



Use Your Phone to Prevent Heart Disease with These Apps

Heart disease, also known as cardiovascular disease, is the United States' biggest killer. According to the American Heart Association, it kills one American adult just about every 40 seconds. Heart disease is also the leading cause of death worldwide. Obesity, high cholesterol, and high blood pressure are just some of the factors that can increase the risk for heart disease.

The good news is that heart disease is often preventable. A healthy diet and exercise can lower your risk and help keep you healthy. Try these apps on your phone or tablet to help you stay on top of heart disease.



Blood Pressure Companion
iPhone rating: 5 stars \$0.99



Blood Pressure Companion

If you want to obtain more comprehensive blood pressure data on your iPhone, try Blood Pressure Companion. This app not only lets you measure your blood pressure and heart rate, but it will also send you a test reminder. Over time, collected data will help you look for patterns in your readings. If you add your weight in the app, you may even see your blood pressure drop as you lose pounds.

This is an ideal app for recording information between doctor's visits — feel free to share your data with your doctor at your next appointment.



Blood Pressure Monitor
iPhone rating: 4.5 stars Free



Blood Pressure Monitor

High blood pressure (hypertension) increases your risk for heart disease. According to the National Heart, Lung, and Blood Institute, 1 out of every 3 adults has hypertension in the United States. If you need to keep tabs on your blood pressure, check out this app for easy, every-day monitoring.

First, the app lets you enter information such as what foods you eat and medications you take. It then uses these factors to track your weight, blood sugar levels, and blood pressure. Graphs and statistical reports give you a clear picture of your vital functions, and you can even email the data to your doctor.



Cardio
iPhone rating: 4.5 stars Free



Cardio

A heart rate monitor is important in helping you catch cardiovascular abnormalities, as well as figuring out your target heart rate. The Cardio app serves both of these goals by measuring your heart rate right on your iPhone. Plus, you can figure out your target heart rate for periods of rest and exercise.

As a bonus, the app also features a heart-healthy 7-minute workout. This quick circuit training routine can be done anywhere so you can easily reach your goal of exercising more. At the end of the workout, you'll see your heart rate and how many calories you burned.



iBP Blood Pressure

iPhone rating: 4.5 stars \$0.99



Android rating: 4 stars \$0.99



iBP Blood Pressure

With hypertension, your doctor will likely recommend at-home blood pressure monitoring. Thanks to the iBP Blood Pressure app, accurate readings and data collections are made easier. First, use a blood pressure device and record the readings in the app. This takes the fear out of touchscreen readings for those who are more timid with such technology.

As you measure your blood pressure over time, the app charts your results. You also have the option of putting in blood glucose readings for diabetes.



Instant Heart Rate

iPhone rating: 4.5 stars \$1.99



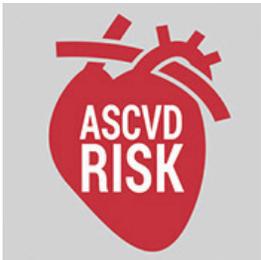
Android rating: 4 stars Free



Instant Heart Rate

Exercise is a key factor in improving your heart health. Instant Heart Rate app helps determine your target heart rate so that you can work out without putting too much stress on your heart.

Place your finger on the phone's camera to find your target heart rate in just seconds. Use this award-winning app to get the most from your workouts, assess your stress levels, or find your overall heart health while at rest.



ASCVD Risk Estimator

iPhone rating: 4 stars Free



Android rating: 4 stars Free



ASCVD Risk Estimator

There are numerous risk factors for heart disease, but they can vary between individuals. This app is the result of collaboration between the American Heart Association and the American College of Cardiology to help you identify risk factors for atherosclerotic cardiovascular disease (ASCVD).

First, you're asked basic questions related to age and gender, as well as smoking habits. You'll then provide the app with other details, such as your history of hypertension and diabetes. The data is processed and you are given a 10-year risk assessment, as well as an overall lifetime risk estimate. If you have risk factors, check out the app's extra resources for healthy lifestyle tips to reduce the risk of ASCVD.



Cardiograph

iPhone rating: 4 stars \$1.99



Android rating: 4 stars Free



Cardiograph

Cardiograph is a heart-healthy tool for the entire family. Its multiple profile capabilities can store each person's heart rate and track it over time. Take a picture of your fingertip and your heart rate is computed instantly. It can be used to help monitor heart-related conditions, or any time you want to check your heart rate.

The app is user-friendly and entertaining. Trivia and fun facts about heart health will keep you interested as you check your pulse.



Digifit iCardio
iPhone rating: 4 stars Free
★★★★☆
Android rating: 3 stars Free
★★★★☆

Digifit iCardio

Digifit iCardio helps make exercise fun as you sweat your way to better heart health. Map your jogging route, time yourself, and track your progress with iCardio's easy, real-time charting program. You can also purchase an optional heart rate monitor for extra precision around your cardiovascular health.

The app integrates with a number of social media and music sites so you'll never be bored as you work out. It also stores your weight, blood pressure, and sleep information to give you a fuller picture of your overall health. Connect with your Fitbit for even more accuracy.



PulsePoint
iPhone rating: 4 stars Free
★★★★☆
Android rating: 4 stars Free
★★★★☆

PulsePoint

Cardiopulmonary resuscitation (CPR) can be a life-saving tool if someone nearby goes into cardiac arrest. PulsePoint is a one-of-a-kind app that matches those in need with those who can help instantly.

Location-based services allow users who are trained in CPR to provide assistance to someone experiencing a cardiac event. If you're signed up as a provider, you'll get an alert when someone in your area needs emergency CPR.



Smart Blood Pressure BP Tracker
iPhone rating: 4 stars Free
★★★★☆
Android rating: 4 stars Free
★★★★☆

Smart Blood Pressure BP Tracker

Tracking your blood pressure is important in preventing and maintaining your heart health. Smart Blood Pressure can help you track and record both systolic and diastolic data, as well as your pulse. If you're trying to lose weight, a bonus body mass index (BMI) tracker can help you determine your ideal weight and track your progress as you shed pounds.

Whether you have hypertension or are at risk for developing it, this app's interactive charts help you identify specific problems you can share with your doctor.

These handy apps should be used in combination with regular check-ups with your doctor. Monitoring your blood pressure, heart rate, and weight with the tap of a finger is easy and convenient, but maintaining your heart health takes more than that.

Keeping your diet low in salt and saturated fat is a start. Add exercise to the mix, and you're on your way to better heart health. If you're a smoker, quitting will reduce your risk even more.

Source: www.healthline.com