# Watch Health Apps

# AutoSleep



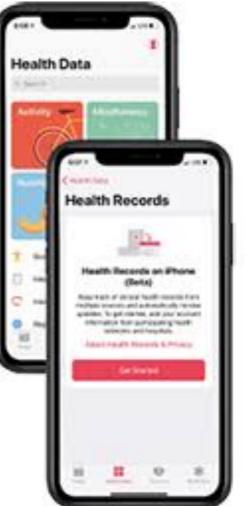
HeartWatch

Working in partnership with





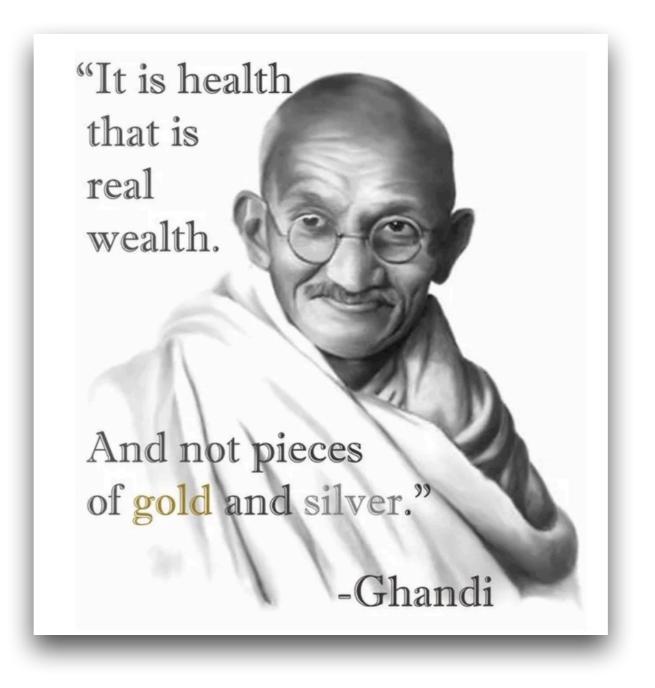
# **Health App**





## **Metrics and Trends**







**Fitness Rings** 

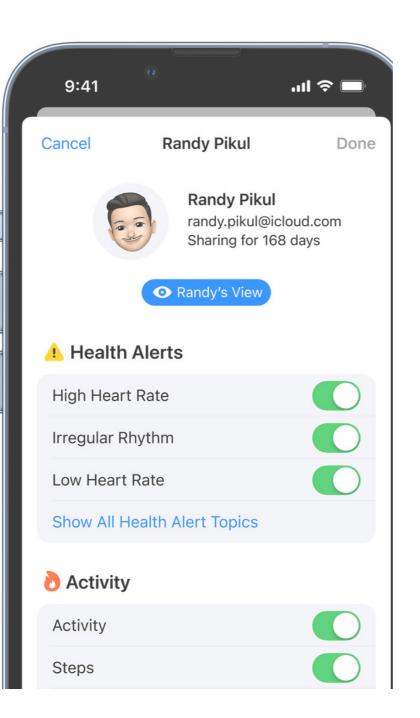
3:57	.।∥ 奈 ■)
<b>K</b> Browse	
Vitals	
Today	
Heart Rate	3:44 PM >
72 врм	
All Blood Oxygen	2:23 PM 📎
98%	
Past 30 Days	
A Respiratory Rate	Feb 22 义

#### **Past 12 Months**

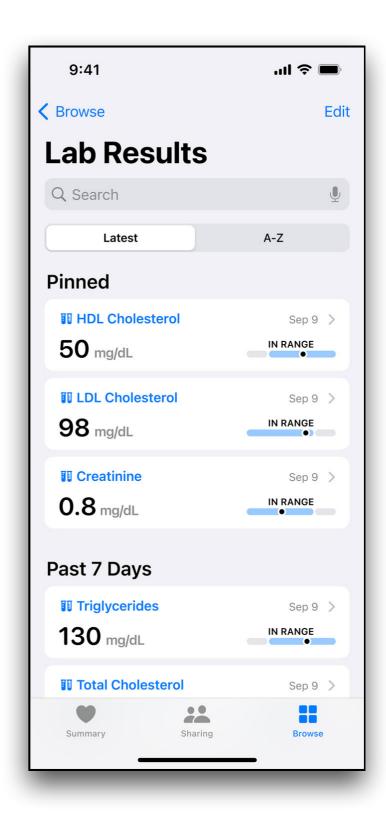
**13.5** breaths/min

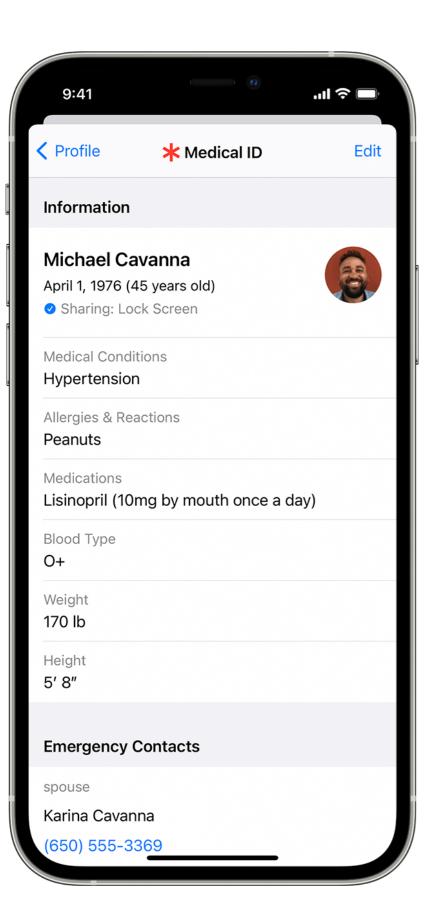
Blood Pressure	Oct 2021	>
127/78 mmHg		

# The Health App



BP is measured with a BP cuffnot 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

