

# Health Awareness Using iPhone and Apple Watch

By Bill Smith

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Valentines Day — What better time to explore the powerful health monitoring capabilities of the iPhone and Apple Watch. Bill Smith will begin with an overview of the Health app and then drill down on the seven powerful Heart Health monitoring capabilities. He will use some of his personal experience with A-Fib as an example.

Apple continues to make major progress in capturing our personal health information and presenting it in an understandable way. As Bill addresses these questions he will illustrate how and why he monitors his health using the iPhone and Watch.

Following are some excellent links provided by Apple Support and a few other sources.

[Use the Health app on your iPhone or iPod touch](#) provides a good overview for setting up Apple Health app on your phone. At the bottom of the page there are additional links about Health on the Watch/iPhone.

[Heart Health](#) provides a good introduction plus a link to an excellent. It is an excerpt from the full Apple Watch guide that is available through the Books App Store. See the link at the end of the article.

[ECG app and irregular heart rhythm notification](#) covers irregular heart rhythm with more detail.

[Here Is What Heart Health Experts Think About the Apple Watch Series 7.](#) This is a good article from the Healthline Magazine. Illustrates some of the other health benefits of the Apple Watch/iPhone applications.

[Here's how and why you should set up cardio fitness on Apple Watch and iPhone.](#) This is from the 9 to 5 Mac Magazine. Good tips.

[Cardio Recovery: What is the Apple Watch feature and how do you track it?](#) This is another cardio function that helps the doctor evaluate your heart condition with exercise. Article is from 9 to 5 Mac Magazine.

[OMRON Evolv Bluetooth Wireless Upper Arm Blood Pressure Monitor with Portable, One-piece Design.](#) This is the Blood Pressure Monitor that I use for regular measurements as the same time on most days. It is simple with the Bluetooth to deliver the results directly to my phone. This provides accurate data that can be used by my doctor to manage blood pressure medications.