



Apple Health

A central and secure mobile application for tracking, managing, and sharing personal health and fitness data from iPhone, Apple Watch, and connected third-party devices.

<https://www.apple.com/healthcare>

Overview

The Apple Health app is a powerful, pre-installed mobile application on iPhone, iPad, and Apple Watch that serves as a central, secure repository for a user's health and fitness information. Built on the **HealthKit** developer framework, it aggregates and presents data from the iPhone's motion sensors, the Apple Watch (including advanced sensors for ECG and blood oxygen), and compatible third-party apps and devices.

Key Capabilities:

Comprehensive Data Aggregation: Organizes data across numerous categories: Activity (steps, workouts, VO2 max), Heart (ECG, irregular rhythm notifications, AFib History), Sleep, Medications, Mental Wellbeing (mood logging, standardized assessments), Cycle Tracking, and more.

Medical Records Integration (Health Records): Allows users to securely download and view their clinical medical records (allergies, immunizations, lab results) from participating healthcare organizations directly on their iPhone, using the Health Records API.

Advanced Cardiac Monitoring: The app works with the Apple Watch's ECG app and Irregular Rhythm Notification Feature, which have received FDA clearance as Class II medical devices, to monitor for signs of Atrial Fibrillation (AFib).

Secure Sharing: Users can choose which contacts, including family, friends, or physicians, can access their protected health information and receive notifications about unusual trends.

Emergency Access (Medical ID): Stores critical health information (allergies, medications, blood type, emergency contacts) that can be accessed from the lock screen in an emergency.

Security and Privacy:

Apple emphasizes user privacy and control. All health and fitness data in the Health app is encrypted on the device when locked with a passcode, Touch ID, or Face ID. Data synced to iCloud is encrypted

both in transit and on Apple servers. When a user has two-factor authentication enabled on their Apple ID, health data stored in iCloud uses end-to-end encryption, meaning only the user can access this information, and Apple cannot read it.

Key Features

- Activity and Fitness Tracking
- Heart Health Monitoring (ECG/AFib)
- Sleep Tracking and Analysis
- Medication Tracking and Reminders
- Electronic Health Records (EHR) Integration
- Mental Wellbeing/Mood Logging
- Secure Health Data Sharing
- Emergency Medical ID

Pricing

Model: free

The Apple Health app is a free, pre-installed application on iPhone and iPad (iPadOS 17+). It requires an Apple device (iPhone, Apple Watch) to collect and view data.

Target Company Size: individual

Integrations

Third-party Health/Fitness Apps (via HealthKit), Apple Watch, EHR Systems (e.g., Cerner, Allscripts, Athenahealth), Smart Scales and other Health Devices

Compliance & Certifications

FDA Clearance (ECG/AFib features), HIPAA-aligned data security

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