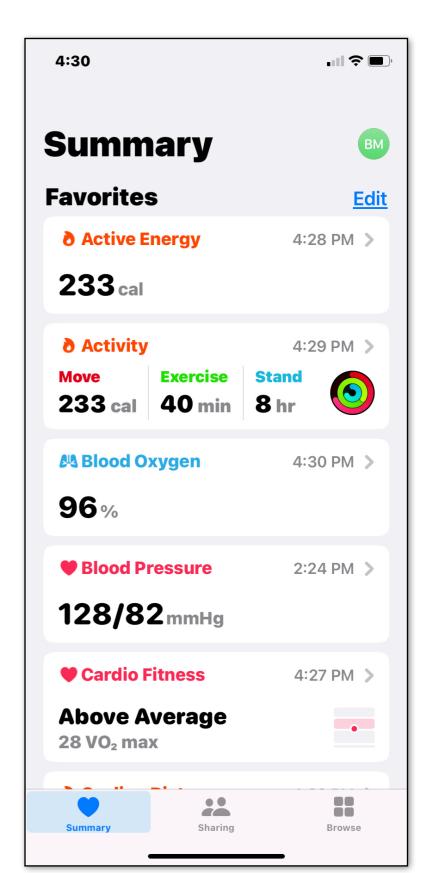
The **Apple Watch** collects data and sends it to the **iPhone**. Fitness App shows 3 rings: Move, Exercise, and Stand

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



The daily goal is to close your 3 rings.

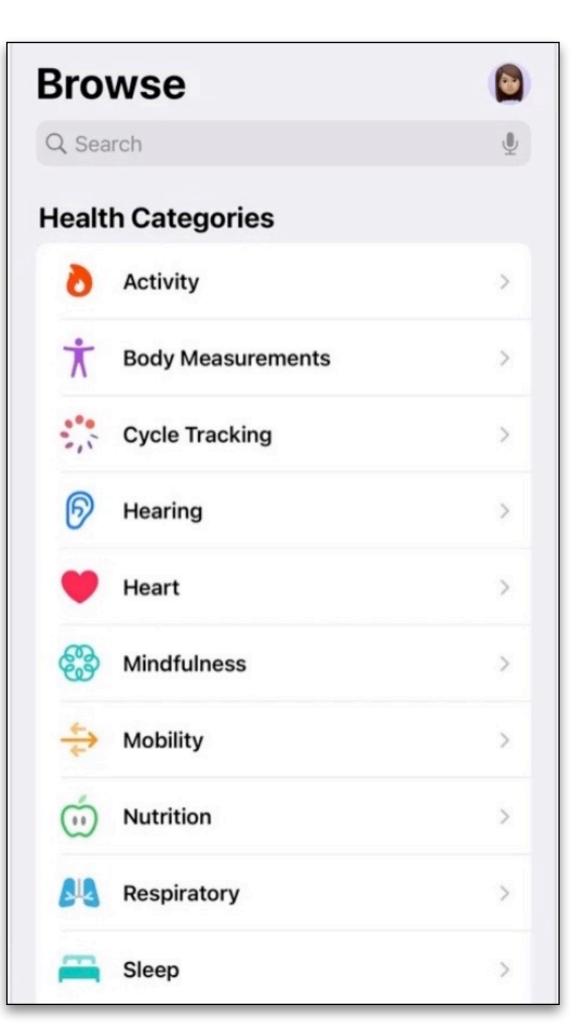




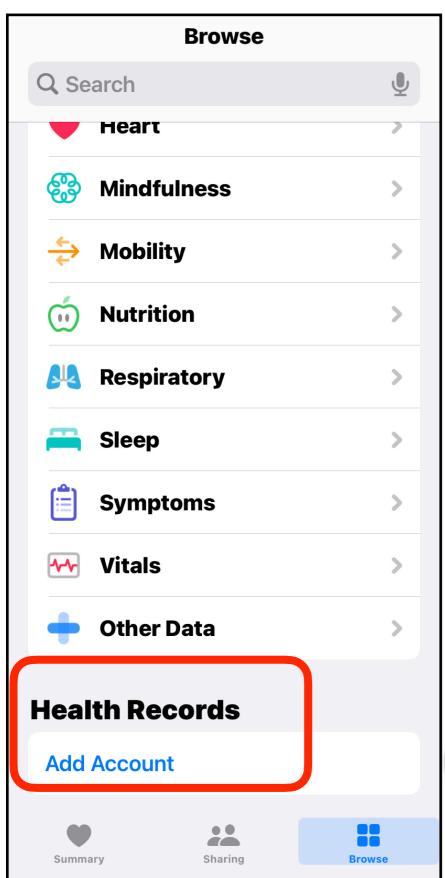
# **Health App**



- 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



4:08		🌫 🔲
< <u>Searce</u>	<u>ch</u>	
	HEALTH SYSTEM	
-	Henry Fo	
	lealth Sys	tem
De	etroit, Michigan, Unite	d States
AVAILAE	BLE TO CONNECT	
Hammer Frank	Henry Ford Health Patient portal	System
	Patient portal is wh find your test result medication lists, all immunization recor more!	ts, ergies,
	Download of Clinical Records Any records Henry For System makes availan added to Health.	
	<b>Connect Account</b>	

