



Strong majorities of those who use medical, health or fitness apps rate them as being helpful in terms of eight out of nine different health-related factors. The highest ranking categories in terms of helpfulness relate to exercising (82%) and healthy-eating (79%), which is different from losing weight, a category that 68% cite as somewhat or very helpful. Also seen as beneficial are apps for reducing stress (65%), improving sleep (62%) and lowering cholesterol (61%). Applications that help people keep wellness appointments or take medications as prescribed proved somewhat or very helpful for 59% and 57%, respectively, among those who use such apps. Stop-smoking apps, the only category that received a somewhat or very helpful rating from less than half of those who use them, trails at 48%. Well? It is clear that wellness applications are helping people stay or become well in large numbers.

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