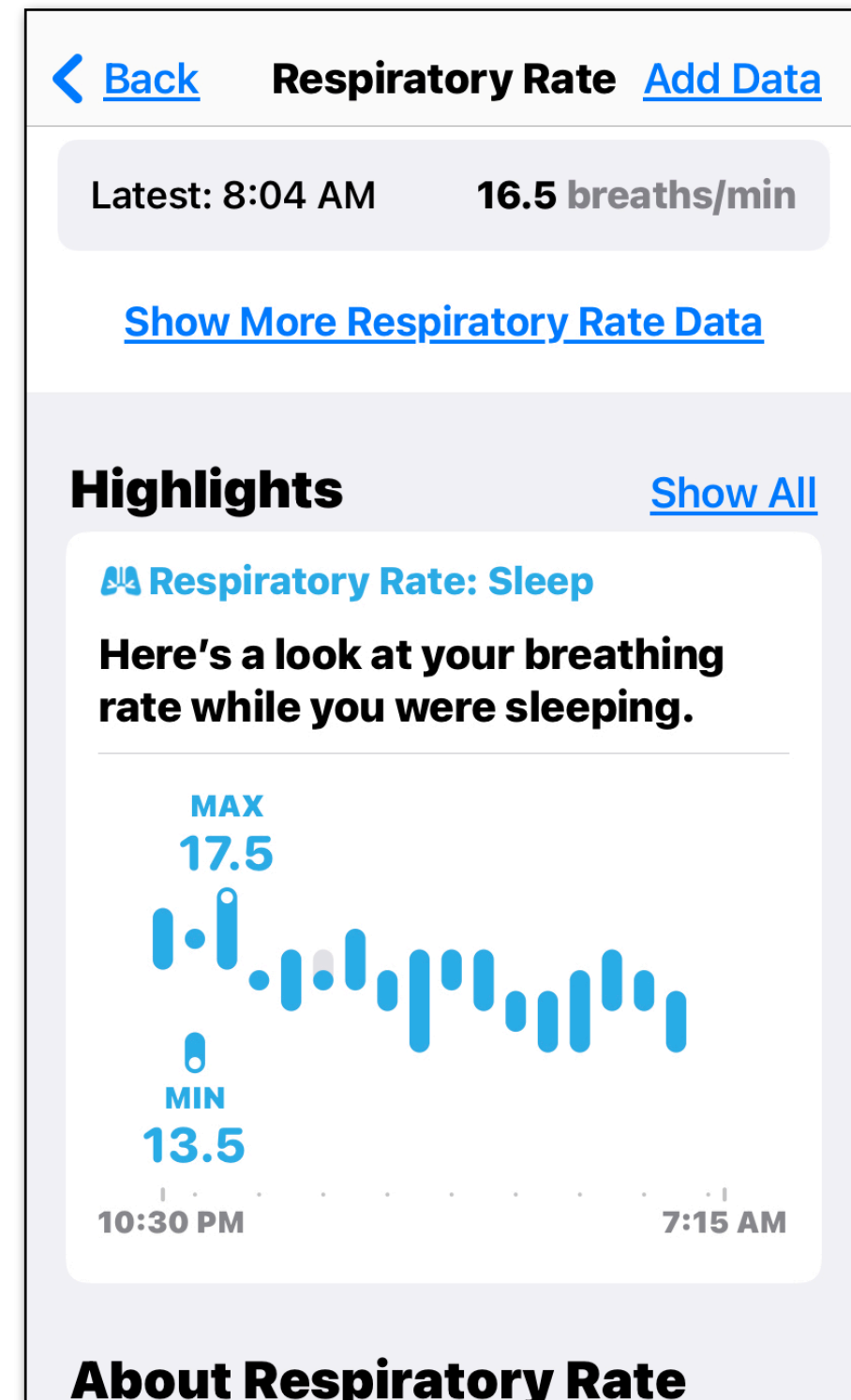


This ring compares your sleeping heart rate average to your non-active daytime heart rate average.





