App Library – H&W Training Slides





How many digital health apps are downloaded every year?

 \mathbf{O} **Exercise Apps 26.5 MILLION** Weight Loss Apps Women's Health Apps **10.5 MILLION 50 MILLION Health & Care Apps Tools/Instruments Apps Stress/Meditation Apps 8 MILLION 26.5 MILLION Pregnancy Apps**

7.5 MILLION



Exercise Apps
26.5 MILLION

6

9

Weight Loss Apps
50 MILLION

Health & Care Apps

Women's Health Apps



Stress/Meditation Apps
8 MILLION



Tools/Instruments Apps 26.5 MILLION

Pregnancy Apps 7.5 MILLION

DIGITAL HEALTH. UNLOCKED.

24/7



Data



Assessing apps for the NHS since 2015



DIGITAL HEALTH. UNLOCKED.





Digital health has accelerated since COVID-19

Numbers searching for, finding and recommending health apps since March 2020:







How Can Digital Health Support Health and Wellbeing?

There are a whole host of ways in which digital health can support health and wellbeing - some obvious and some not so obvious...

Mental wellbeing Pain Management Smoking Alcohol Exercise Diet Menopause



Introducing lancashire.orcha.co.uk

First of all we're going to look at L&SC's own health and care apps library at lancashire.orcha.co.uk.

This is a library of apps that have been independently reviewed for Clinical/Professional Assurance, Data Privacy and Security, and Usability and Accessibility.





There are a few ways to find the right apps for your needs or the needs of your service users.

You can enter a word or condition into the 'Enter keyword search' field...





And what you'll see are the apps that have been reviewed related to that area, alongside their:

- platform,
- any costing implications
- and review score





... or you can choose from the selection of categories linked to local health priorities and see the highest rated apps in that area...



... and you can use filters to help you find the right app for you, your budget, your device, etc...





Or you can search for an app by its name... If you're interested in an app that isn't on the library you can contact <u>support@orchahealth.com</u> to request that it be reviewed









Focus on the Health and Wellbeing Pack

The health and wellbeing pack of apps is a set of 10 apps that cover the most common use cases in social prescribing/health coaching/link work, etc, including support for mental health, activity, weight loss, pain management, smoking cessation, a reduction in drinking and menopause.

FOUNDATION PACK FOR HEALTH AND CARE PROFESSIONALS: DIGITAL HEALTH AND WELLBEING PRODUCTS

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How to recommend digital health products: Health and Wellbeing Foundation Pack guide

Since the start of the pention is, ORCHA has seen an ensemble 182% inerease in the number of apps and digital health controllegies (DHRI) being downloaded. And there hools en a staggering 6600% loanese in the number of digital health technologies and apps being recommended to petients and service users by health and start performance (RCPA).

Here health and care professionals between, still heal biampaged when it conversited glasheadh. Works seer creder, his court hips clasher and a clock of ontificent creaged by BHS courds stated by hinder prevainant wearement on the heap clasher and varies uses, which can head to an incordant careful constraints and another coursain and glasher do agoing the close DHF that might benefit that's care, wheneas outles are only being recommended the one or non-predicts that and head and care group classical and which with it.

This Health and Wellbeing Foundation Peck guide is therefore designed to support health and care professionats

- as they start to recommend DHTs.
- that have already started recommending DITs, but want to look a little wider.
 that are looking to bring their opligagues with them on the journey to DIT pdoption.

It is recommended that all health and care professionals engaging with this Health and Wellbeing Foundation that, complete the CPD-according foundation training modules accounties via DICHA the Accounting of contra-accience one.



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Low Level Anxiety: Smiling Mind

Low level anxiety



Smiling Mind

Description

Smiling Mind helps support your mental health by guiding you through daily mindful meditation and sleeping practices.

Smiling Mind is an app to help you manage your mental health and sleep.

Psychologists and mental health experts were involved in creating Smiling Mind.

You use Smiling Mind by going through the helpful mindfulness meditation and sleep guides.

There are exercises you can practice daily, with the goal of reducing your stress levels and getting better quality sleep.

Smiling Mind is completely free for you to download and use.



Relaxation and Mindfulness: Feeling Good: Mental Fitness

Relaxation and mindfulness



Feeling Good: Mental Fitness

Description

Feeling Good: Mental Fitness helps support your mental health through music and guides that you listen to. Feeling Good: Mental Fitness is a collection of music that you can change to suit you and what you like to listen to.

