











Health condition / lifestyle habit	Opportunities for digital tools	Type of digital tool	Do what with it?
Stop smoking		Florence Simple Telehealth	Automated texting programme
		Closed Facebook group	Online social media app
		WhatsApp group	Communication, text and audio messaging app
High blood pressure, heart failure,		Florence Simple Telehealth	Automated texting programme
		App	A trusted app offers advice for someone suffering from heart condition (such as heart attack or heart failure)
		Know Your Numbers	An app to inform you of key markets, such as blood pressure, cholesterol etc...
Asthma		Skype	Telecommunication app for video phones, audio calls and messaging.
Atrial Fibrillation		AliveCor	A one lead cardiogram used to indicate if someone's pulse rate is irregular and could indicate atrial fibrillation
		Know My Beat	An app used to demonstrate how a person checks their pulse to see if it seems irregular and is worth going to see their GP or practice nurse to check if they might have atrial fibrillation
		Florence Simple Telehealth	Automated texting programme to remind person to take their blood thinning medication regularly and adopt a healthy lifestyle