Lesson Plan: Health & Wellness Apps

Class Description

Learn about some of the best new health and wellness apps for nutrition, fitness, medical information, personal care and more in this class.

**Category**

Software & Apps

**Audience**

Adults

**Class Length**

90 minutes

**Training Method**

Lecture/Demo

**Purpose**

To increase customer familiarity with apps specifically about health, fitness, and wellness.

Equipment Requirements

Projector and projection screen, tablet/smartphone for instructor with hookup to computer/projects (Apple TV or VGA adapter/cable), laser pointer (recommended)

Software Requirements

Windows, web browser with Internet access, PowerPoint presentation

Material Requirements

Handout, pens and pencils, notepaper, participant surveys

**Learning Objectives**

At the end of the session, learners will be able to identify apps for:

* Tracking health & fitness
* Tracking food and recipes
* Guided fitness and training
* Finding health, wellness, and fitness information
* Responding to emergencies

**Assessment Technique(s)**

Question and Answer

Content Outline

**Agenda (2 mins.)**

* Outline the following topics that will be covered in the class:
  + Welcome
  + App Availability
  + Nutrition Apps
  + Fitness Apps
  + Medical Apps
  + Personal Care Apps

**Note for Instructor:** If you prefer to do a live demo beyond this point instead of showing the presentation slides, please follow the same topic order so the activities will remain in sequence.

**Topics, Talking Points, and Activities (85 mins.)**

* ***Welcome***
  + Introduction – who is the trainer?
  + Explain that the format of this class is a lecture/demo, where trainer will be talking the majority of time with breaks for questions and perhaps live demos of apps.
    - Inform participants that they can ask questions at any time
    - Inform participants that they can connect to the library wifi (Gailnet), if they would like to follow along and download apps – but there is not time for help with account set-up/personal features during class – offer 1:1 assistance for help with apps later
* ***App Availability***
  + All apps should work on iPad or Android tablet and can be downloaded from either the Apple App Store or Google Play. Other tablets may be limited. If you see a little phone icon that means the app is designed for a phone. It might still work on some tablets, but the formatting may be a little awkward
  + Some apps have corresponding websites. In this case you will see a little World Wide Web icon.
  + Some apps cost a fee to download (the majority are free). Some also offer “in-app” purchases in order to use all the features. Read the description, view screenshots and browse reviews prior to downloading, if you are unsure.
* ***Apps for Nutrition***
  + **All Recipes Dinner Spinner (2 slides)**
  + Explain that All Recipes is a free app that helps users decided what to make for dinner
  + Share that when users open the app, they will see photos of completed recipes to whet their appetites
  + Explain that if users are accessing the site from their phones, they can pick a category (such as main dish), type of food (such as seafood), and the amount of time desired for cooking and then shake their phones to activate a spinner, which will produce recipes that meet their requirements (tablet users: must type in ingredient names to activate spinner).
  + Tap on a recipe to see more information: servings, ingredients, nutritional value, and prep time.
  + Read reviews and comments on each recipe contributed by other users
  + Point out that other cool features include the ability to add the list of ingredients to a master shopping list, the ability to add your own reviews, and the ability to create a list of favorite recipes and save things they like in the list
  + **Big Oven (2 slides)**
    - Explain that Big Oven is an app geared towards food lovers.
    - Show that it also features recipes and pictures, submitted by food bloggers (someone who has a hobby or profession writing about or taking pictures of food)
