Questions to ask about any asthma app:

- Is the purpose of the app clear?
- Is the information up-to-date?
- Does the information come from a trusted source, like a professional health website such as the National Heart, Lung, and Blood Institute (NHLBI) or the American Lung Association (ALA)?
- Does it protect your private information?
- Is it clear who funded the app and why they are marketing it? For example, was it made by a company that suggests you use a specific medication?
- Is the app easy to use?
- Does the app cost money?[4]

Any resource that teaches people about asthma should discuss:

- Basic facts about asthma and how it acts in the body
- Correct use of medications
- How to avoid triggers that cause allergies and asthma attacks
- Asthma symptoms and how to tell if they are getting worse
- An asthma action plan made just for you by your health care team that you can update as needed
- How to properly recognize and respond to asthma attacks [4]

More people are starting to use smartphones and tablets to learn about and manage their health.
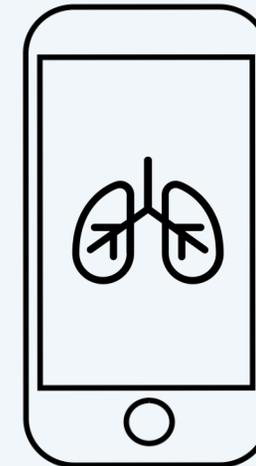

- About three-quarters of Americans (77%) own a smartphone, and roughly half (53%) own a tablet device.[1]
- In 2016, over 100,000 health apps could be purchased from the iTunes and Google Play stores.[2]
- 500 million people around the world were predicted to use a health care app in 2017.[3]

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Images: Smartphone, Daniel Baptista, and lungs, Lane F. Kinkade, from the Noun Project

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All About Asthma Apps

Safely use mobile applications, or 'apps,' to manage your health.

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Healthy People. Healthy Communities.

Department of Public Health & Human Services

Who makes sure apps are safe?

In 2017, **523 asthma apps** were found in the Apple and Google Play stores;[5] in 2012, there were only 103.[6] The Food and Drug Administration (FDA) only reviews apps that "present a greater risk to patients if they don't work as intended." That means that almost all apps are **not regulated for content.**

In 2015, a research team found that, of the apps designed to help manage asthma symptoms, **only 4 matched with medical guidelines.** Of the apps built to teach patients how to use inhalers, **only 3 matched medical guidelines.**[8]

A few apps that are well known and on the market in 2018 are described here. The Montana Asthma Control Program does not support or endorse any of them.

Apps can help you learn about and control your asthma. But, please use caution when choosing an app, and discuss how you will use it with your health care team.

- **No current app** will meet the needs of every person.
- Most apps **are not regulated.** They could be unsafe or give bad information.
- Apps that have helped people control their asthma include a place to save an asthma action plan and other tools that teach you to be aware of how you are feeling, like a peak flow or symptom diary.[3]

Apps that could help you manage or learn about your asthma

Propeller Health is an asthma control system that uses a small device approved by the FDA. The device clips to the top of an inhaler and records time and place of use to help track symptoms and how well people follow their treatment plan. It teaches about asthma, reminds you when to take your medicine, and gives real-time coaching on the correct use of an inhaler.

WizdyPets is a game about a dragon who needs help to control his asthma so that he can breathe fire. Players learn about inhaler technique, asthma triggers, when to use control and rescue medicines, and how to notice asthma symptoms. There is also an app for food allergies by the same company called WizdyDiner.

AsthmaMD works with or without a special peak flow meter that can be bought separately at many common pharmacies. It helps you to track symptoms and medication use in a log that you can send to your health care team, and guides you through your asthma action plan.

AsthmaSense works with or without AirSonea "wheeze monitoring" devices bought separately to review breathing sounds and tell you if a person is wheezing. The app uses asthma action plans, records triggers and medication use, and schedules reminders.

Asthma Storylines was developed by the Allergy & Asthma Network. It helps you track your symptoms, has a system to remind you about medication use and appointments, and can connect you with other people living with asthma in an online group.

Healthy Homes Basics was made by the US Department of Housing and Urban Development to teach people to keep homes safe and free from triggers. There is a section on the impact your living space can have on asthma and allergies.