#### Search

#### **AdventHealth**

#### AdventHealth Waterman

Tavares, Florida, United States

AVAILABLE TO CONNECT



#### AdventHealth Patient Account By AdventHealth

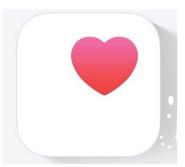
Access lab results, vital signs, medications, allergies, immunizations, procedures and medical conditions from your AdventHealth hospital visits. Use your AdventHealth username and password when connecting to this account with the Health app.

#### Download of Clinical Records

Any records AdventHealth Patient Account makes available can be added to Health.

**Connect Account** 

# In the Health App...



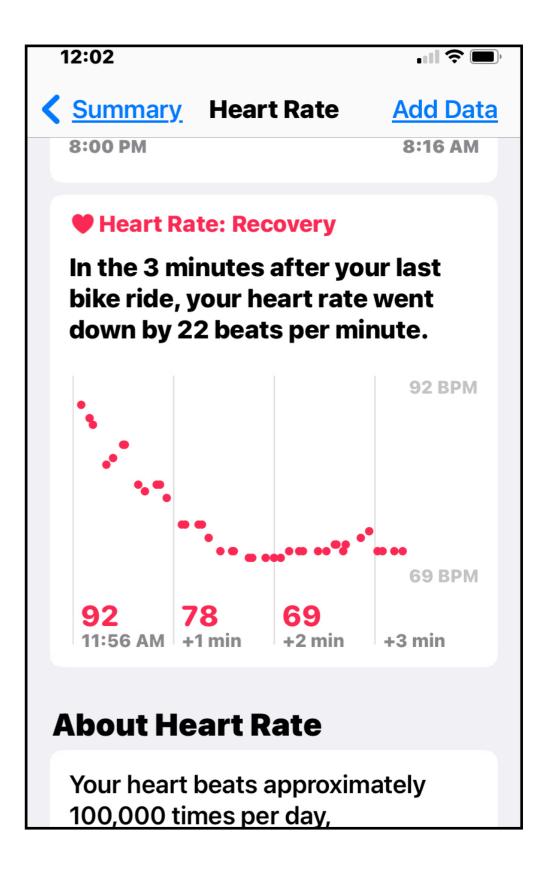
Choose Favorite Activities to Track

9:41		.11	<b>?</b> ■
Edit	Favorites		Done
Existing Data		All	
Activity			
Active Energy			☆
Activity			*
Cardio Fitness			☆
Cycling Distance			☆
Exercise Minutes			*
Flights Climbed			*
Pushes			☆
Resting Energy			☆
Stand Hours			*
Stand Minutes			☆
Steps			*
Swimming Distanc	e		☆
Swimming Strokes			☆
Walking + Running	Distance		☆

## Decide which Watch apps share data

	9:41		.ul 🗢 🔲
<	<u>Prof</u>	ile Apps	
		AutoSleep	>
	6	AutoWake	>
	0	Blood Oxygen	>
	r	BP Journal	>
	<b>!!!</b>	CardioBot	>
	89	Cardiogram	>
		Clock	>
	8	Cyclemeter	>
	A	ECG	>

# 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

<sup>\$3.99</sup> 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.





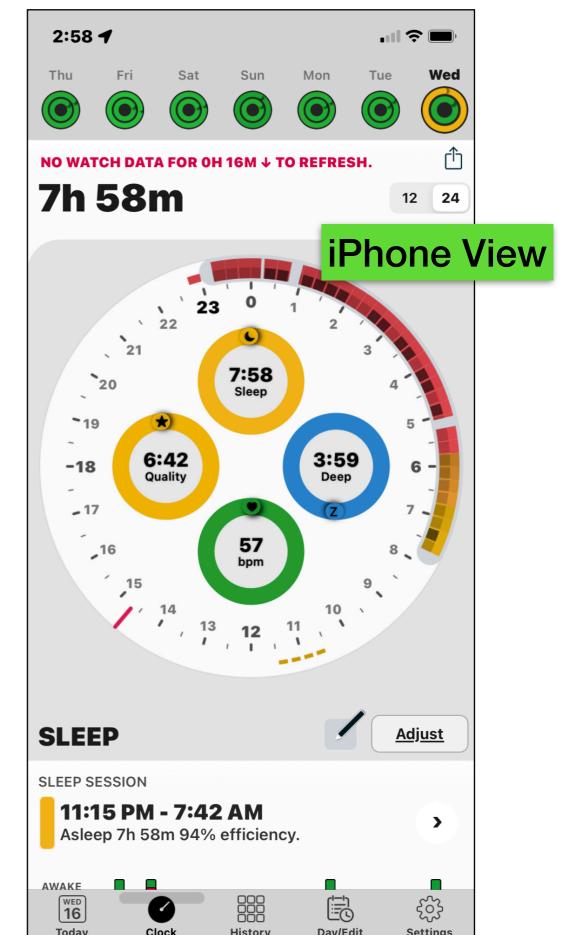
## Auto Sleep App for Apple Watch and iPhone