    - Point out that you can browse popular recipes in the “Recent Raves’ section or follow your friends and favorite bloggers to see what others are posting. Explain that following means information comes automatically to the user.
    - Mention that one of the best features of this app: a menu planning component which allows you to add specific recipes to dates and then view the schedule as a whole.
    - Point out the search box and explain that this function is easy to use, and this app even features a special search for using up leftovers.
    - Explain that many recipe apps share similar features. Just like All Recipes you can also add ingredients to a shopping list
    - Share that this is an app that you can use for free and clarify that a free membership allows you to use most of the features of this app. A Pro membership allows you to get rid of ads and upload an unlimited number of your own recipes.
  + **ShopWell (1 slide)**
    - Point out the phone icon, which indicates that this app is designed for smartphones.
    - Share the story behind the app: the designers of the ShopWell app wanted to put a nutritionist in your pocket.
    - Highlight the feature that users can create a profile and indicate special needs, such as avoiding peanuts and managing weight.
    - Explain that this app works by scanning your grocery receipts to analyze your food choices, which means it needs to have access to the camera on your phone and you may get a popup when you install the app asking for permission to use the camera.
    - Explain that the app uses your information to make recommendations for better choices while you are in the store.
    - Highlight that using this app on a phone while in the store because you can scan the UPC code of items while you are in the store to get a recommendation for a better choice.
    - Inform participants that the details for each food item will also help you understand the nutrition label.
    - Reminder users that this app is designed for a phone and it requires a good connection to work. Sometimes inside stores your phone connection is weakened, which means that this app may be very slow and not work at all.
  + **My Fitness Pal (1 slide)**
    - Mention that My Fitness Pal is the first of two featured apps that have both nutrition and fitness components.
    - Explain that it is a product of the well-known sports apparel brand Under Armour, so some branding is evident.
    - Point out the The “Today” screen, which gives you a summary of your calorie allotment, the calories you have taken in, and how many calories you have burned through exercise. To add food, just tap the + sign.
    - Show that below the summary, each meal with calories is listed.
    - Point out that in the right screenshot you can see that this account is connected with a Fitbit, so the number of steps registered by the Fitbit is automatically sent to this app
  + **Lose It! (3 slides)**
    - Point out that the LoseIt! app is similar to My Fitness Pal except that it is more focused on weight management. A chart of your weight loss or gains as is a prominent feature.
    - Explain that when you set up your profile and weight goal, you can decide how aggressively you want to gain or lose weight.
    - Inform users that the app then calculates a projected date of meeting your target, if you stay on track.
    - Show users that adding food items is done by searching for a name or scanning a UPC.
    - Explain that if you make a peanut butter and jelly sandwich, you can even save that sandwich for future tracking so you don’t have to enter the bread, peanut butter, and jelly individually each time you track.
    - Point out that this app can also connect with Fitness trackers, like Fitbit, which is the next featured app.
    - Reminder users that this app is free and premium features can be unlocked with a subscription and include more detailed information about nutrition, specialized workouts, and even sleep.

