

What is eHealth / digital health?

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



BC Health Service Locator

- Helps you find walk-in clinics, hospitals, pharmacies and laboratory services



The Red Cross: FIRST AID APP

- Get fast accurate first aid information



Medisafe: Medication Reminder and Pill Organizer

- Never miss a pill again!



Instant Heart Rate

- Accurate heart rate monitor app by Azumio



Medical Dictionary

- Define medical terminology with images included!



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!

www.iconproject.org



iCON
interCultural Online
Health Network

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

www.iconproject.org



Fraser Health

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

www.fraserhealth.ca



S.U.C.C.E.S.S.

Links to various programs and services for new immigrants and seniors

www.successbc.ca



**Hypertension
Canada**

Tips and resources for individuals managing their blood pressure

www.hypertension.ca



Diabetes Canada

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

www.diabetes.ca



**Heart and Stroke
Foundation**

Resources on heart disease, stroke and healthy living

www.heartandstroke.com



**Canadian Liver
Foundation**

Provides information and resources on liver diseases

www.liver.ca



**PHONE
8-1-1**

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

For trusted health resources, including BC-specific information and translated articles, visit this essential web-resource:
www.HealthLinkBC.ca

Visit;
events.gov.bc.ca
patientsaspartners
to access self-management programs, training and education sessions, and resources.

DIAL 2-1-1

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

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

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

You can also speak with a dietitian or physical activity professional using 8-1-1. These experts can also help with health system navigation & accessing services and have translation services available.



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