









Occupational Medicine: App review

Subject: General Lifestyle apps

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| App Name |  <p>Couch to 5K</p> |  <p>Drinks Tracker</p> |  <p>Easy Meals</p> |  <p>Smokefree</p> |
| Cost | Free | Free | Free | Free |
| Supported platforms | Android. iPhone, iPad, and iPod touch, requires iOS 7.1 or later. | Android. iPhone, iPad, and iPod touch, requires iOS 7.1 or later. | Android. iPhone, iPad, and iPod touch, requires iOS 7.1 or later. | Android. iPhone, iPad, and iPod touch, requires iOS 7.1 or later. |
| Functionality | This app is intended to provide a running exercise plan for its users. It aims to get users off the couch and running (up to 5km) in nine-weeks. There are a range of celebrity trainers who instruct users, providing them with tips on, for example, when to walk and when to run. | Designed to help individuals keep track of their drinking over a period of a week and beyond. The app also helps users see in monetary terms how much they spend on alcohol. Users are also able to calculate the number of units consumed. Practical tips on cutting down on alcohol consumption is also provided. | This app is aimed at promoting healthy living by helping users engage with variety of healthy meals/meal ideas. The app provides over 150 meal ideas. The calorie counted recipes cater for meals across the day, including puddings. A wide myriad of vegetarian and non-vegetarian recipes is also catered for. | The app is a four-week programme designed to assist users who wish to quit smoking. The app offers practical support and tailored advice to the user. It functions mainly as a diary, providing daily support and progress monitoring for users. Users can share their progress with friends/family using the progress indicator. Reward badges are also provided. A savings calculator provides a |

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| | | | | <p>quick means of computing monetary savings cigarettes. Crave busting tips and motivation messages (either by picture, video or audio capture) may be recorded by users.</p> |
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| <p>Screen shots</p> |  |  |  |  |
| <p>Ratings</p> <p>Utility (out of 5)</p> | <p>3/5 The app allows users to select their celebrity trainer who will guide them through the nine-week exercise plan, providing them with tips and encouragement.</p> | <p>2/5. Has reasonable utility, however some users may experience interface problems in the form of sizing issues on tablet devices. Navigation around the app is from a central</p> | <p>4/5 It offers versatility, including the ability to save one's favourite recipes to be accessed later. From the 'shopping list' tab, a shopping list can be created, saved or emailed, thus serving as a useful tool to keep track of one's healthy</p> | <p>2/5 User interface with this app could be improved. Navigating around the app can be quite confusing. Simplification will enhance user experience significantly. A link is available via the 'tips</p> |

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| <p>Intuitive (out of 5)</p> | <p>Users are able to track their own progress over the nine-week exercise plan. A countdown timer allows users to check how much time they have left on a particular run or walk. Users are also able to rate how they feel after each exercise session making it interactive. Navigation around the app could however be made slightly smoother with the inclusion of a 'back' button. Continuous Wi-Fi access is necessary in order not to lose the celebrity coach's voice during sessions.</p> <p>3/5 A simple and useful lifestyle exercise app intended to make physical exercise through running fun and safe. The celebrity trainer voices enhance the user's experience.</p> | <p>landing screening screen without a 'back' button. This somewhat diminishes navigation pleasure.</p> <p>2/5 Mainly serves as a diary for recording alcohol use. Monetary spending can be estimated based on the cost drinks imputed by users on a daily basis.</p> | <p>food shopping habits. A handy meal mixer provides users with a tool for trying different combinations of breakfast, lunch, or evening meals. There is however no search facility for 'keyword' searches. In addition, portion sizes were created with a family of four in mind and therefore single persons will have to make some adjustments in relation to portion sizes. Overall however, the app works very well.</p> <p>4/5 Although not a technically sophisticated app, this resource would be very helpful to individuals with busy lives or those who are just wish for some extra inspiration in relation to healthy meal planning and execution.</p> | <p>and advice' tab which provides some useful additional online resources for extra local support and information. Users might find this helpful.</p> <p>2/5 A useful app to help smokers quit the habit. It works predominantly as a diary and allows users to record smoking-related information.</p> |
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| Visually attractive (out of 5) | 3/5 Visually, the displays are simple, clear, easy to read and reasonably attractive. | 3/5 Reasonably attractive visuals. The displays work satisfactorily with appropriately contrasting colours within various windows. This makes for relatively easy information inputting by users. | 4/5 The visual display is good, vibrant and attractive. Visuals also mostly come with annotated comments which will be very informative to users. | 3/5. The visuals are simple but reasonably pleasant. Additional improvements would definitely enhance user experience. |
| Information and content (out of 5) | 2/5 Simple but appropriately targeted, particularly to new users. Material on the steps to success, health benefits and previous success stories are particularly helpful to users. | 2/5 Uncomplicated and free of jargon. The amount of detail is sufficient. Satisfactory direction is given for access to further relevant information which will be beneficial to users. | 3/5 Mostly relevant, sufficiently detailed and informative in nature. The inclusion of allergy and food intolerance information in future app updates will be invaluable to users. | 2/5 Relevant but limited in details. This may be due to the primary function of the app as a dairy. |
| Overall rating | *** | ** | **** | ** |

Rating system for app reviews

- ***** Extremely useful (can't live without)
- **** Very useful (has significant advantages)
- *** Useful (has advantages)
- ** Has some uses (might be worth using)
- * Not useful (don't bother using)