## Metrics:

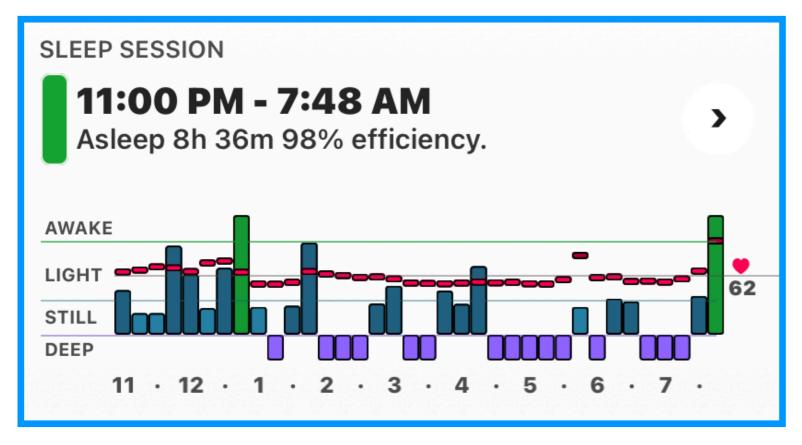
- Length of sleep
- Quality
- Deep Sleep
- beats per minute



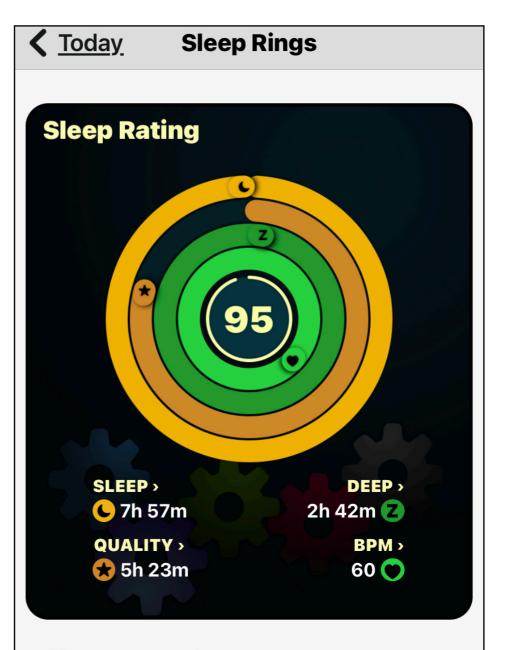
### Green rings are met goals



Data collected by Auto Sleep App shown on iPhone Sleep cycles



This is missing in the Health App



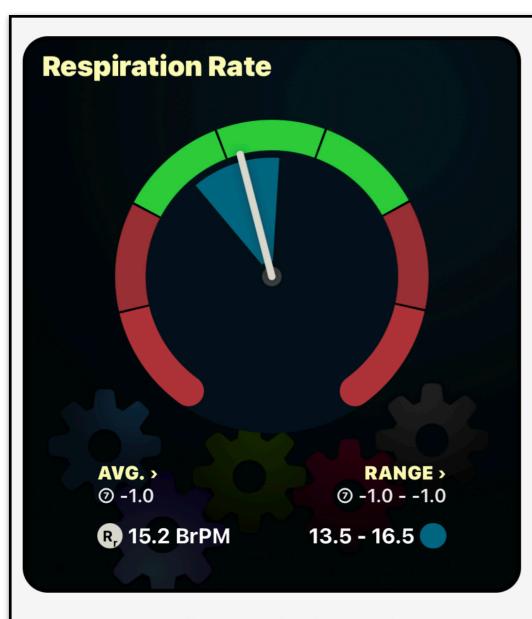
Your sleep ring shows how much sleep you have had today.

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.

