



Reliable Digital Health Resource:

Trusted Internet Websites for Health Information:

Intercultural Online Health Network (iCON)	<i>Information and resources for upcoming and past events on various health topics organized by Digital Emergency Medicine</i> http://www.iconproject.org
Affiliation of Multicultural Societies and Service Agencies of B.C. (AMSSA)	<i>Information and links to services (events, webinar, online videos) and resources (healthy eating, healthy minds, etc.)</i> http://www.amssa.org/contact/
Progressive Intercultural Community Services (PICS)	<i>Links to various programs and services for new immigrants, seniors, farm workers and women</i> http://pics.bc.ca/
Self-Management British Columbia	<i>Information and locations for free self-management programs for individuals with chronic health conditions</i> http://www.selfmanagementbc.ca/
Canadian Diabetes Association	<i>Information and resources for people living with diabetes (recipes, exercise plans, etc.)</i> http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/multicultural-resources/diabetes-in-the-south-asian-community
Heart and Stroke Foundation	<i>Resources on heart disease, stroke and healthy living</i> http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.3479045/k.6516/South_Asian_Resources.htm
The Kidney Foundation of Canada – B.C.	<i>Resources for kidney disease, high blood pressure and your kidneys, and polycystic kidney disease</i> http://www.kidney.ca/britishcolumbia/resources

Trusted Telephone Numbers for Health Information:

HealthLink BC Services and Resources	<i>Free-of-charge provincial health information phone line. Phone to speak with speak to a health professional.</i> Dial 8-1-1 OR http://www.healthlinkbc.ca/servicesresources/811/
BC 211	<i>Free, confidential, multilingual phone service available 24/7</i> Dial 2-1-1 OR http://www.bc211.ca/contact/

Handbooks Available Online:

BC HealthGuide	Google " <i>BC HealthGuide</i> " and follow the links
Fraser Health	Google " <i>Just the Basics – Tips for Healthy Eating</i> " and follow the links



Tips & Tricks for Selecting a Health Application (App):

With so many tools and applications available it is important to choose one that is right for you. We hope that these simple tips and tricks will help.

1. Match your health goal with the app

Each app targets a specific health condition and a healthy behaviour. Talk with your health care provider to check the app is a good fit for you and your health goal.

2. Examine the app design

Ask yourself if the information presented is in easy-to-understand language, how much information you are required to enter and how often you have to enter information. Ensure the design of the app works well for you.

3. Crowd-source online and test apps

Look at the quantity of user downloads, consult reviews and find out what users have to say about the app.

4. Privacy

It is very important to understand the privacy policies for apps and the companies behind them. Read the developers' privacy statement before consenting to use any health app. Also, know the privacy settings on your smartphone. Do not use a health app that asks you to share personal information than you're comfortable with.

5. Safety

Not all apps are reviewed by medical professionals. Also, apps can provide advice that does not take into account your medical history or conditions. Make sure to consult your health care provider in addition to using the app.

Reputable Reviews of Health Apps:

Wellocracy *Offers impartial information about fitness trackers, mobile health apps and other self-help technologies.*
<http://www.wellocracy.com/>

BC Health Service Locator *Locates health services on-the-go.*
<http://www.healthlinkbc.ca/app/about.html>

Recommended Health Apps:

To download the following applications to your Smartphone (Android or iPhone), go to "App Store", search the name of the app and download it to your phone. Once you have download the app, click and open the icon, then follow the directions.

For more information about these applications, visit Digital Emergency Medicine's website (Health-e-Apps).

Digital Emergency Medicine: <http://digem.med.ubc.ca/>

My Fitness Pal (Free) *Focuses on healthy eating*

Mindshift (Free) *Focuses on reducing your anxiety*

MediSafe (Free) *Reminds you to take your medication*