

New mobile app from NIH helps women learn about their health in 52 weeks

August 24 2012



Screen shot of the new 52 Weeks for Women's Health app.

52 Weeks for Women's Health, a new app that offers women access to a year's worth of practical health information, highlighted week-by-week, is now available.

The app is based on the popular Primer for Women's Health: Learn about Your Body in 52 Weeks, published by the Office of Research on Women's Health (ORWH) at the National Institutes of Health.

The easy-to-use mobile app can help women identify [health risks](#) for themselves and their families, and can help them create and maintain

[healthy lifestyles](#) throughout their lives. Questions to ask health care providers, a glossary of health terms, and health screening information and links to additional information from NIH institutes and centers expand the mobile app's offerings.

Key features of the app are:

- a personal health section for recording medications, medical conditions, and disabilities
- a journal feature
- a personal goal-setting section for health and lifestyle details

A variety of different skins can be applied to personalize the app, and it can be password-protected to help ensure health information remains confidential.

"We are thrilled to offer women access to these practical, research-based health tips on their mobile phones with the 52 Weeks for Women's Health app. Feedback on the print version from women, and health care professionals is overwhelmingly positive," said Janine Austin Clayton, M.D., acting director, ORWH. "The new mobile features can now help even more women learn about and act on changes to improve their health for years to come." The app is available for download to your [iPhone](#) or [iPad](#) from the App Store or to your Android device via [Google](#) Play.

More information: Content is also accessible without the use of a handheld device, at 52weeks4women.nih.gov/. In the near future, NIH will launch an app for men's health with similar features.

Provided by National Institutes of Health

Citation: New mobile app from NIH helps women learn about their health in 52 weeks (2012, August 24) retrieved 26 April 2024 from <https://phys.org/news/2012-08-mobile-app-nih-women-health.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.