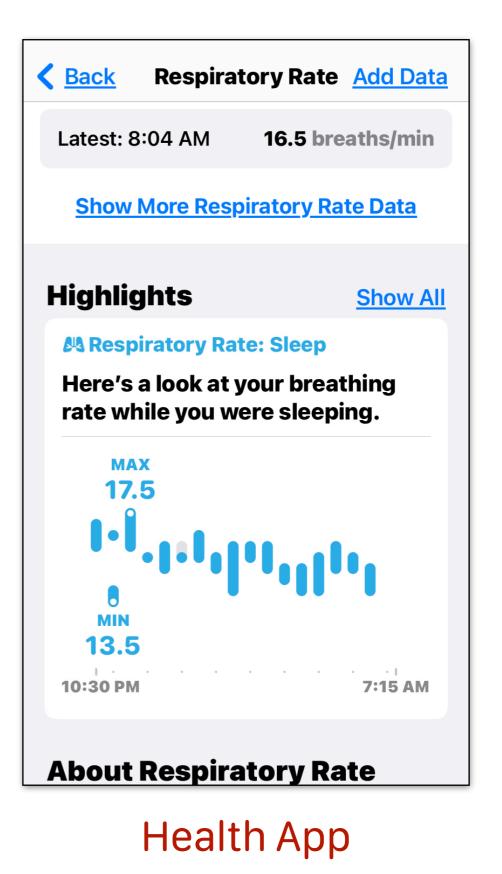
Ζ

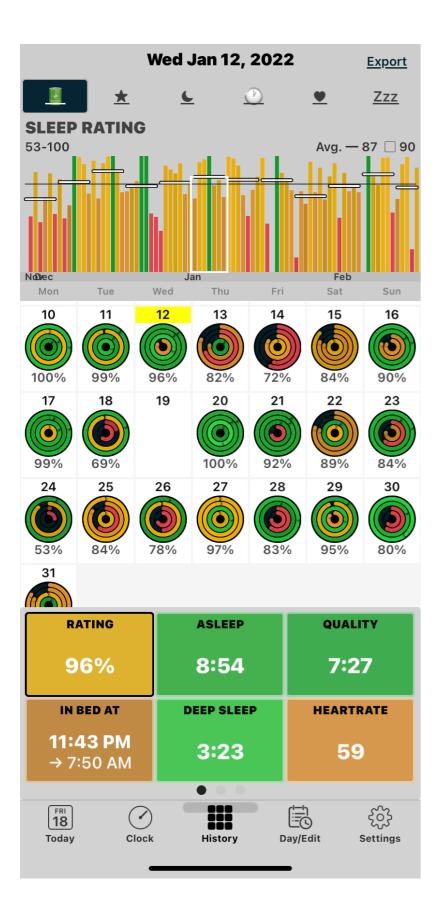
This ring compares your sleeping heart rate average to your non-active daytime heart rate average.



Sleep Respiration Rate is the number of times you breathe per minute during sleep, measured in breaths per minute (BrPM). Studies have shown that in healthy individuals this is from 12 to 20.

Auto Sleep







## **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?

SUNDAY, FEBRUARY 13

Asleep 9h 5m

8 am



<u>Edit</u> Asleep Sensors 3:46 am 4 am AutoSleep on the iPhone shows minute by minute details of your sleep cycle 5 am Notice heart rate and 6 am deep sleep cycle as video plays 7 am 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

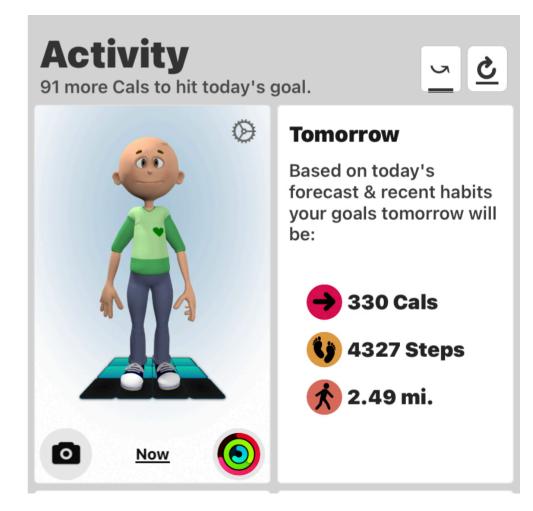
#10 in Health & Fitness★★★★★ 4.7 • 10.6K Ratings

\$3.99

no subscription



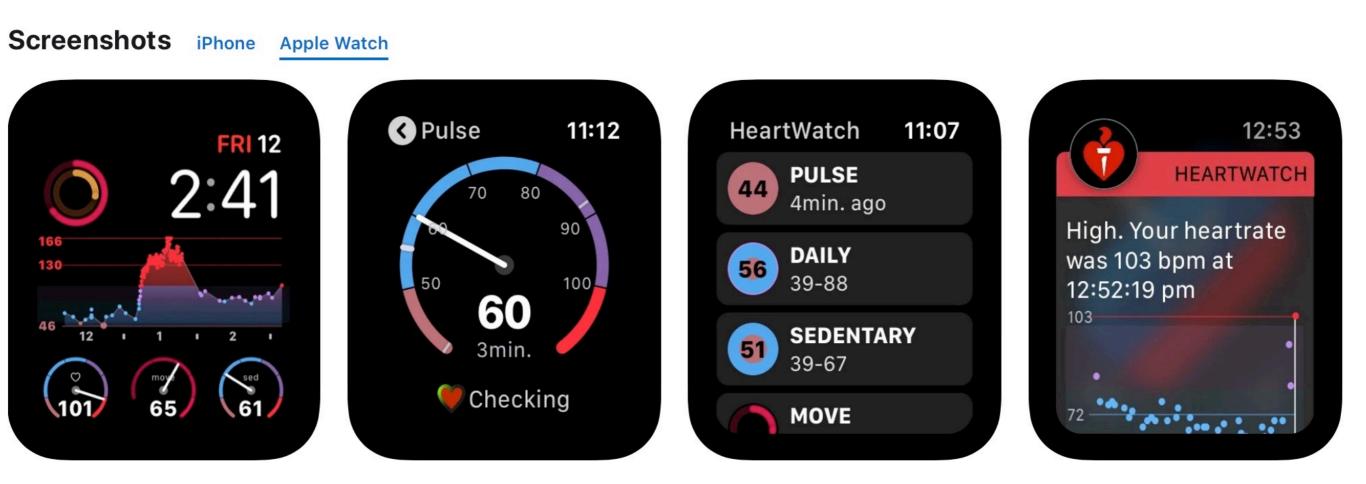
I keep finding more features in this app.