Auto Sleep

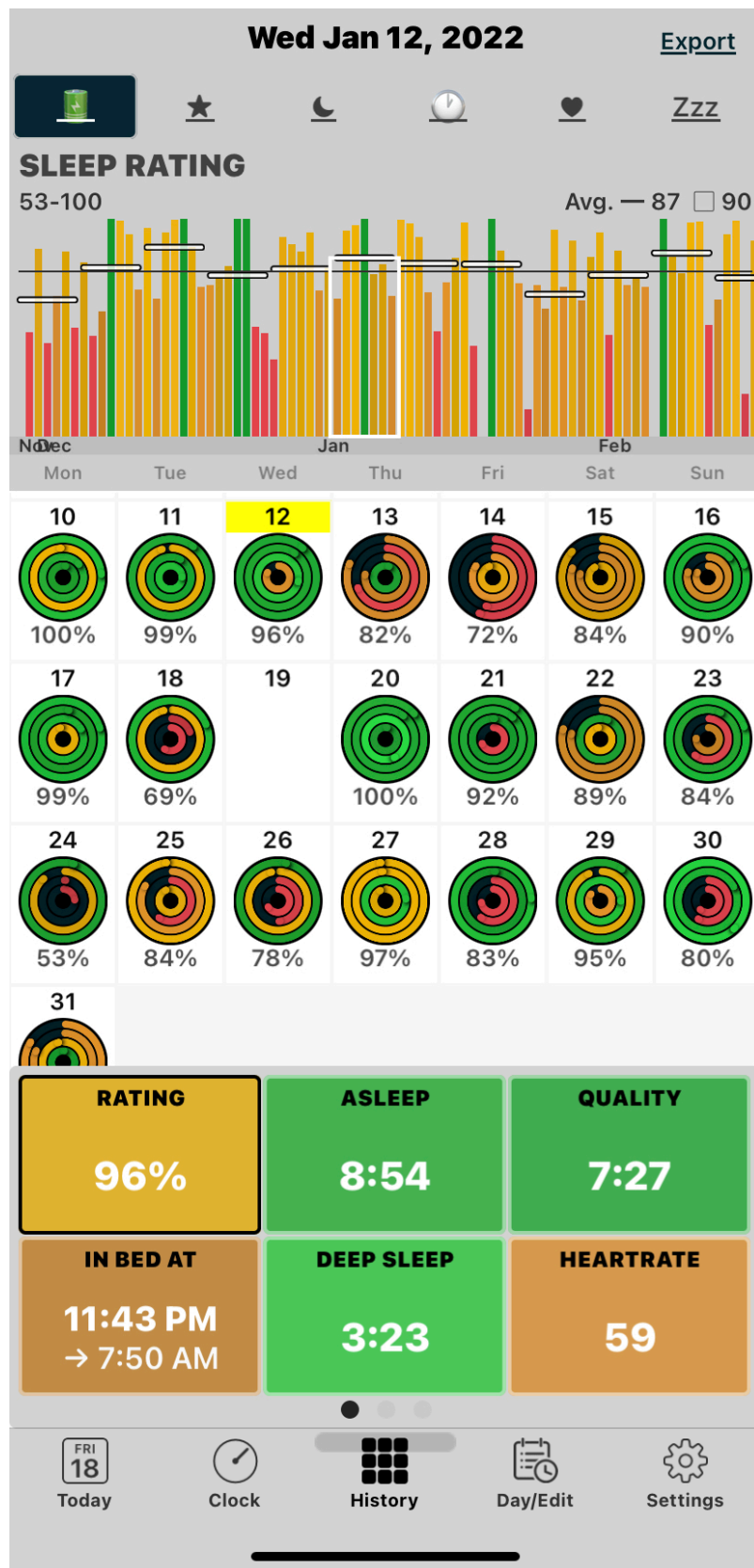


Health App



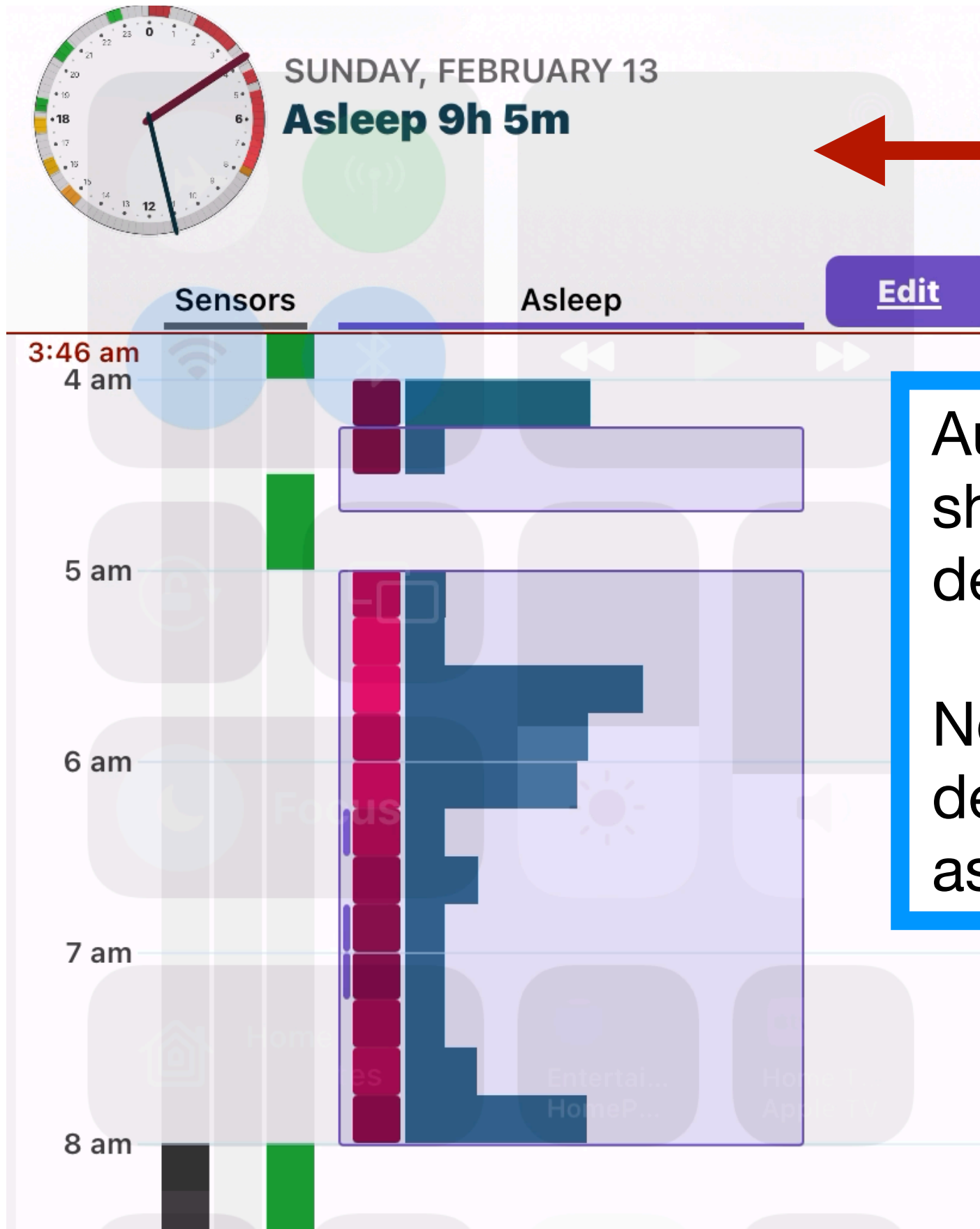
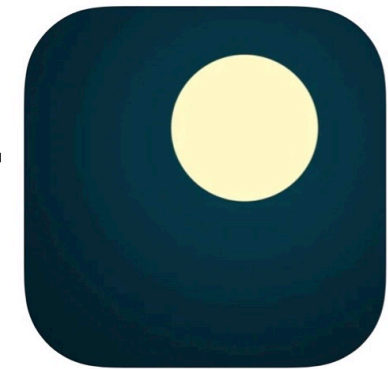
# Auto Sleep

Keeps sleep history  
for months and years



The app Dock has Tabs:  
Today, Clock, History, Edit, Settings

# What is going on while you are sleeping?



AutoSleep on the iPhone shows minute by minute details of your sleep cycle

Notice heart rate and deep sleep cycle as video plays

viewed on iPhone



# So... Can you use Auto Sleep and Apple's Sleep App Together?

Yes...Both apps show different data.

Apple's Sleep app is not as accurate as AutoSleep as it has no calibration settings to learn your sleep, doesn't track naps, and has some limitations in how it tracks time in bed, so you often see that time in bed is less than time asleep. Apple is more focused on preparing your bedtime schedule, whereas **AutoSleep is more focused on accurately measuring your sleep metrics and trends.**



This app is available only on the App Store for iPhone and Apple Watch.



# HeartWatch: Heart Rate Monitor

Health & Workout Pulse Tracker

Tantsissa

#10 in Health & Fitness

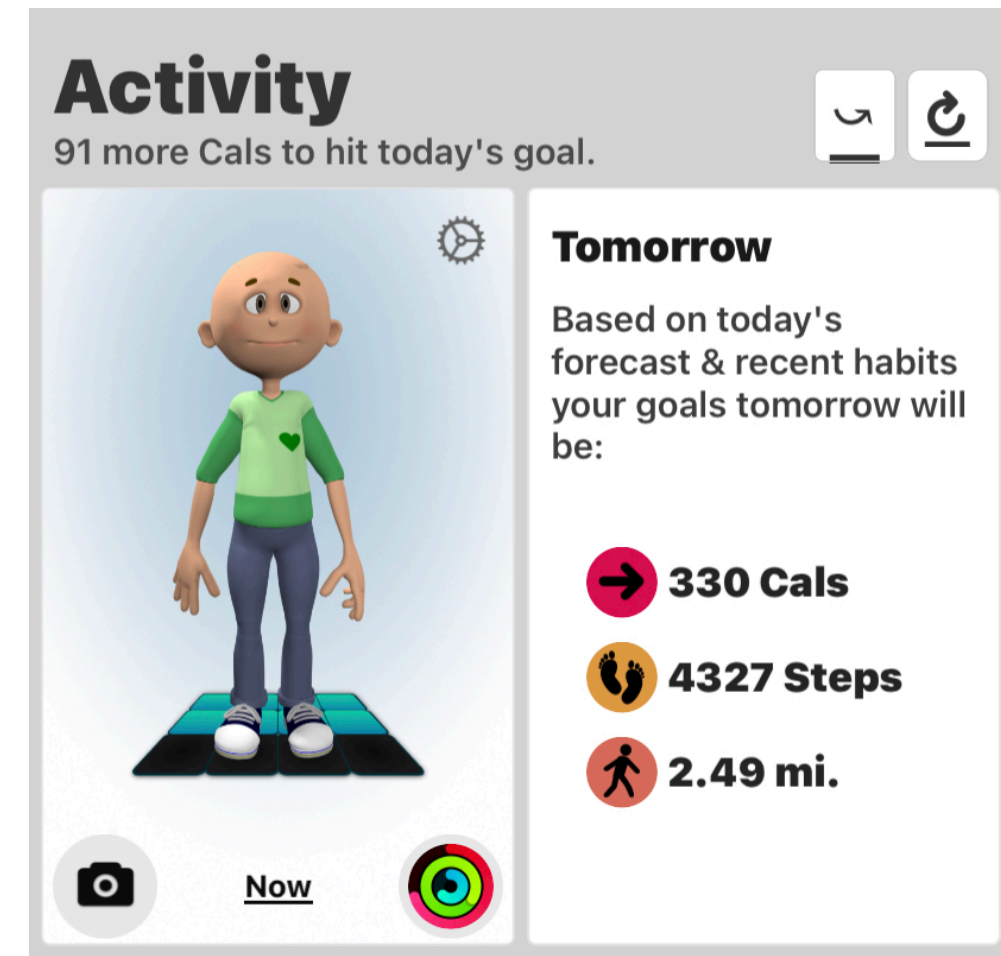
★★★★★ 4.7 • 10.6K Ratings

\$3.99

no subscription

updated 3 months ago

I keep finding more features in this app.



