

mHealth: Apps for Children with Chronic Illness

Table 1: mHealth Apps Currently Available for Children with Chronic Health Conditions

App Name	Link	Cost	Type of App	Age	Comment
Carb Counting with Lenny US	http://www.lenny-diabetes.com/carb-counting-with-lenny.html	Free	Nutrition/ Diabetes Carb counting allows children with diabetes to eat a variety of foods, just like other kids, and increases their sense of control and confidence in managing their diabetes. For parents and caregivers, this is important in order to plan meals and help children maintain good blood sugar levels.	Children and young adults	<ul style="list-style-type: none"> • There are games, a food guide and quizzes to test food knowledge • Game looks very bright and colorful, using a lion as the main character. • There is a reward system where you can win trophies
Doc McStuffins: Moving with Doc	http://www.smartappsforkids.com/2014/01/review-doc-mcstuffins-promotes-healthy-living-in-new-disney-app.html	\$3.99	Nutrition/ Exercise	3-7	<ul style="list-style-type: none"> • Very colorful • There are characters which are engaging • There are games and a popular Disney character. • Encourages kids to eat healthy and stay active. Strikes a good balance between screen time and promoting activities that will make kids ages 3-7 get off the couch.
Kids Beating Asthma	http://www.imedicalapps.com/2013/03/kids-beating-asthma-app-children-learn-asthma/	Free	Asthma Management This app tries to create a way for children to learn about asthma.	Any child or teenager who has asthma	<ul style="list-style-type: none"> • Media and illustrations are made to target children • The app is not currently complete. • The information may go beyond the level of understanding that children under 12 years old need to have
iAsthma in Control	https://itunes.apple.com/us/app/iasthma-in-control/id329847125?mt=8	\$.0.99	Asthma Management Teaches kids how to care and manage their asthma	Children	<ul style="list-style-type: none"> • Pediatricians- recommend this App • Has apt log, teaching and quizzes
Asthma buddy	http://www.nationalasthma.org.au/asthma-tools/asthma-action-plans/asthmabuddy	Free	Asthma Management	Children	<ul style="list-style-type: none"> • Reminds day-to-day asthma medications. • Uses large pictures similar to the kids pain assessment tool w/ different faces. Could be more colorful
Monster Manor App	http://www.sanofi.co.uk/l/gb/en/layout.jsp?cnt=BCC9BE08-91D8-4C1E-8D98-666907A88192	Free	Type I Diabetes Management Helps families of young children with Type 1 Diabetes manage their blood sugar	6-13	<ul style="list-style-type: none"> • Engages children in their health management and improve adherence to treatment while having fun. • Very colorful and looks fun. • Games where they can unlock monsters.
mySugr Junior	https://mysugr.com/junior/	Free	Diabetes Management Provides communication between children living with diabetes and their caregivers.	Children	<ul style="list-style-type: none"> • Very colorful and simple to use. Like the use of symbols instead of a bunch of words • Enables children to be more independent.
Sugarpoint Kids	http://www.iternum.com/apps/sugarpointkids/	\$3.99	Diabetes Management Supports parents and children in their daily diabetes management	Children	<ul style="list-style-type: none"> • Not very fun looking or engaging. • Just allows you to track your glucose readings, exercise, BP,

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					meals, but doesn't have any games, or anything that would seem fun for a child.
Motionmaze	https://itunes.apple.com/us/app/motionmaze/id463896292?mt=8	Free	Exercise	Children	<ul style="list-style-type: none"> • It's a puzzle game that requires physical movement to play.
Eat & Move-O-Matic	http://mediaproductions.nmsu.edu/eatmove/	Free	Exercise and Nutrition Encourages young people to develop and maintain healthy, active lifestyles.	Children	<ul style="list-style-type: none"> • App looks great for children, very colorful and interactive
iLearnWith	http://www.ilearnwith.com/our-apps/nutrition/	Free to try and then buy, then \$2.99-\$19.99	Nutrition and Healthy Eating	Children	<ul style="list-style-type: none"> • Over 5 million downloads • "Brain Toy Award" - Academics' Choice Awards 2012 • The app looks great and interactive. Very colorful and great use of characters
Smash Your Food	http://smashyourfood.foodnme.com	\$0.99	Nutrition Motivates you to make healthier food choices.	Children	<ul style="list-style-type: none"> • Winner in Michelle Obama's National contest at The White House • App looks fun and children love to smash stuff 😊
Wellapets	http://www.wellapets.com	\$2.99	Asthma Teach children about asthma management	Children	<ul style="list-style-type: none"> • You adopt a pet and manage their asthma, by doing so it teaches the child about their asthma. Very interactive and educative • Improve kids' knowledge and self-efficacy regarding their health • Help kids remember to take their medication at the right times • Keep kids' health conditions under control better