## **Heart Watch**

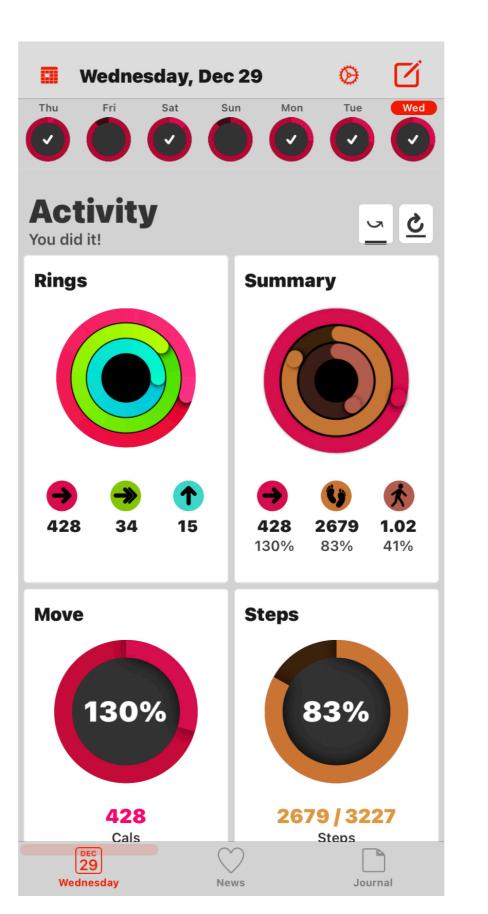
## Get a complete picture of all health and fitness information captured by your Apple Watch





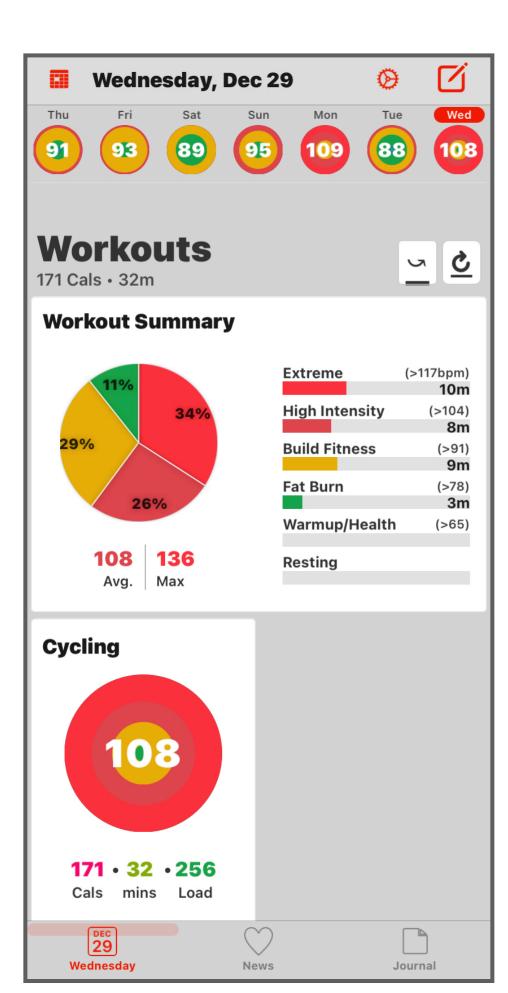
AVERAGE •		81%
106bp	om	88-113
	Extreme	
	High Intensity	0h 10m
	Build Fitness	0h 5m
	Fat Burn	
	• Warmup/Health	
2MIN RECOVERY		
ENERGY		142 CALS/H
<b>38Cals</b>		
DISTANCE		05:17 / KM <u>&gt;</u>
3.0km		
STEPS		4 SPM
61		
LOCATION		
The Village	S	>
WORKOU Cycling	THEARTBEAT	
6:42 PM	16 mins	6:58 P
	manna-	

والمستحدث والمراجع





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?