Ask if anyone has any specific questions about food tracking apps before moving on to the next section. If you don’t have an answer “park” the question until the end by writing it on the white board.

* ***Fitness Apps***
  + **Fitbit (1 slide)**
    - Point out that this app is designed for phones.
    - Explain that Fitbit is a well-known brand of activity trackers, many of which can be used with or without the Fitbit app. As seen previously, Fitbit can also connect with other services like My Fitness Pal or LoseIt!
    - Point out that using the app can provide you with a lot more information about your activity level than just using the tracker alone.
    - Explain that Fitbit is primarily focused on tracking steps, and that is the number you will first see when you open the app.
    - Point out that the app has many other features that make being active more fun. The Fitbit app allows you to connect with friends to create an encouraging and competitive environment. At the bottom of the screen is the menu, so tap on Challenges to pick a goal. The Goal Day challenge is for an individual, and motivates you to complete your goal number of steps. The other challenges are for 2-10 players and encourage you to complete steps over a certain amount of time, while also adding a layer of competition. The right screenshot is from a Workweek Hustle challenge. If you win the Challenge, you get a virtual badge.
    - Explain that you can also earn badges for your own achievements, like number of steps in a day.
    - Explain that elements like this are called “gamification” and are designed to make fitness, like walking on a treadmill, a little more fun.
    - Inform users that Fitbit now has 12 different models of fitness trackers, some of which include other options like sleep and heart rate tracking.
  + **Map My Run (1 slide)**
    - Share that Map My Run is another fitness tracker option for walking or running and is designed to work on phones.
    - Explain that, unlike that trackers that count steps, it uses GPS to track distance and pace. Your phone may ask for permission to enable “location” when you install and start this app for the first time.
    - Point out that this app also incorporates music controls and sharing on Facebook and Twitter.
    - Explain that this app calculates calories burned at the end of a workout, but this is only an estimate.
    - Show that when you save a workout you have the option to write in comments in the Notes field. For people who are training and want to track other information, this is useful.
  + **Johnson & Johnson 7 Minute Workout (2 slides)**
    - Share that the 7 Minute Workout app is designed with science in mind. The concept is that even a short workout with simple activities is beneficial.
    - Explain that once you reach a higher fitness level the workout is longer in length.
    - Point out that although it is also available for phones, this app works especially well on tablets because of the videos and when you are moving around it is easier to prop up a tablet and look at a larger screen.
    - Show that upon launching the app, just tap 7 Minute Workout to get started quickly. If you chose Smart Workout you will be prompted to select your fitness level: from beginner to advanced.
    - Inform participants that the Workout Library lets you create your own custom workout with specific activities.
    - Explain that this slide (second slide) shows what a workout looks like. Verbal and visual cues will guide you through the workout and you can even play your own music. The voice is not only instructions, but also encouraging.
  + **Yoga Studio (2 slides)**
    - Share that Yoga Studio is similar to the 7 Minute Workout app, except that it is for yoga.
    - Point out that users don’t need to know anything about yoga to get started, the Beginner Essentials track has 10 classes for people new to yoga.
    - Explain that users can also create their own custom classes.
    - Point out that the bottom menu also has a “pose” guide and a “schedule” feature.

Ask if anyone has any specific questions about fitness apps before moving on to the next section. If you don’t have an answer “park” the question until the end by writing it on the white board.

* ***Medical Information Apps***
  + **First Aid ( 2 slides)**
    - Share that the First Aid app was created by the American Red Cross to provide essential information for responding to an emergency. The American Red Cross also created a First Aid app for pets, which some users may be interested in.
    - Explain that this is not a comprehensive resource or medical dictionary.
    - Point out that this app works well on a phone or tablet.
    - Show that users access the menu on the left and tap on a category in the Learn section, such as Burns, to learn more. On a phone, the menu takes up the whole screen.
    - Point out that many of the explanations are accompanied by very simple graphics.
    - Explain that this app also features an Emergency button, which gives quick access to step by step instructions, in a more concise format than the learning section. The Emergency section does not have drawings.
    - Point out other features in the menu, including Prepare (second slide) which is a guide for planning for medical and environmental emergencies; and Hospital which helps locate the closest Medical facility.
  + **Web MD (5 slides)**
    - Share that the WebMD app contains a massive amount of information about symptoms, illnesses and conditions, medications and treatments, first aid and emergency response, and local health resources.
    - Explain that the information found on this app is reviewed by physicians for accuracy.
    - Point out that this app works well on tablet or phone, the format may be slightly different between the two. Participants can also access this information, and much more, at WebMD.com.
    - Show the first slide and point out the search function and menu options.
    - Show the second slide and explain that the Symptom Checker allows for quick access to possible conditions related to symptoms. Remind users that this information is not to be used in place of seeking care from a medical professional.
    - Show the third slide and explain that this is an example of medication information. This app includes prescription and over-the-counter medications.
    - Point out the menu options on the right, which are all part of the entry for this medication.
    - Show the fourth slide and explain that the First Aid section features similar information that is found in the American Red Cross First Aid app.
    - Point out that this example for helping someone who is Choking features step by step instructions.
    - Show the fifth slide, which is an example of search results for medical facilities. Users can search by city, state, or zip code. Contact information for each facility is provided.
  + **Zinio**
    - Share that Zinio is an app for reading magazines on your tablet or phone.
    - Explain that within the Zinio app you can pay to subscribe to magazines or read magazines that are free with your Gail Borden Library card.
    - Explain that getting magazines from the library requires going to the library website and logging into Zinio.
    - Remind users they can seek help from a librarian to get through the setup.
    - Point out that these four magazines (first slide) can be accessed through the Zinio app and are provided by Gail Borden Library.
    - Show the second slide and explain that this is a sample page from Home Fitness magazine and features a workout routine.