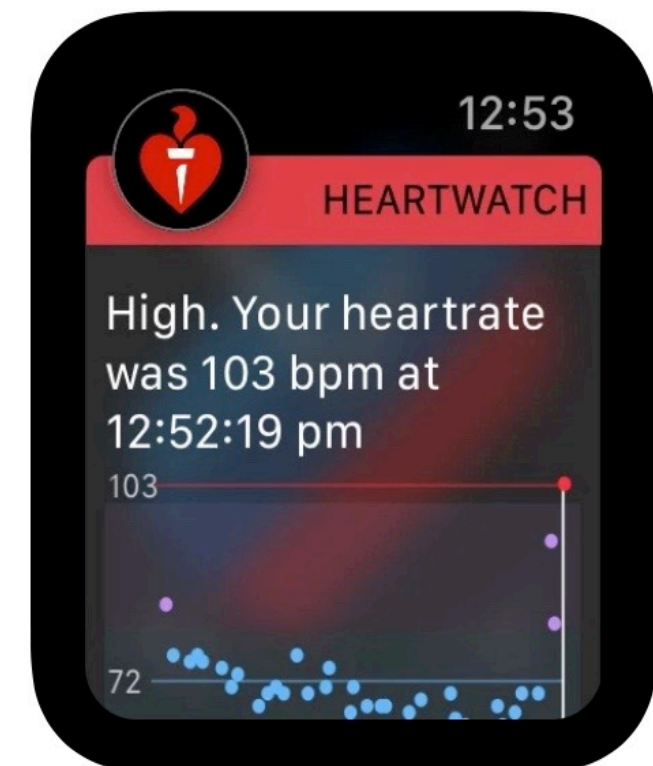
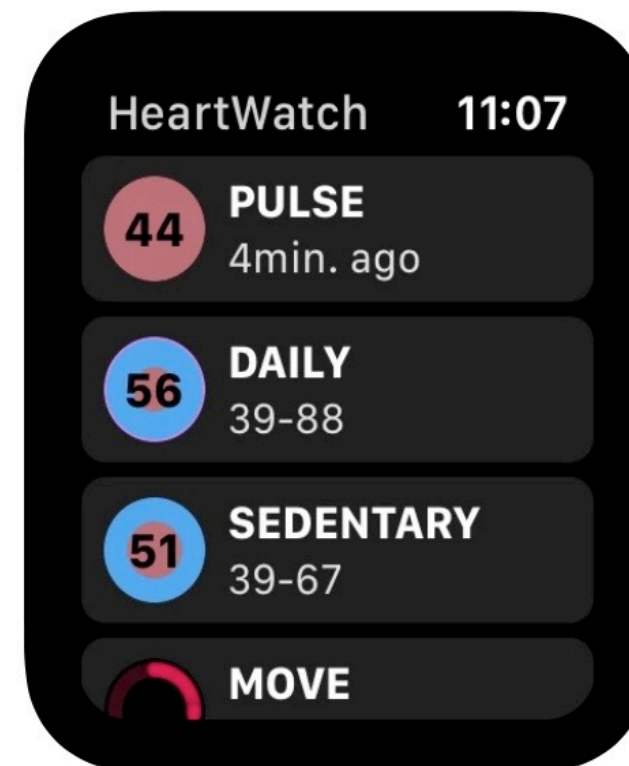




