











Apps and Programs for Patient Support

App/Program Type			
Common nutrition tracking apps			
Education-focused apps and programs			
Exercise focused apps			
Stress, sleep and mental health			



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Basic Nutrition Tracking Apps



- **MyNetDiary**
 - Connection to fitness watches and smart scales (with premium subscription)
 - Food grading system (grades foods based on the nutrient content to help people make healthier choices)
 - Customizable to specific diet plans (Mediterranean, vegan, vegetarian, intermittent fasting, etc.)
 - Multiple “how to” videos included in app
 - Health professionals can create accounts to track and monitor your patient’s progress through the *Professional Connect* portal*
 - Free version available or \$9/month or \$50 annually for premium

* Register as a health professional for MyNetDiary by emailing info@mynetdiary.com



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Basic Nutrition Tracking Apps



- **Loselt!**
 - Connection to wearable devices with premium subscription
 - Calorie and nutrition tracking, intermittent fasting tool **No barcode scanner with free version.**
 - Free or premium for \$40/year billed annually. (Premium needed for advanced tracking of macronutrients.)



- **MyFitnessPal**
 - Connection to wearable devices with free version
 - Most extensive food database but some nutrients sometimes not reliable when entered to public database by individuals. **No barcode scanner with free version.**
 - Free version known for pop up ads / Premium subscription is \$9.99 per month or \$50 annually (no ads).



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- Overview:
- Focus is high-fiber diet — a “scientifically proven approach that can lead to more energy, lower cholesterol, better blood sugar, and weight loss.”
- Features:
- Education on weight loss and blood sugar management
 - Other Topics: social situations, mindful eating, dining out, habit replacement, stress management, sleep, etc.
 - Weekly newsletter with recipes and tips
 - Invitations to free, live workshops taught by experts
 - Access to members-only Facebook support group
 - Workbook
 - Reflection questions, health journal tracker, hunger/fullness scale, confidence scale, etc.
- Pros: Provides sound nutrition advice, app is simple and easy to use
- Cons: Does not provide the accountability of a coach
- Cost: \$0*

* Offered by the non-profit Ardmore Institute of Health



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Overview:

- Customized education plan based on survey responses.
- Participants spend ~10 min daily on health education, videos, & quizzes
- Begins with nutrition focus. Physical activity education/recommendations offered later
- Count calories while tracking food based on Stoplight Diet
- Weigh-in regularly

Features:

- Text personal wellness coach anytime through the app
- Connect with other Noom members in app's online chat forum
- Referrals to providers for assessment, labs, & WL medications (Noom Med)
- Noom app synchs with Garmin, Fitbit, Apple Health, etc.
- 1000+ exercise videos, podcasts, habit tracker (Noom Vibe)
 - ✓ Pros: 7-day free trial
 - ✓ Cons: Coach interactions are short, basic texts
 - ✓ Cost: From \$70/mo. to \$209/yr.



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- **Overview:** Audio-based workout coaching. Strength training, mobility, boxing, outdoor running, and sleep and meditation playlists, along with workouts designed to work with specific pieces of cardio equipment.
- **Features:** Audio coaching, 4–6-week programs, community, group challenges, and achievement notifications
- **Pros:** Best for beginners, wide variety of exercise, goal-based programs, new classes each week.
- **Cons:** Advanced lifters may find basic. Not as many visual cues. No information on nutrition.
- **Cost:** \$14.99 per month or \$99.99 per year; 7-day trial with the annual subscription plan



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- **Overview:** Caliber’s online coaching platform pairs you with a certified personal trainer that will curate a well-rounded routine based on your fitness goals, training experience, and available equipment. Focuses on strength training.
- **Features:** Lessons, workout tracking, exercise demos and nutrition tracking.
- **Pros:** Great for resistance training focus and accountability. Extensive workout library. Easy to use.
- **Cons:** Pricey for full package. Narrow focus.
- **Cost:** Free, \$19 (pro), \$200+/month (personal training)



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Nike Training Club

- **Overview:** NTC provides intentional, progressive workout programs with specific nutrition, recovery, and mindset tips.
- **Features:** Coach led videos, variety of workout programs (cardio, HIIT, Strength, Yoga, Pilates), Experience level: beginners to advanced, 10–45-minute videos, nutrition information, recipes, tips on sleep, recovery and mental health. Kid workouts!
- **Pros:** Can be accessed on web or app. User-friendly and self-paced.
- **Cons:** If experienced in resistance training could get boring. Must download workouts to phone
- **Cost:** Free



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Headspace

Headspace is a healthcare company focused on mental health resources offered online and through a mobile app.


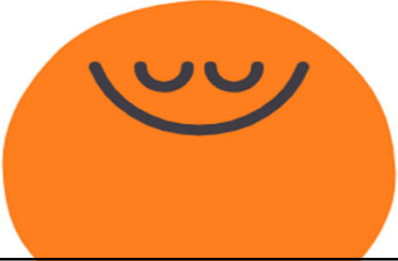
Features:

- Over 500 guided meditation practices.
- Emotion regulation videos geared towards children.
- Sleepcasts (adult bedtime stories) to support sleep.
- Mind-body connection exercise videos.
- Sound library to aid relaxation and focus.
- Music to support relaxed or focused moods.
- Health coaching and therapy services.

Pros: Large content library, variety, and services. App and some content is free.

Cons: These types of resources can be found for free with a little effort or may be available through employee wellness program, PCP or insurance provider.

Cost: \$70/yr or \$13/mo



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Calm

Overview

Calm is a software and media content production company specializing in meditation and sleep improvement.

Features

500+ video/audio offerings

- Sleep: Bedtime stories and guided sleep meditations
- Meditation: Meditation books and videos
- Stress: Relaxing music tracks and soundscapes (combinations of sounds)
- Mindful movement exercise videos

Pros: Content is easy to access and there is a large variety of types of content on multiple platforms. App and some content is free.

Cons: Similar content can be found for free but takes more work to access.

Cost: \$70/yr or \$15/mo



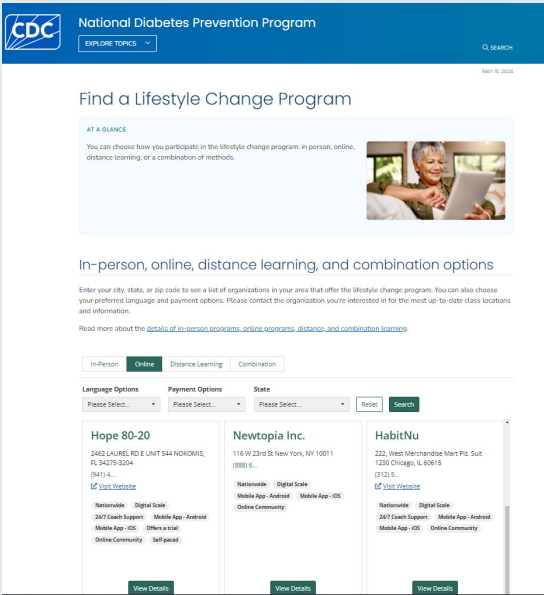
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National Diabetes Prevention Program

Website/search engine for support and education resources:

- In-person
- Online
- Combination options.

<https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html>



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Take-Aways

- MyNetDiary is the nutrition tracking app we recommend. Free version is more than adequate.
- Food tracking and regular weighing are the biggest predictors of success.
- Steps and cardio goals are generally trackable with basic nutrition apps.
- Strength training tends to go by the wayside for a majority of people because they don't know where to begin – apps can be great teaching tools



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