

Questioning if health apps benefit healthy people

By **Natasha Singer**, *New York Times*

Consumers looking to use their mobile devices to improve their health – or at least maintain their well-being – have tens of thousands of choices.

But if those consumers are already healthy, the apps won't necessarily do them any good, according to a new report in *The BMJ*, a British medical journal.

On Tuesday afternoon, for instance, the top 10 free health and fitness apps for iPhones included MyFitnessPal, a calorie counter and diet tracker; the FitBit activity tracker; Pacer, a pedometer and blood pressure tracker; and Period Tracker Lite, a menstrual-cycle tracker, according to data compiled by App Annie, an analytics firm.

Read the whole story