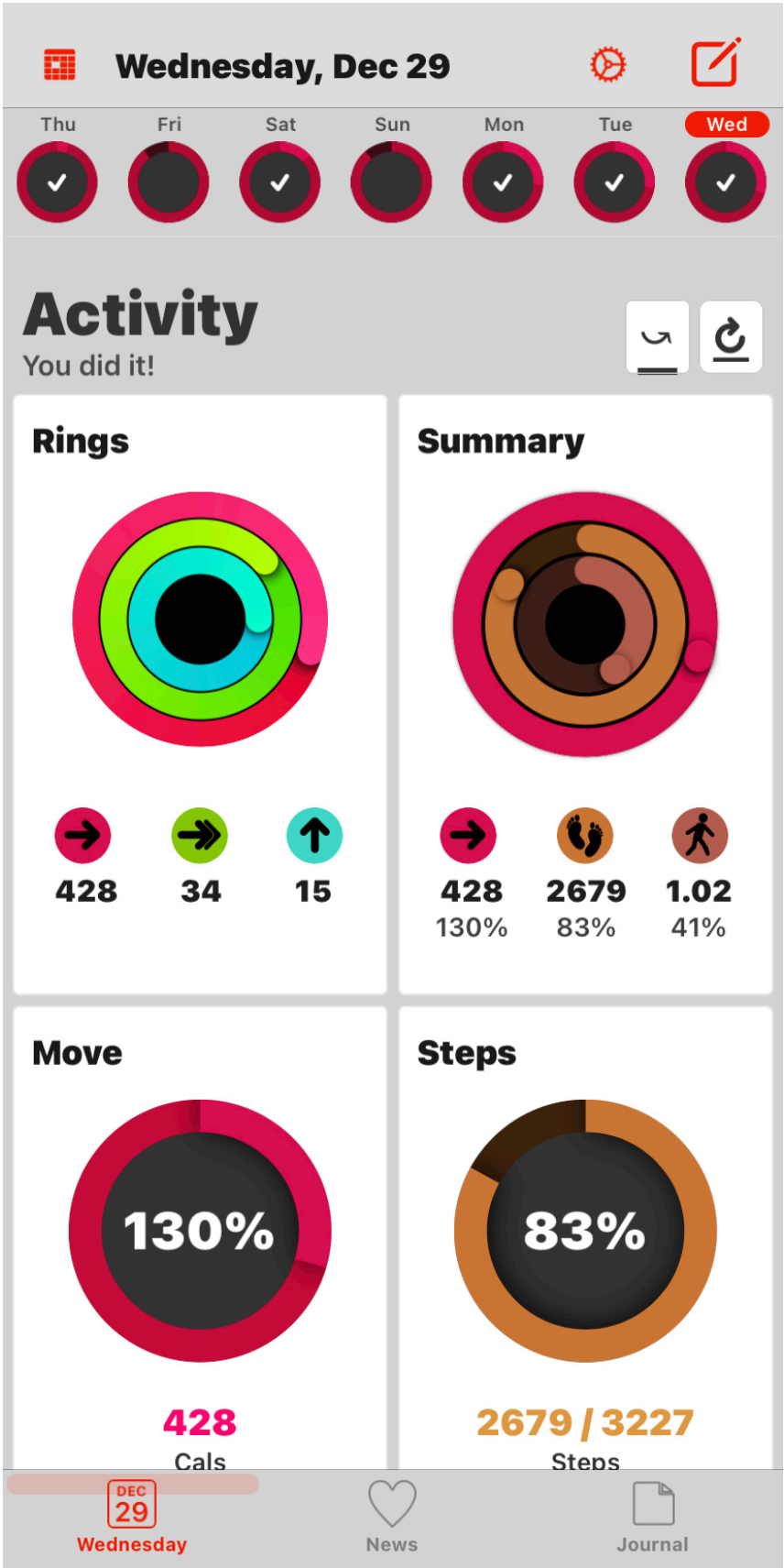
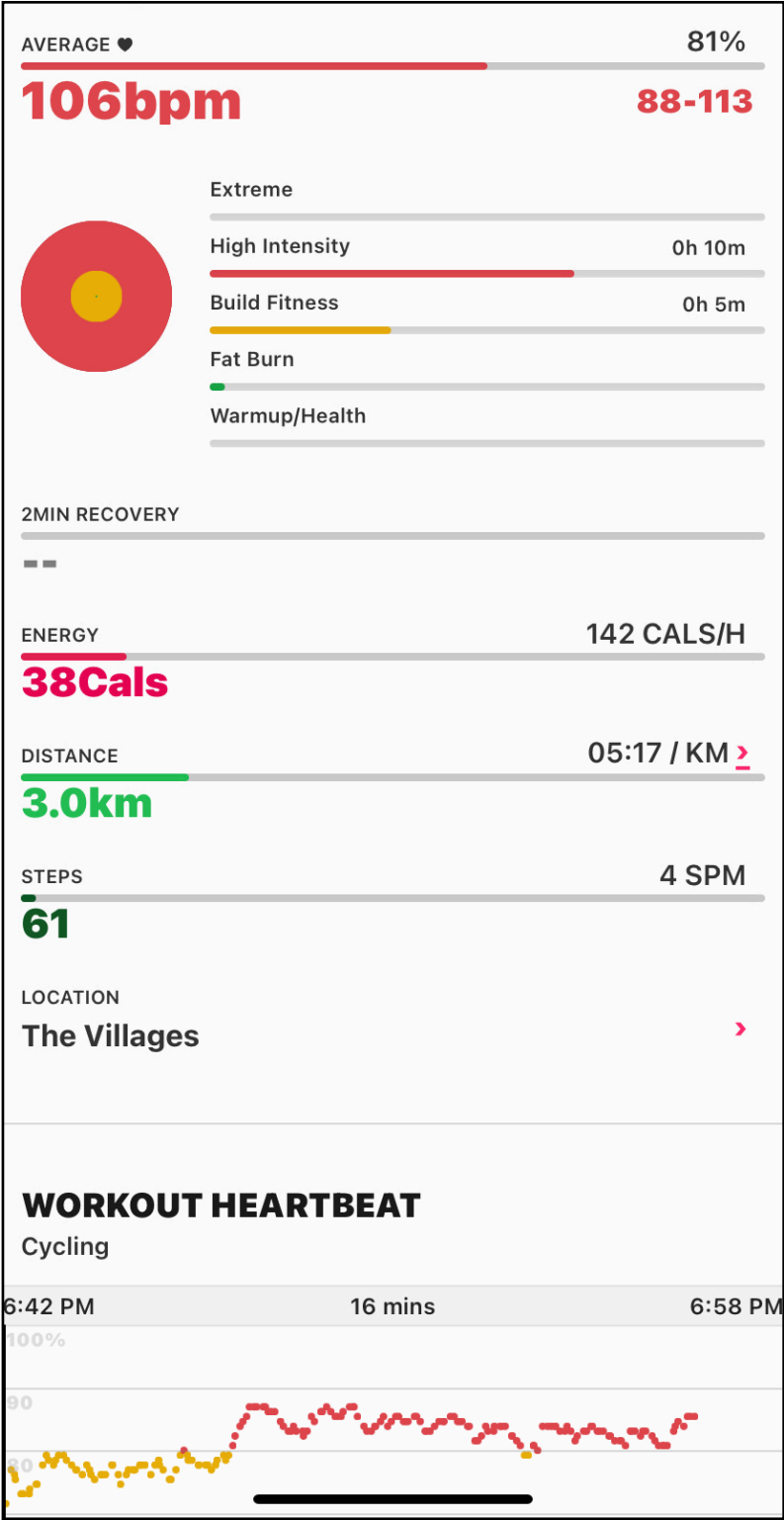
# Heart Watch

Get a complete picture of all health and fitness information captured by your Apple Watch

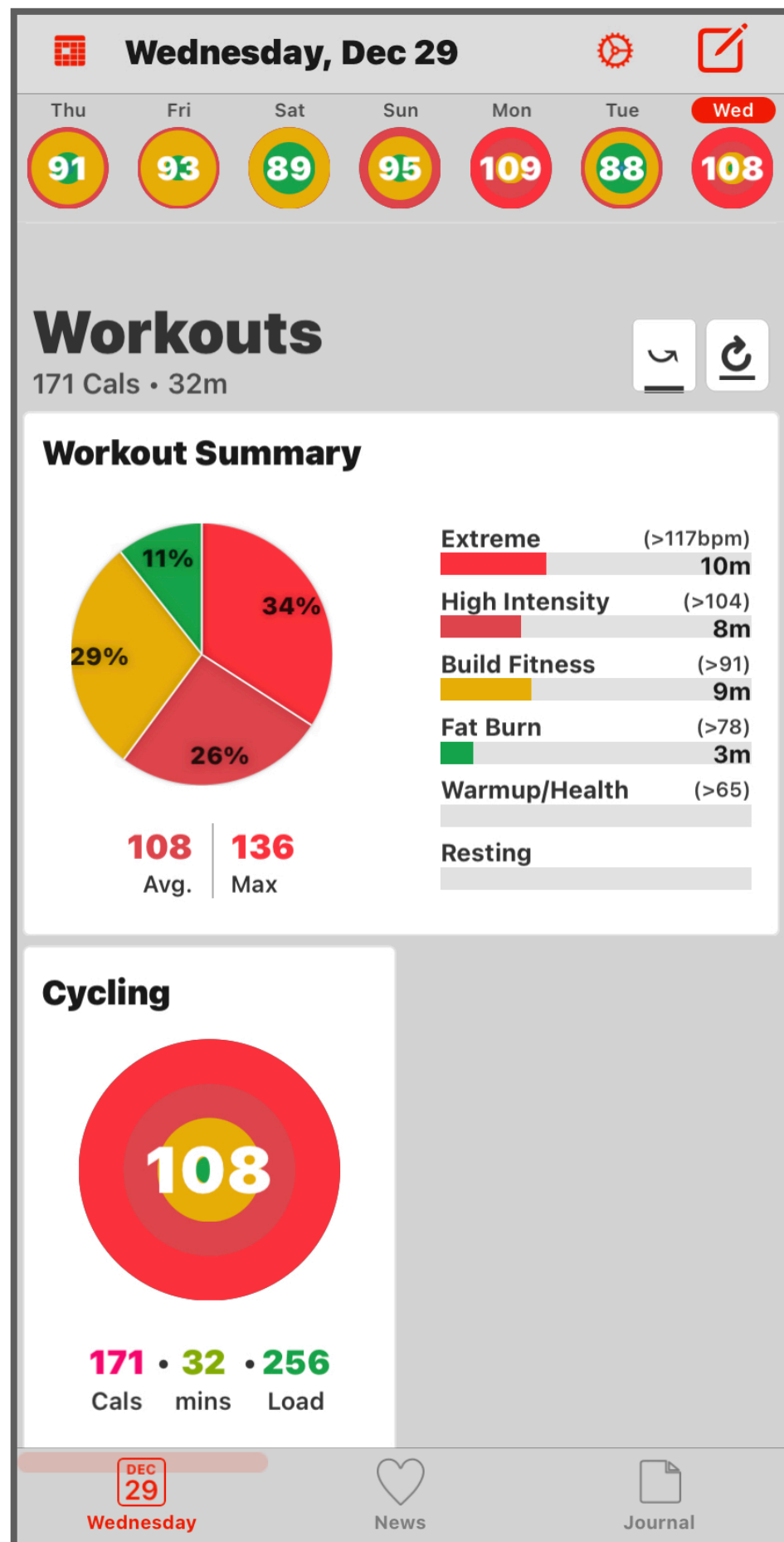
Screenshots [iPhone](#) [Apple Watch](#)