To use Feeling Good: Mental Fitness, you need a smart device with speakers or headphones that you can use to listen to the audio tracks. You choose the music you want to listen to, and change it to suit you. You can also listen to guides on topics that may affect your mental health.

You can access some of the features of Feeling Good: Mental Fitness for free and/or can pay to access others.



Pain Management: Manage My Pain

Pain Management



Manage My Pain

Description

Manage My Pain is a pain tracking app that allows you to monitor your pain, identify triggers and track patterns.

Manage My Pain is a pain tracking app that allows you to monitor your pain.

By taking one minute a day to reflect on and record the pain you are experiencing you will be able to better understand it's patterns and any triggers. Once you have recorded your pain, the app will create graphs and charts which you can take to appointments with health/care professionals, and which will help to make for more effective treatment and pain management going forward.

You can access some of the features of Manage My Pain for free and/or can pay to access others.



Diet – Calorie Counting: MyFitnessPal: Calorie Counter

Diet - calorie counting



MyFitnessPal: Calorie Counter

Description

MyFitnessPal: Calorie Counter is a food and exercise diary app. It helps you reach and maintain your weight and fitness goals. MyFitnessPal is an app where you record what you eat and drink, and how much exercise you do. You can keep track of how many calories you eat, and how many you burn. This will help you plan your weight loss journey and achieve your goals.

To use MyFitnessPal, you enter everything you eat or drink during the day directly into the app. You also record how much exercise you have done, your body weight and any body measurements. The app will offer you advice to help you work towards your weight loss and fitness goals.

You can access some of the features of MyFitnessPal for free and/or can pay to access others.



Diet – Making Healthy Choices: NHS Food Scanner

NHS Food Scanner is an NHS app that scans food barcodes so you can view the fat, sugar and salt content of different food products. There is also a virtual reality feature to help you visualise the amount of fat, sugar and salt inside a food product.

Diet - making healthy choices



NHS Food Scanner - (previously known as Change4Life Food Scanner)

Description

NHS Food Scanner helps you scan food labels and offers food choices that may fit better with your health goals.

You use NHS Food Scanner with your smartphone camera. Find the barcode on the pack of food, open up the NHS Food Scanner app and scan the barcode. NHS Food Scanner will show you how much fat, sugar and salt is in that food product. You can also view food products that may fit better with your health goals by using the smart swaps feature.

NHS Food Scanner is completely free for you to download and use.



Exercise – Medium Intensity: NHS Couch to 5k

NHS Couch to 5K helps you get into running with a coach, provides motivational tips and connects you to a community of fellow runners.

Exercise - medium intensity



NHS Couch to 5K - (previously known as One You Couch to 5K)

Description

NHS Couch to 5k is a gentle step-by-step guide to running with the goal of completing a non-stop 5km run. To use NHS Couch to 5K, choose a coach to help guide you during your run. You can play music while you run and listen to your coach at the same time.

The app can connect you with a community of runners that are also using the app.

NHS Couch to 5K is completely free for you to download and use.



Exercise – Low Intensity: NHS Active 10 Walking Tracker

Exercise - low intensity



NHS Active 10 Walking TrackerFitness

Description

NHS Active 10 Walking Tracker helps you keep track of your daily 10 minute walks to improve your general health and wellbeing. NHS Active 10 Walking Tracker is an app that counts your steps and tracks every minute you walk fast. The goal is to do 10 minutes of fast walking every day to improve your health and wellbeing.

You use NHS Active 10 Walking Tracker by tapping on the app when you want to go for a walk, and putting your phone in your pocket. The app will count your steps, including how fast you walk. When you do 10 minutes of fast walking, the app will reward you with a badge.

NHS Active 10 Walking Tracker is completely free for you to download and use.



Smoking Cessation: Smoke Free – Quit Smoking Now

Smoking cessation



Smoke Free - Quit Smoking Now

Description

Smoke Free - Quit Smoking Now is a companion app that offers advice to help you quit smoking and keep track of your progress using your smartphone. Smoke Free - Quit Smoking Now is an app you can use to help you quit smoking.

You use it as a diary, and it keeps track of your progress by showing you the health benefits you have gained and the money you have saved since you quit smoking. You can book clinic appointments and speak to a quit coach or stop smoking advisors.

There is a quit smoking community on the Smoke Free app to encourage and support you.

You can access some of the features of Smoke Free for free and/or can pay to access others.



Alcohol Monitoring: NHS Drink Free Days

Alcohol monitoring



NHS Drink Free Days

Description

NHS Drink Free Days helps you keep track of how much alcohol you drink, and offers advice on how to drink less.

