

HEALTH

ENERGY

CORE

FITNESS

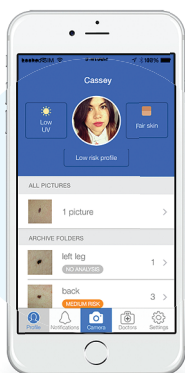
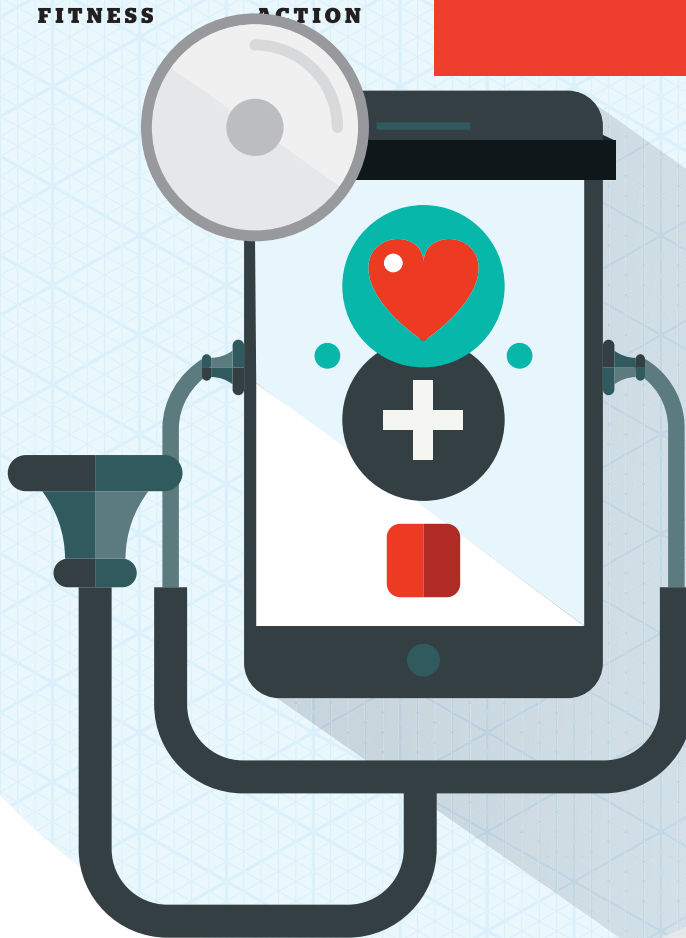
ACTION

POCKET YOUR DOCTOR

The rise of healthcare apps

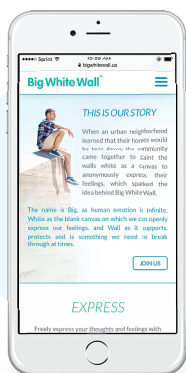
► Is your doctor going to be replaced by a robot? Probably not, although if you'd told the weavers in the 16th century that they faced mechanical oblivion they'd have woven you an LOL mat, too.

Despite the continued disappointingly fleshy nature of our healthcare professionals, digital diagnosis is on the rise, and with masses of data being gathered by the ever-growing army of personal fitness tracker fans, healthcare apps are only getting better. This is all great news for men, who are twice as likely as women to shirk the doctor and suffer a reduced life expectancy as a result. This emerging industry is, however, currently unregulated, so it's important to use your phone in symbiosis with, rather than as a replacement for, a professional.



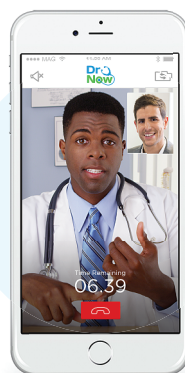
SKIN VISION: SELFIES FOR SKIN SAFETY

→ Snap away to skin safety with Skin Vision. Uploading a skin selfie gives you an immediate risk rating based on a comparison to the growing archives of mole photos. The app also keeps track of changes over time to show your doctor, because, honestly, who can remember what that mole on their lower back looked like last month. **Free, Premium £3.99 monthly, App store and Google Play, skinvision.com**



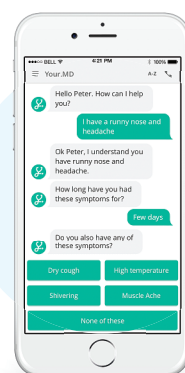
BIG WHITE WALL: JUDGEMENT-FREE THERAPY

→ With suicide being the leading cause of death in young men, it's important for help to be as accessible as possible. If face-to-face therapy is daunting, try Big White Wall, an NHS-approved app for therapy on your phone. Guided support courses available range from dealing with depression and anxiety to quitting smoking or losing weight. **Free, App store and Google Play, bigwhitewall.com**



DR NOW: INSTANT VIDEO CONSULTATIONS

→ Hauling yourself to a slightly sticky GP's waiting room filled with wailing infants can sometimes be worse than the illness itself, so thank your favourite deity for Dr Now, an app that offers instant video consultations with approved doctors. For Londoners it can even prescribe and deliver medicine to your door within an hour. **£7.99 monthly, App store and Google Play, drnow.com**



YOUR.MD: AI SYMPTOM CHECKER

→ The closest we're going to get to robot doctors in 2016, NHS-recommended Your.MD lets you message an AI that draws on a huge and growing bank of data to diagnose your symptoms and recommend local healthcare centres or pharmacies. It's ideal for differentiating appendicitis from the windy results of a speedily scoffed dinner. **Free, App store and Google Play, your.md**