Ask if anyone has any specific questions about medical apps before moving on to the next section. If you don’t have an answer “park” the question until the end by writing it on the white board.

* ***Personal Care Apps***
  + **Drugs.com (5 slides)**
    - Share that the Drugs.com app is almost entirely focused on medications and information about them.
    - Point out all the menu options in the first slide. This is the screen you will return to if you want to switch to another section within the app. The menu on the phone has the same categories, but the drawings are not in color.
    - Explain that once you choose a menu items you will start seeing advertisements. This app is free to download and use, but the cost to the user is that you have to view adds.
    - Show the second slide and explain that the Side Effects section is for locating information about effects of medications.
    - Point out the search function and quick links for the most popular searches.
    - Show the third slide and explain that the Price Guide is a unique feature among Health and Wellness apps. In this case you see information about Nasonex. If any coupons were made available through Drugs.com they would be listed here.
    - Show the fourth slide and explain that it contains Dosage information. Remind users that they should not rely on this information. Instead they should listen to their pharmacist and doctor.
    - Point out that this page does feature an ad.
    - Explain that users can tap on the tabs for more information about the same medication.
    - Show the fifth slide and explain that a pill identifier uses the imprint of letters and/or numbers along with the color and shape of a pill to accurately identify it.
    - Point out the search function, which will give images of what a pill should look like, based on the maker and dosage
  + **Zocdoc (2 slides)**
    - Share that the Zocdoc app is helpful for locating a doctor and keeping track of doctor information, appointments, and insurance information.
    - Point out the search options on the left screen shot.
    - Explain that searching by location is especially helpful if you need medical treatment while traveling.
    - Point out the information featured in search results in the right screen shot, which include doctor name, specialty, user rating, location, and the option for booking an appointment.
    - Note that this search was done for a dentist. Yes, dentists are included in this database of doctors, which is great. Anyone who has ever needed emergency dental work will appreciate this.
    - Show the second slide and explain that each doctor listed has a doctor profile.
    - Point out the second tab which contains Patient Reviews.
    - Share that the right screen shot is the menu.
    - Point out features that are available if you create a login. These include saving your doctor information, appointments, and your insurance information.
  + **Pzizz (1 slide)**
    - Share that Pzizz is an app designed to help you relax, fall asleep, and stay asleep.
    - Point out that you have a quick option for Power Nap or Sleep as soon as you start the app.
    - Remind users to read the Instructions to fully understand the capabilities of this app. You can access more options in the settings when you are not in Power Nap or Sleep Mode.
    - A voice over and other ambient sounds will guide you through relaxation and sleep.
    - Use the iPad to play about 15 seconds of one of the modules within this app.
  + **Silent Beacon (1 slide)**
    - Share that Silent Beacon is an app designed for personal safety.
    - Explain that one of the main features of this app – alerting others you need help – will only work if Location is enabled, so be sure to allow this the first time you start the app.
    - Point out the giant alert button, in case you are in immediate danger.
    - Explain that for the alert to work, you need to add emergency contacts, preferably more than one. You can even add 911 to your alert list.
    - Explain that the Nudge option lets people know where you are, without fully sending an alert. This is a good option for letting someone know you arrived safely.
    - Explain that Footsteps option lets you silently be tracked by your contacts listed in the app.
    - Remind participants to use the Instruction manual for complete setup.

**Wrap Up/Closing (3 mins.)**

* Ask participants if they have any questions
* Thank participants for coming and provide them with handouts
* Ask them to complete the class survey before leaving