# Heart Watch App



Active Minutes  
Steps  
Distance Walked  
Cycling and many others



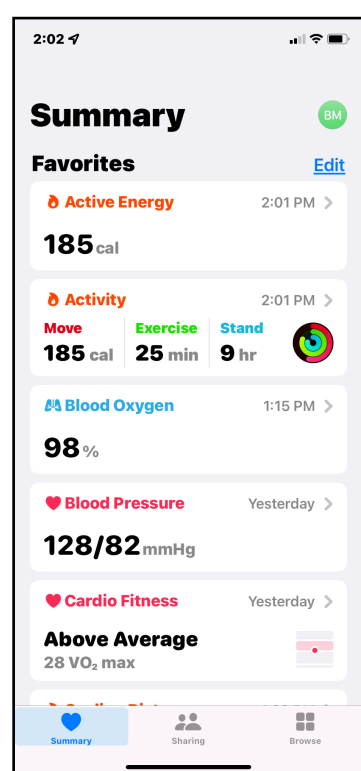
# Workout Summaries



The iPhone app shows much more detail than viewing the app on the Watch.



How is this different than just relying on the Health App?



The Health App summarizes the current day. No trends.


Heart Watch has a new **smart activity tracker** to better guide your health. HeartWatch analyzes your long term activity data and understands your trends and habits...



# Forecasting based on Activity Habits

## Activity



91 more Cals to hit today's goal.



**Tomorrow**

Based on today's forecast & recent habits your goals tomorrow will be:

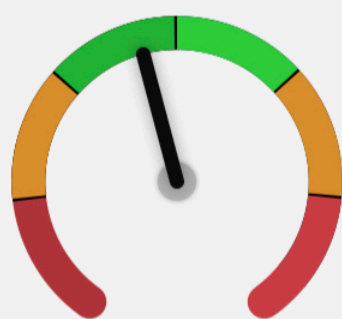
- **330 Cals**
- 👣 **4327 Steps**
- 🚶 **2.49 mi.**

 Now 


### Habit Status

By analysing your last 21 days we can determine what habit you are developing.

Today's improvement zone is: 4813 - 5066 Steps



Relaxing Easing up **Coasting** Improving Overreach

 **Recommended: 4813 Steps** →

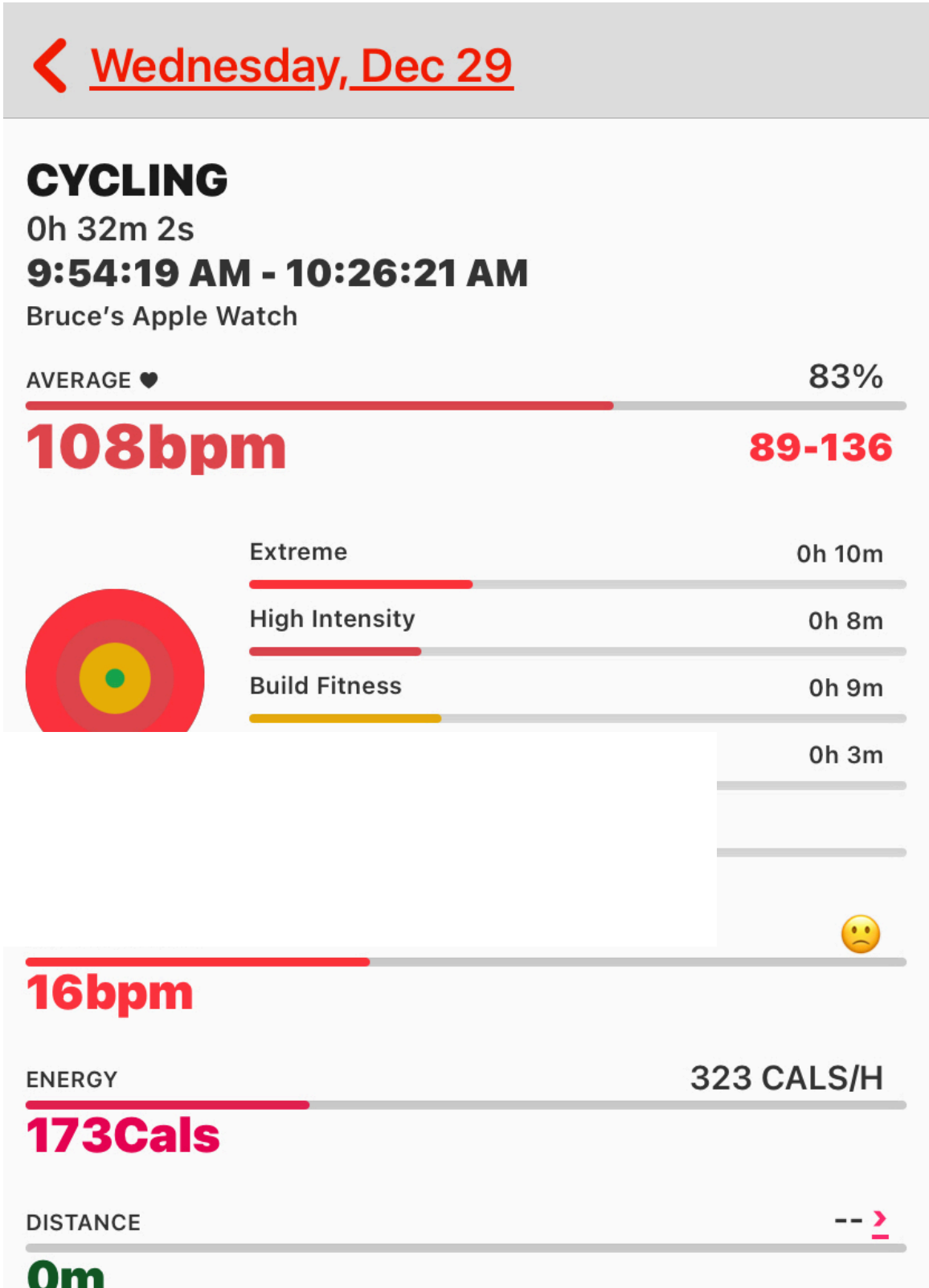
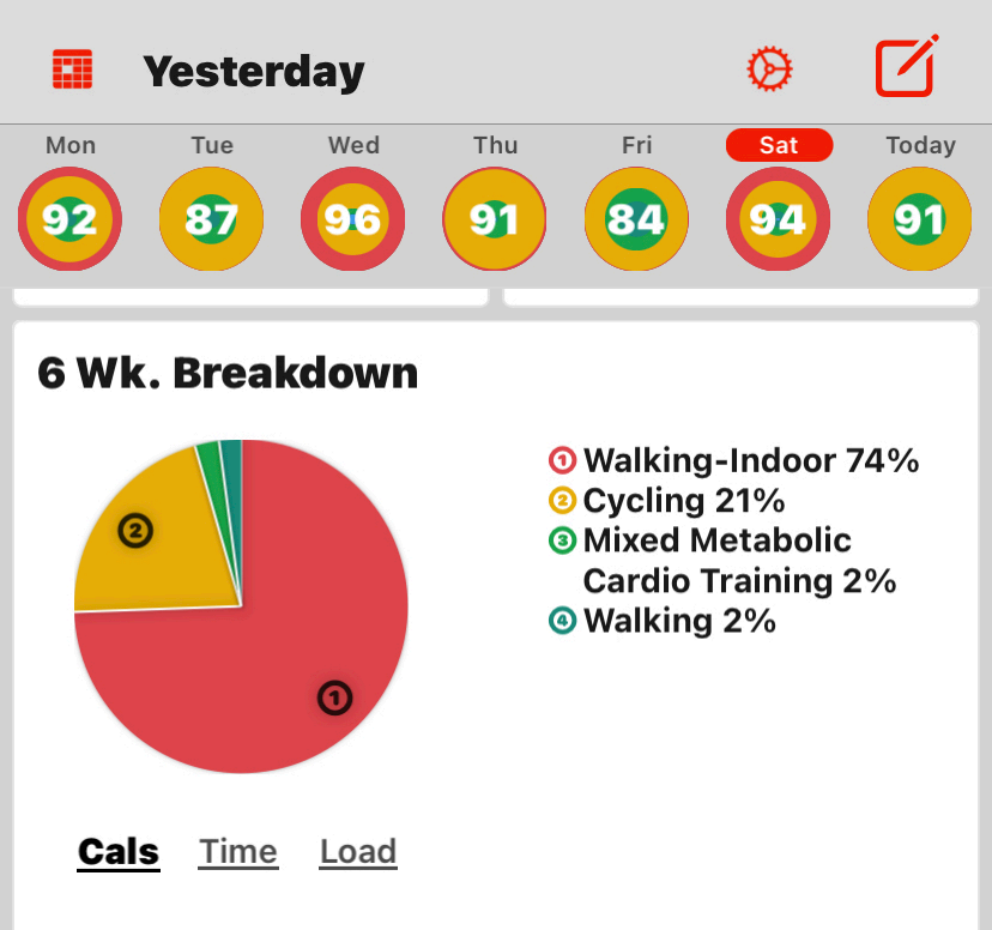
Automatically use this as your daily goal in HeartWatch? ☒