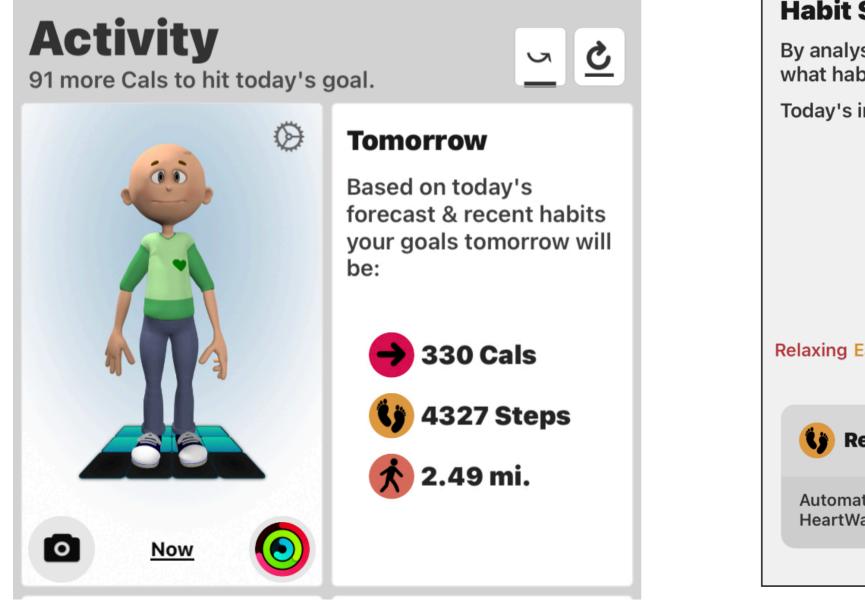
2:02 🖈	ı∥≎∎)
Summary	ВМ
Favorites	Edit
Active Energy	2:01 PM >
185 cal	
ð Activity	2:01 PM 🗦
MoveExercise185 cal25 min	
185 cai 25 min	5 hr
A Blood Oxygen	1:15 PM 📏
98%	
Blood Pressure	Yesterday >
128/82mmHg	
Cardio Fitness	Yesterday >
Above Average	
28 VO <sub>2</sub> max	•
Summary Sharing	Browse

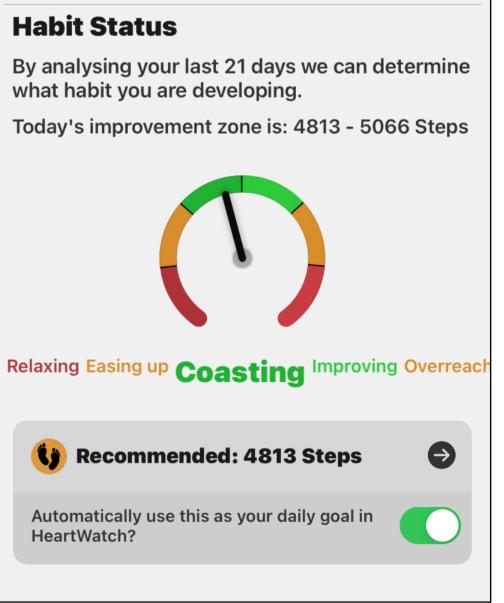
The Health App summarizes the current day. No trends.

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**

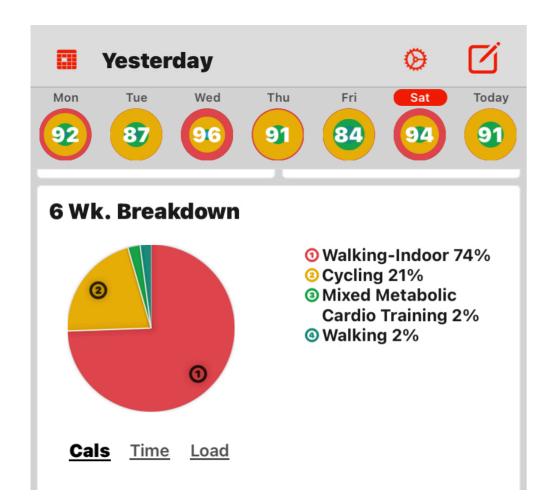


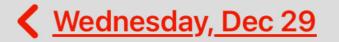


The character morphs as you reach your activity goal.

I coast a lot!

## **Heart Watch monitors better**





<b>CYCLING</b> Oh 32m 2s <b>9:54:19 A</b> Bruce's Apple	M - 10:26:21 AM	
AVERAGE •		83%
108bp	m	89-136
	Extreme	0h 10m
	High Intensity	0h 8m
	Build Fitness	0h 9m
		0h 3m
16bpm		
ENERGY		323 CALS/H
173Cals		

-- >

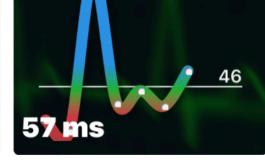
DISTANCE

Om

# **Morning Briefing**

## **Journaling Activity**

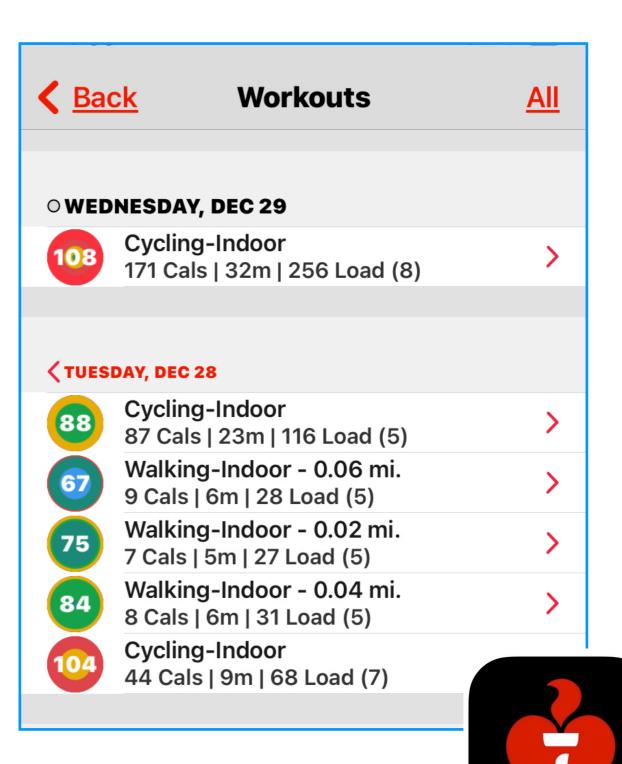
**Version** News **On Waking**Insights into your physical & mental condition.



