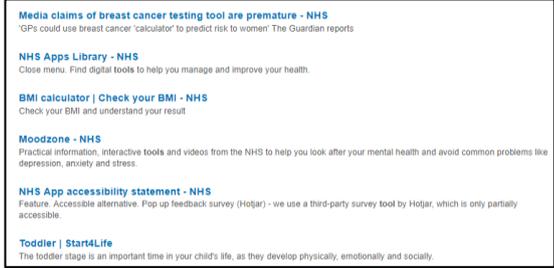
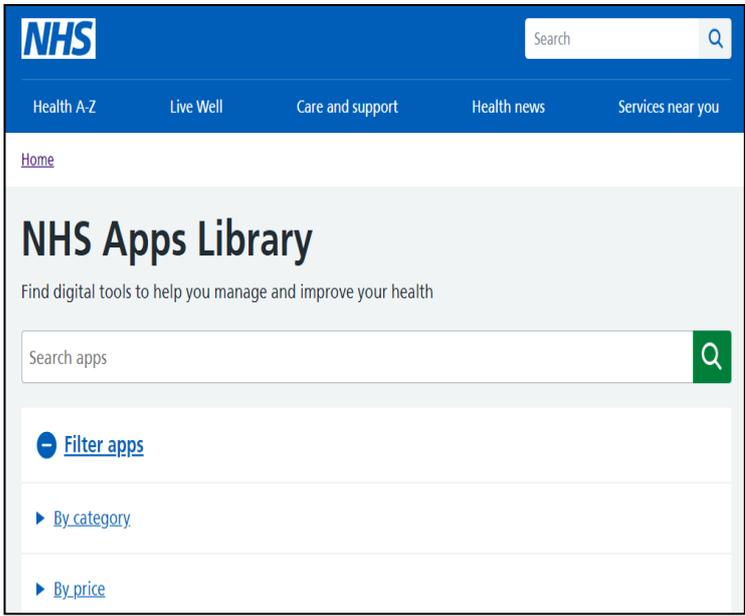


## NHS – Apps & Podcasts

Sometimes there are tools we can use digitally online that will help us be healthier offline. In this week’s handout we are looking at apps and podcasts for mobile devices such as smartphones and tablet computers can help us be healthier!

<p>1 This part of the NHS course is aimed at apps and podcasts. You may have heard of these when talking about smartphones or tablets. They are a way to keep healthy, check your progress and receive hints and tips whilst away from a laptop by using either a mobile phone, tablet or music device.</p>	<div style="display: flex; justify-content: space-around;">   </div>
<p>2 We are going to use the NHS website which can be reached via the internet, so firstly we need to locate an internet browser and then enter <a href="http://www.nhs.uk">www.nhs.uk</a> into the address bar along the top of the screen. Once you’ve done this and pressed the enter key a webpage similar to the one on the right should appear.</p>	
<p>3 We are going to look at how by downloading app’s we can stay healthy whilst mobile. An app on a smart phone is like a program is on a laptop, in that it is downloadable, saved on to the memory of the device and allows the user to have access to its services when not online. Most people with smartphones will be used to downloading and using apps and due to its rise in popularity the NHS has created some for us to use, for free!</p> <p>Have a go at downloading the 3 apps listed on the right-hand side.</p>	<p style="text-align: center;"><b>Best free medical apps</b></p> <ol style="list-style-type: none"> <li>1. <b>British Heart Foundation Pocket CPR</b> Provides feedback and audio and visual instructions on how to administer CPR for learners.</li> <li>2. <b>Diabetes UK Tracker</b> This free app records blood glucose, blood-fat, blood pressure, calories, carbohydrates, HbA1c, insulin, ketones and weight for diabetics.</li> <li>3. <b>Dosecast</b> Was it 2 every 3 hours or 3 every 2 hours? This app acts as an alarm to remind you of when to take what medication depending on the information you input.</li> </ol>

<p>4 Along the top of the webpage is a search bar.</p> <p>Type tools into the search bar and then press enter.</p>	
<p>5 You'll be greeted with a list of various health tools.</p> <p>How many is it listing?</p>	
<p>6 We are now going to take a closer look at some of the apps that are health themed.</p> <p>If you search the NHS website for apps, you'll be able to find the NHS apps library.</p> <p>On the apps specific page, it informs you of what the app allows you to do, how to use the app and even gives you the option of downloading it now from your laptop or pc to your smartphone. Some of the apps are only available on iPhones or iPads but some will be available on other smartphones.</p>	
<p>7 We've had a look at apps that is downloadable from the NHS website for your smartphone and/or tablet computer. Next, we're going to look at podcasts. Podcasts are typically just audio but can be video as well. Some of the more famous podcasts are by TV shows, music DJ's or radio shows. The NHS choice podcasts offer you advice in a similar way to having a personal trainer would.</p>	<p>Examples of podcasts:</p> <ol style="list-style-type: none"> <li>1) Friday Night Comedy from BBC Radio 4</li> <li>2) Football Weekly from The Guardian</li> <li>3) The Empire Podcast</li> <li>4) The Ashes</li> </ol>

8	<p>The podcast we're going to look at is the couch to 5k podcast. This podcast offers 'couch potatoes' the chance to be able to run 5k or for 30 minutes after following a set amount of running sessions over the course of 9 weeks.</p>	 <p><b>Couch to 5K: week by week</b> Exercise</p> <p>A week-by-week description of the 9-week set of Couch to 5K podcasts. Each week involves 3 runs. You can download each week as a podcast:</p>
9	<p>You can view the plan week-by-week and listen to the accompanying audio for those listening to the podcast.</p> <p>Here you can see what the running plan aims to do, you can see a link to a video on a lady called Laura and how the 'couch to 5k' running plan helped her and also it lists the options for downloading the plan either a week at a time or downloading the whole 9-week plan in one.</p> <p>You can see the link at the bottom of the page to download the entirety of the podcast from iTunes. It is also available from other podcast platforms.</p>	 <p><b>Couch to 5K</b> A running plan for beginners</p> <p>Find out more and download the weekly podcasts by clicking the boxes below</p> <p>Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9</p> <p><a href="#">Download podcasts from iTunes</a> →</p>
10	<p>List the steps you take on week 1, week 5 and week 9 of the Couch to 5k podcast.</p>	<p>Week 1</p> <p>Week 5</p> <p>Week 9</p>