The character morphs as you reach your activity goal.

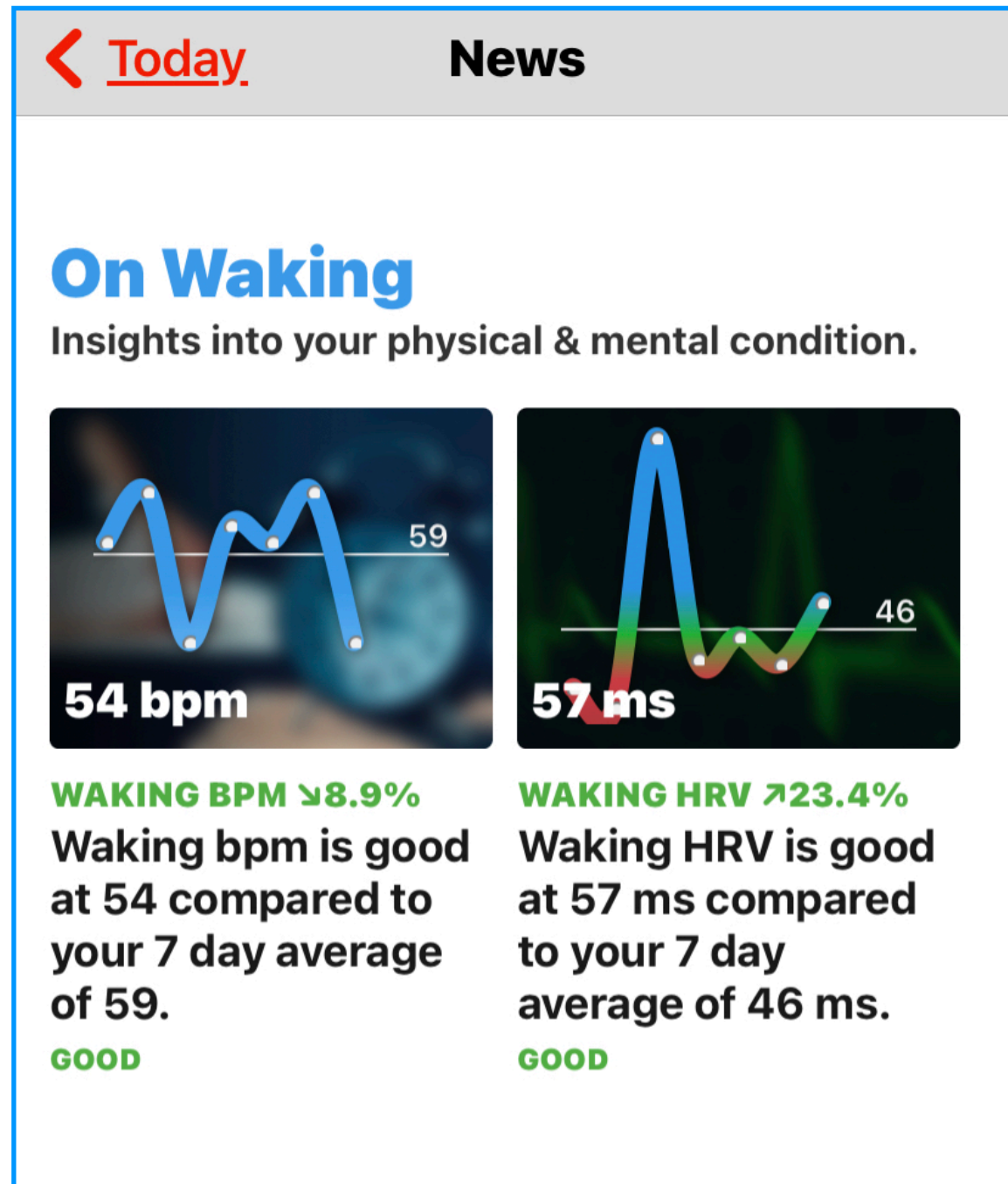
I coast a lot!



