

Health Hack Ideas

Problem	Solution	Innovation	Health Kit Data Used	Complexity	Other Notes	Status
I track my running, but am not pushed to go beyond pre-defined or habitual limits.	App that looks at historical exercise data and automatically sets new goals.	App removes decision point of going faster, farther, burning more calories. Installing the app is a commitment to getting out of one's comfort zone. Idea is similar to how Apple Watch "Move Goals" work. But to avoid the Peter Principle, when one new goal is met, a new goal in a different vertical is set (e.g. if a faster goal is met, next goal is a farther goal).	Read steps/motion	Simple	Look at Move fitness trainer	
I don't always know or have time to look up nutritional facts of the food I eat.	App that allows you to take a picture of the food you eat and tracks how many calories you consume.	Tracking calories is as simple as taking a picture. Using Google Goggles API, take user's image of food and append a search keyword, like "calories", then scrape results for caloric data and store to app/database, building not only a user's personal calorie intake database but also a larger image-calorie dictionary that can be re-purposed or re-sold.	Read/write calories	Hard	Is Google Goggles API still available?	
I'm a doctor with many ESL patients, and I have a bad habit of speaking in English idioms and metaphors that my patients may find confusing.	App that records interactions, batch-ships audio to Google for near real-time transcription and alerts doctor if idioms or other hard to understand phrases are detected.	App pings doctor if odd phrases are used; doesn't rely on patient to ask for clarification.	N/A	N/A		
I never remember to take my medication, and am always concerned about drug interactions, but have no good way of keeping on top of these things.	App that allows users to input medication list, set alerts for when to take meds and checks for drug interactions.	Pull up-to-date information from government tables to make it easy for users to find/spell their drugs accurately and provide relief from the worry of drug interactions.	Is prescriptions a healthkit value?	Moderate to hard	Would be better on tablet, not supported by healthkit	
I want to keep a running list of my medications, but I'm too lazy to type everything into a smartphone app.	App that allows users to take a picture of their pill bottle and pulls out all the text data into an app database.	The TurboTax for medication lists!	Is prescriptions a healthkit value?	Hard		
I'm a juicer. But after I add all the ingredients into the mix I have no clue what the nutritional value of the smoothie is. Help!	App that calculates nutritional value of ingredients a user puts into a smoothie and saves data off to Health app.	Not all smoothies are created equal. This app helps optimize the nutritional value received from a healthy drink. Could also make recommendations of what kind of smoothie to make, based on foods consumed during the day and activity level	Read current caloric intake and exercise activity information, Write final calories of smoothie	Moderate	USDA National Nutrient Database for Standard Reference (http://www.ars.usda.gov/Services/docs.htm?docid=8964); API (http://ndb.nal.usda.gov/ndb/api/doc)	Backup idea
	Digital "Health ID" Bracelet using Apple Watch	Show additional information (e.g.: video) on how to provide immediate care		Show Data, Simple Show only when their is a emergency detected, moderate	How to activate emergency information? (Emergency contact information cannot be accessed by developers)	Investigate more
I need encouragement to be active throughout the day	Competitive Exercise Game	Encourage exercise throughout the day, in order to earn powerups. Then, have people do HIIT exercises, and use the powerups	Read steps/activity data, write workout data	Moderate	Similar to fitocracy?	

Health Hack Ideas

Problem	Solution	Innovation	Health Kit Data Used	Complexity	Other Notes	Status
	Detecting trends in heart rate for stroke patients	Make better decisions based on heart rate to better treat stroke patients	Read heart rate data	Simple	Could also be used for heart attack patients	Investigate more