

What is eHealth / digital health?

The use of every day technologies (such as: smart phones, computer and internet) for health and wellness



Medisafe Medication Reminder and Pill Organizer

- Never miss a pill again!



The Red Cross: FIRST AID APP

- Get fast accurate first aid information



Take a Break!

- Enjoy deep relaxation, stress relief and benefits of meditation!



Instant Heart Rate

- Accurate heart rate monitor app by Azumio



MyFitnessPal Calorie Counter & Diet Tracker

- Track your food, exercise and calories with this app

View a series of video clips on selected apps at: www.youtube.com/user/ehealthstrategy

TIPS ON CHOOSING THE BEST HEALTH APP FOR YOU



Your Condition

Apps are great for tracking symptoms, managing chronic conditions or measuring fitness goals. Ask your doctor about how you'd like to use an app to ensure it is a good fit for your condition and wellness goals



Ease of Use

Unless it is easy to use, you won't end up using it. Consider the amount of information you're required to enter, how often you have to enter it and if calendar reminders are available



Effectiveness

Do your research! Reviews from other users can be insightful, especially from someone with the same health condition or goal



Privacy

Make sure the information you enter remains confidential. It's critical to research privacy policies for apps and companies behind them. Understand your smart phone privacy settings. Like any technology, apps can be vulnerable to hacking!



Safe

Some apps provide advice that doesn't reflect your medical history or conditions. A member of your health care team can provide valuable insights on this advice to ensure it is tailored for you!



iCON
interCultural Online
Health Network

Health resources and information on upcoming and past events on various health topics organized by Digital Emergency Medicine

<http://www.iconproject.org>



Fraser Health

Information and links on how to live a healthy life with a network of hospitals, care clinics, health centers and residential homes

<http://www.fraserhealth.ca/>



PICS

Links to various programs and services for new immigrants and seniors

<http://pics.bc.ca/>



**Self-Management
British Columbia**

Information and locations for free self-management programs for individuals with chronic health conditions

<http://www.selfmanagementbc.ca/>



**Canadian Diabetes
Association**

Information and resources for people with diabetes (recipes, exercise plans, etc.)

<http://www.diabetes.ca/>



**Heart and Stroke
Foundation**

Resources on heart disease, stroke and healthy living

<http://www.heartandstroke.com/>



**Canadian Liver
Foundation**

Provides information and resources on liver diseases

<http://www.liver.ca/>

DIAL 2-1-1

Free, confidential, multilingual phone service available 24/7 or visit:
www.bc211.ca/contact/



Visit:

www.myHealth.ca
to access your medical test results online!

Learn about health topics at:

www.Healthlinkbc.ca



www.medlineplus.gov
is an easy-to-read trusted source of health information

PHONE 8-1-1

to speak to a nurse or pharmacist if you are unsure if you need medical attention