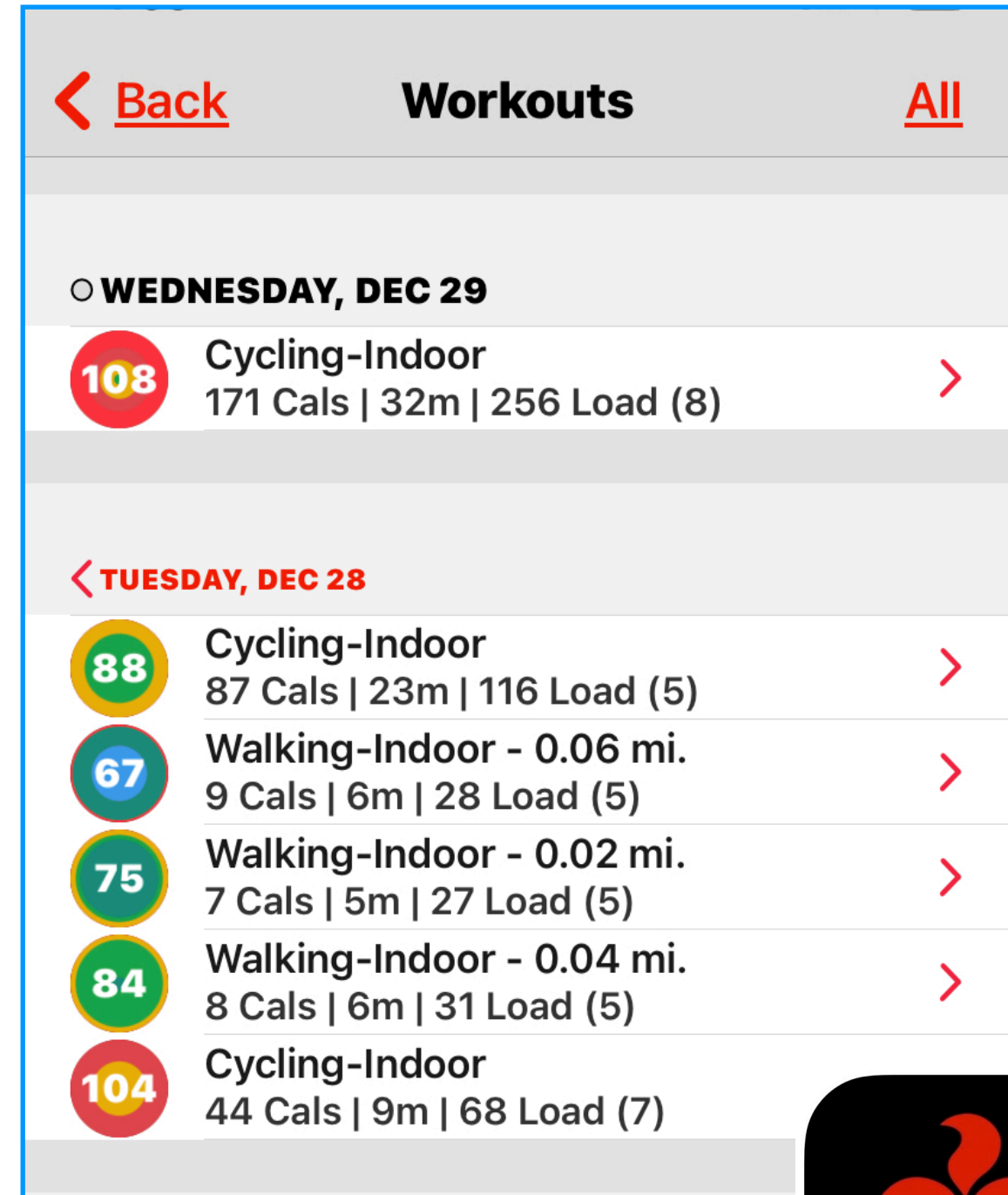
# Heart Watch monitors better



# Morning Briefing



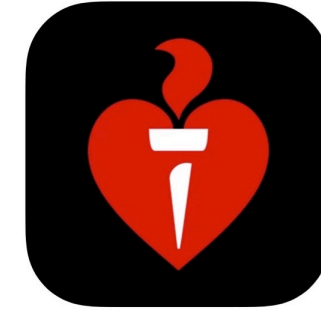
# Journaling Activity



Looking for trends...



Heart Month



## New Medications

*"The doctor prescribed some new medications and asked me to keep an eye on my heartrate over the coming weeks. Im taking a reading and making comments each time I take the medication, plus tracking my pulse during the day"*

Use HeartWatch to setup alerts on your Watch and make notes any time of the day. HeartWatch will alert you based on your heartrate settings and you can then speak into the Watch to record a note which will also stamp the time and heartrate reading. All comments and measures are then accessible via your iPhone in Notes, which you can easily show to your doctor or email an export:

**Scenario:**

**a change in medications**

[heartwatch.tantsissa.com](http://heartwatch.tantsissa.com)



# Quick Start Guide online



HeartWatch

Home

User Guide ▼

Navigating

News ▼

Wellness

Activity

Workouts

Dashboards

Watch Use ▼

Journal

S

This Quick Start Guide takes you through the essentials and suggests some great functions to ensure you are across the app.

[Introduction - What is HeartWatch](#)

[1 - Get Your Apple Watch Ready](#)

[2 - Getting Best Performance](#)

[3 - Navigating HeartWatch](#)

[4 - What Do The Colours Mean?](#)

[5 - Read Your Health News](#)

[6 - Viewing Historical Days](#)

[7 - Setup Heart Rate Alerts](#)

[8 - Use the Speak Function](#)

[9 - Recording Notes & Journals](#)

[10 - Setup Smart Activity Goals](#)

[11 - Do a Workout](#)

[12 - View Your Workout Results](#)

[13 - View Your Trends](#)

[14 - Track Your Sleep](#)

[15 - Export Your Data](#)

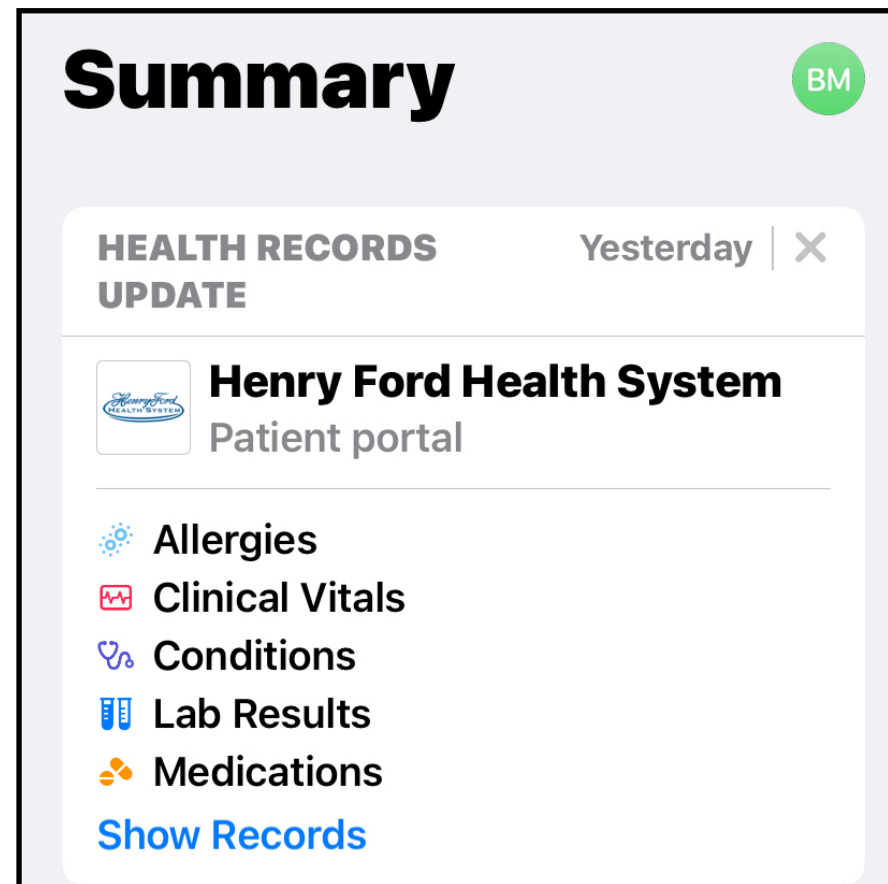
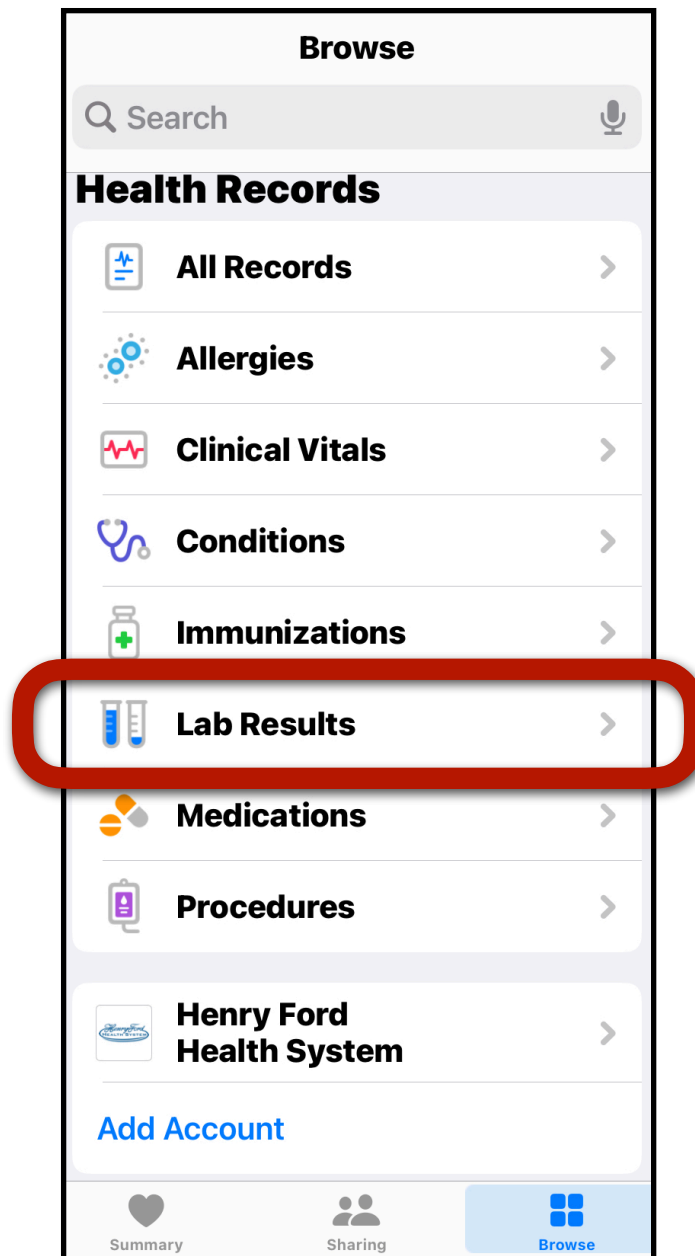
**Both apps have excellent documentation**