NHS Drink Free Days is an app that offers advice on how to reduce how much alcohol you drink.

To use NHS Drink Free Days, you choose a few days per week to not drink any alcohol. The app will show you how many calories are in your drink, and it offers advice on how to reduce how much alcohol you drink.

You should speak to your healthcare provider if you start to feel unwell when you reduce how much alcohol you drink.

NHS Drink Free Days is completely free for you to download and use.



Menopause: balance – Menopause Support

Menopause



balance - Menopause Support

Description

balance - Menopause Support helps you track your symptoms during the perimenopause or menopause.

balance - Menopause Support is an app that helps you track what you experience during your perimenopause or menopause.

You use balance - Menopause Support by tracking your symptoms, and periods if you still have them. The app provides a safe space for you to share your story or read the stories of other people within the app community. You can use the app to help you meditate, and read about treatment options for perimenopause and menopause.

You can access some of the features of balance – Menopause Support for free and/or can pay to access others.



ORCHA Pro; Your Route to App Recommendation

- To sign up for your own ORCHA Pro Account you can...
- 1. Visit lancashire.orcha.co.uk and click 'Sign Up'
- 2. Enter your email address (below)

Email		
Already have an accou	int? Sian in here	

irst Name La	
	ast Name
Joe	Bloggs
assword (8 characters minimum) Pa	assword
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hone Number*	pgrade Code*
Phone Numb	Upgrade Code
I have read and agree to the	en. end conditions Paand
ave read the privacy policy 🖾	
I would like to receive news and a second	nd update notifications from
RCHA*	

- 3. Enter your details PLUS the Upgrade Code: LANCS01 (left)
- 4. Check your emails to activate your ORCHA Pro account (below)
- 5. Login at lancashire.orcha.co.uk to begin recommending apps





ORCHA Pro; Your Dashboard

The first thing you'll see when you login is your dashboard from where you can track... - apps that you've recommended, along with

a date that populates when the app has been downloaded

- apps that you've favourited (i.e. that you're most likely to recommend)

You can also check in for upcoming webinars and ORCHA news.

And access the new Digital Health Academy with a host of CPD-accredited videos relating to Digital Health





You can also access the Digital Health Academy via...



https://orcha-academy.com/



Health Education England Learning Hub https://learninghub.nhs.uk/Catalogue/ORCHA



ORCHA Pro; Your Route to App Recommendation

Having logged into your ORCHA Pro Account you can access the same functionality you've seen for a user, BUT when you've found the right App [including the relevant platform – iOS or Android – according to your recommendee's device] you can also *recommend* it to your service user by clicking 'Recommend App'...





Recommending an App

You can then click the phone (for text) or envelope (for email) icon according to how you would like to send the recommendation - and input the contact details (mobile phone number or email address) of the person you want to recommend the app to and click 'Send Recommendation'...





Receiving an App Recommendation

Your Patient/Service User will then receive a text (below) or email (right)...

You have a new health/care app recommendation! Click the link below to see it:

A Health/Care App Recommendation Has Landed!

Great news andy.jeans@orcha.co.uk!

Your health/care professional, Andy Jeans, has recommended an App to keep you healthy and happy. Click the link below to view your recommended app now!

View Your Recommended App

And can then proceed to decide if they want to download that app. There's a disclaimer that pops up before they do (you can read this here)





Favouriting Apps

It's most likely that you will only want to recommend one of a handful of apps (for example those in the Health and Wellbeing Pack), so rather than searching/filtering apps with your service users there (or on the phone), you can Favourite them – and recommend straight from your My ORCHA dashboard (the first page you see when you login) to save time...

To add an app to your Favourites:

- 1. Find an app you like
- 2. Select the app from the search results
- 3. Click the three dots and select 'Add to Favourites'





Next steps

- 1. Reflect on today feel free to get in touch via <u>csteam@orchahealth.com</u>
- 2. If you haven't already, create a Pro Account on your local apps library and favourite the most relevant apps from those apps from the Health and Wellbeing Pack that you're most likely to recommend
- 3. Watch the Digital Health Academy videos that introduce the value of digital health
- 4. Start recommending apps and seeing how patients and service users get on with them!
- 5. Incorporate app recommendation and outcomes into various discussed templates, processes, etc
- 6. Think about how else your service could be sharing digital health with patients and service users
 eg links on local websites, text messages, links in appointment letters, etc
- 7. Share this with any colleagues you think may be interested...
- 8. Please keep in touch!!!!

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