Smartphone Apps for AFib

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Smartphone Apps To Help Manage Your Atrial Fibrillation

Living with Atrial Fibrillation (AF) can be a scary prospect. This condition causes an abnormal heart rhythm which can lead to heart palpitations, fainting, chest pain, and even congestive heart failure. Once diagnosed with Atrial Fibrillation some methods can assist with monitoring the condition, but did you know that smartphone apps offer some of the most useful tools? AFib apps and peripheral devices can quickly get you the information you need to not only help you monitor your heart but also share that information with your doctor.

AF Detect

This is not only a heart monitor application but is specifically a photo AFib detector app. It uses the built-in camera on your smartphone to detect and alert you when the condition is acting up.

However, the app prefers that the camera have its flash. AF Detect comes with data visualization, as well as recommendations based on the data it receives. Therefore, if you perform a reading and aren't sure what step to take next, AF Detect can offer some guidance.

AF Detect on Android

AF Detect on iPhone

AFib Educator

The developer of this app incorporates a wealth of AFib-related information into one program. The content includes up-to-date facts on AFib types, statistics on how many patients have the condition around the world, and it lists risk factors to be aware of.

It is an interactive resource for physicians; they can use it to educate their patients. The app also emphasizes the importance of the management of AFib by following the guidelines of rate control, rhythm control, and stroke prevention.

AFib Educator on Android

AFib Educator on iPhone

Runtastic Heart Rate Pro

This Atrial Fibrillation app lets you check your heart rate at any time, and it's great for people who are regularly exercising. The app lets you track your heart rate before, during, and after a period of exercise. It also uses the smartphone camera sensor to check your heart rate.

You can set the application to recognize your heart rate at rest, or before and after your workout. You can also upload your results to their main website, www.runtastic.com.

Runtastic Heart Rate Pro on Android

Runtastic Heart Rate Pro on iPhone

Heart Rate Monitor

Some AFib apps you have to pay for and you may not want all the extra bells and whistles that you're shelling out cash to obtain. If you're looking for a capable monitor that is free the Heart Rate Monitor app should fit the bill.

It's simple, basic, and gives accurate readings. Just hold your finger over the camera lens steadily and lightly. It analyzes blood flow through the tip of your finger and gives quick and precise results if used properly.

Heart Rate Monitor on Android

Next page: two more apps helpful for AFib management.

Cardiograph

Cardiograph lets you save results for future reference, but not just for yourself. It can retain results for multiple people! By using this application you can establish a profile for various people, including additional family members.

Similar to previously mentioned apps, it uses the camera on your smartphone. Unlike the others it's designed to work with multiple users, which could be helpful if you're leaning on other people for support in dealing with AF problems and concerns.

Cardiograph on Android

Cardiograph on iPhone

Real Blood Pressure (BP) Calculator

This app accurately calculates your blood pressure, which provides useful information when trying to manage concerns over atrial fibrillation. The camera is needed, and your camera must have a built-in flash for this app as well. It measures your blood pressure using two fingers; one on the camera, and one on the screen.

The application allows you the freedom of monitoring your blood pressure without bulky BP monitoring equipment. According to reviews, the results are reasonably accurate.

Real Blood Pressure (BP) Calculator on Android

CCS Atrial Fibrillation Guide

This app was developed to offer guidelines for AFib management. There are videos available for viewing where experts discuss the topic of AFib and the various aspects of the condition. Summaries for each chapter are listed with recommendations. Tools of this app include:

- Key references
- Stroke risk assessment
- Renal function calculator

- Bleed risk assessment
- A gallery for different electrocardiogram images
- Drug tables

This app is great for healthcare professionals to use, but it can be useful for a patient of AFib who tracks their condition diligently.

CCS Atrial Fibrillation on Android

CCS Atrial Fibrillation on iPhone

AliveECG

To use this app you need to have an AliveCor heart monitor, which costs around $75.00. The app pairs with the monitor. The Alive ECG app detects an AFib episode in real time, using an FDA-cleared algorithm to help patients to manage their condition.

Physicians will find this application helpful as well. It can be personalized and it is easy to use. There are also advanced search features that help the user graph out a view of your health over time.

The app is free but needs to pair with the AliveCor heart rate monitor to work.

AliveECG on Android

AliveECG on iPhone

Applications for Physicians

While the previously mentioned applications are designed for patients, there are some effective apps to help doctors care for patients with Atrial Fibrillation. The AliveCor Heart Monitor allows physicians to detect heart rhythm problems and prevent strokes in patients.

According to the University of Sydney, research suggests it offers a cost-effective and accurate way to screen patients and identify undiagnosed AF. This particular application is available for the iPhone and needs the custom case that goes along with the application to offer accurate results.

Managing AF can be stressful, but with the use of these applications monitoring your condition has never been easier. The ability to share this information with your doctor can also help create a more effective treatment plan for your condition.