WAKING BPM ≥8.9% Waking bpm is good at 54 compared to your 7 day average of 59.

54 bpm

WAKING HRV 723.4% Waking HRV is good at 57 ms compared to your 7 day average of 46 ms.



## 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



# Quick Start Guide online

7	HeartWatch	Home	User Guide 🗸	Navigating	News 🗸	Wellness	Activity	Workouts	Dashboards	Watch Use 🗸	Journal	S
			This Quick Start Gu	lide takes you th	nrough the es	sentials and s	uggests som	e great functio	ns to ensure you	are across the app		
	Introductiv	M/batic										
		on - What is H ur Apple Watc										
	<u>2 - Getting</u>	<u>g Best Perform</u>	nance									
	<u>3 - Navigati</u>	ting HeartWat	<u>itch</u>									
	<u>4 - What De</u>	Do The Colours	<u>'s Mean?</u>	Both a	pps h	nave E	exce	llent	docum	entatior	n	
	<u>5 - Read Yo</u>	our Health Ne									•	
1	<u>6 - Viewing</u>	<u>g Historical Da</u>	ays									
	<u>7 - Setup H</u>	Heart Rate Ale	erts									
1	<u>8 - Use the</u>	<u>e Speak Functi</u>	ion									
1	<u>9 - Recordi</u>	ing Notes & Jo	ournals									
	<u>10 - Setup </u>	Smart Activit	<u>ay Goals</u>									
	<u>11 - Do a W</u>	Vorkout										
1	<u>12 - View Y</u>	Your Workout	<u>t Results</u>									
1	<u>13 - View Y</u>	Your Trends										
Ġ	<u>14 - Track Y</u>	Your Sleep										

**(**)

<u> 15 - Export Your Data</u>

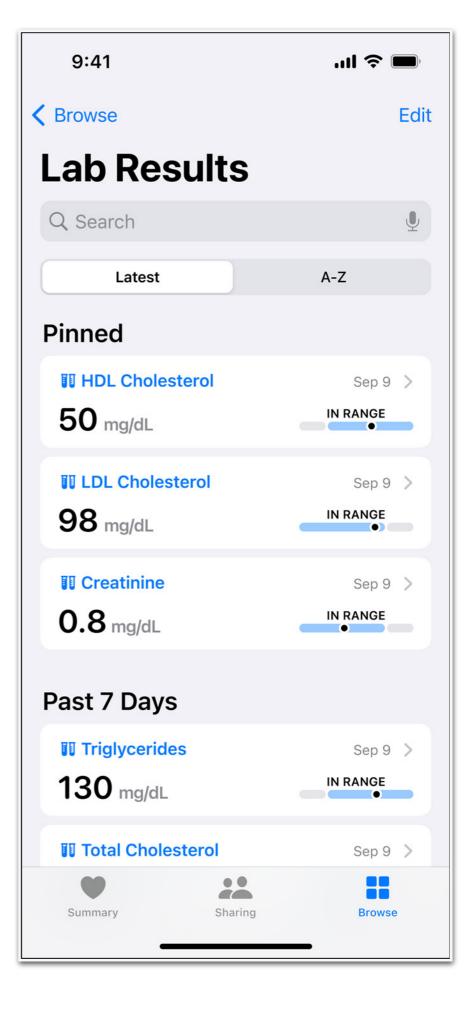
Sample of Lab Results from doctor, hospital health system, or lab such as Quest

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

Browse		
Q Search	Ţ	Summary 🛛 🕬
Health Records		
🖆 All Records	>	HEALTH RECORDS Yesterday X
o Allergies	>	UPDATE
Clinical Vitals	>	Henry Ford Health System Patient portal
♥ Conditions	>	Allergies
Hommunizations	>	🖂 Clinical Vitals
🚺 Lab Results	>	<ul> <li>Conditions</li> <li>Lab Results</li> </ul>
🍰 Medications	>	Medications
Procedures	>	Show Records
Henry Ford Health System	>	Added to Health App
Add Account		

Sharing

Summary



HEALTH SYSTEM MyChart

Granting access will give Apple Health access to the

Before allowing **Apple Health** access to your account,

This information is provided by the creators of **Apple** 

All mentions of the term "data" refer to the data from

please be aware of the following important details.

What you need to know about Apple

MyChart

by Epic

Are you sure?

data you authorize.

Health

Health.

C

G

#### 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.

C	Cancel <b>Wychart.hths.org</b> AA C
G	
	Immunizations
S	Medications
	Procedures Procedures Procedures
	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.

#### Who is offering the app?

vour electronic health record.

This app is not provided by your healthcare provider. This app is provided by Apple Inc., a for-profit organization that is not a HIPAAcovered 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

**O** Deny access

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** 