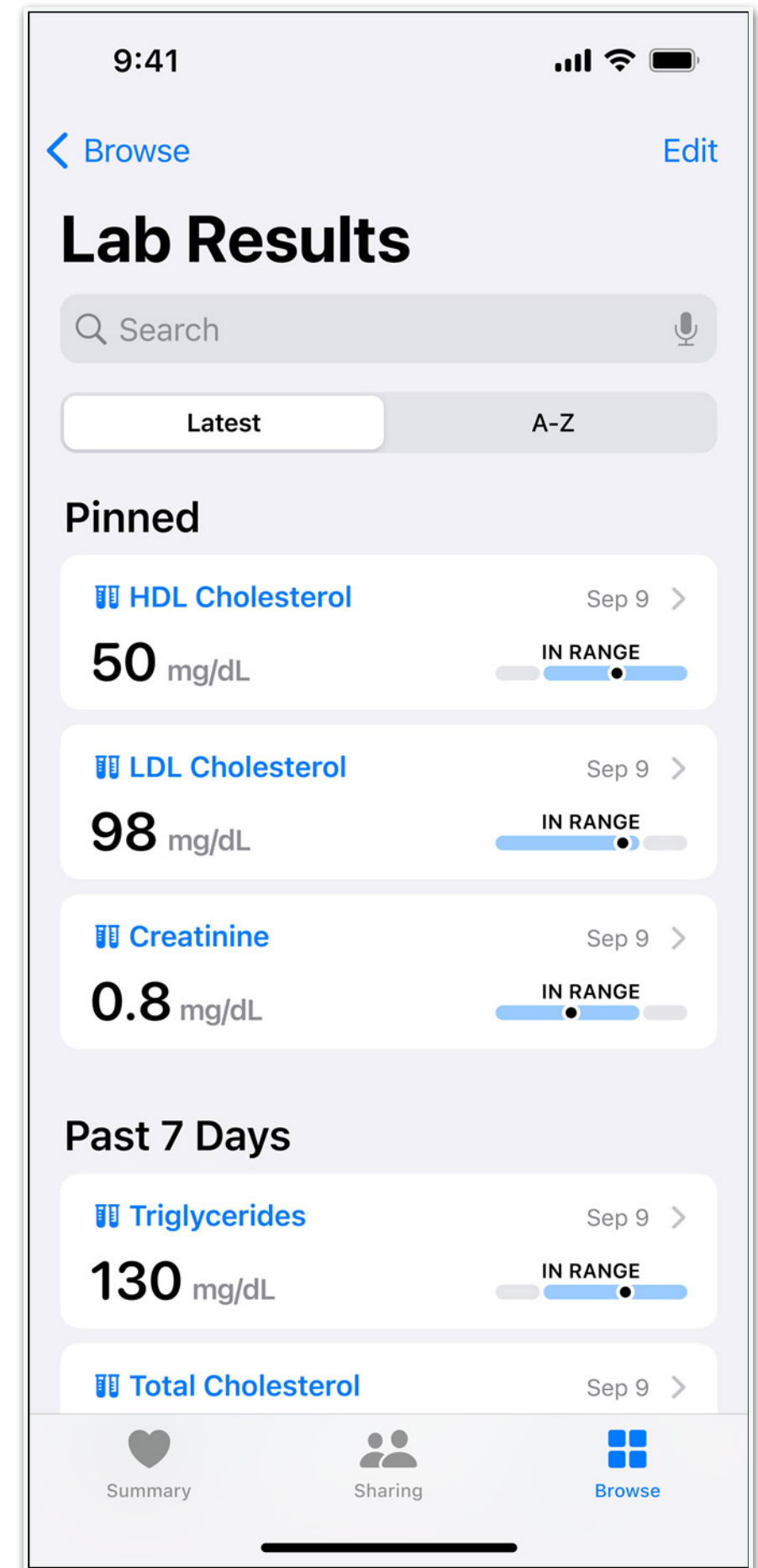


# Sample of Lab Results from doctor, hospital health system, or lab such as Quest

To get the data there takes a few steps  
as seen on the next slide...



Added to Health App





[Cancel](#) [mychart.hfhs.org](#) AA

MyChart  
by **Epic** MyChart

**Are you sure?**

Granting access will give **Apple Health** access to the data you authorize.

**What you need to know about Apple Health**

Before allowing **Apple Health** access to your account, please be aware of the following important details. This information is provided by the creators of **Apple Health**.

All mentions of the term "data" refer to the data from your electronic health record.

**Who is offering the app?**

This app is not provided by your healthcare provider. This app is provided by Apple Inc., a for-profit organization that is not a HIPAA-covered entity or business associate of your healthcare provider, for purposes of this feature.

Moving your data from your electronic health record to this app may move it out of

[Cancel](#) [mychart.hfhs.org](#) AA

**Does this app allow you to delete the data that have been stored about you?**

This app allows you to delete some of the data that it has stored about you, which may be based on your preferences. Keep in mind that, even if the app has deleted your data, the app can't get back data provided to third parties.

The app developer can continue to use your data according to any agreements you may have with them, even if you close your account and delete the app from your device.

The privacy policy and statements of Apple Inc. may contain more details.

**How does the app developer use your data?**

The app developer may use data about you to improve its services in the future.

Apple Inc.'s privacy policy and statements may have more details on how and when the app uses your data.

**Deny access**

[Cancel](#) [mychart.hfhs.org](#) AA

☒ **Immunizations**  
 Immunizations

☒ **Medications**  
 Medications

☒ **Procedures**  
 Procedures

☒ **Results**  
 Lab Results

[Learn more](#)

\* How long would you like Apple Health to have access to your information?

1 hour

1 day

1 week

1 month

3 months

6 months

1 year

I added health data from Henry Ford Health Systems.  
Not all health providers participate.

There are many other Watch apps that do similar things  
as Auto Sleep and Heart Watch.

This was just a starting point...

Questions and Comments

