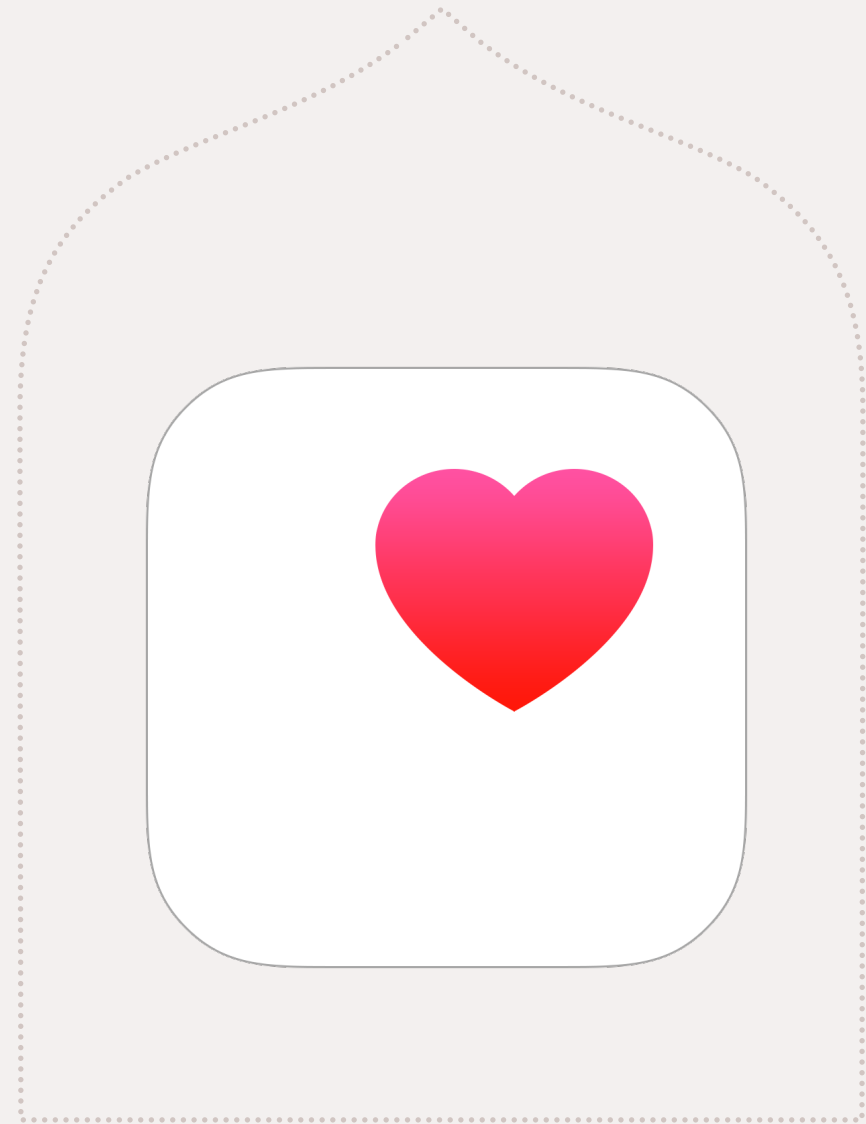


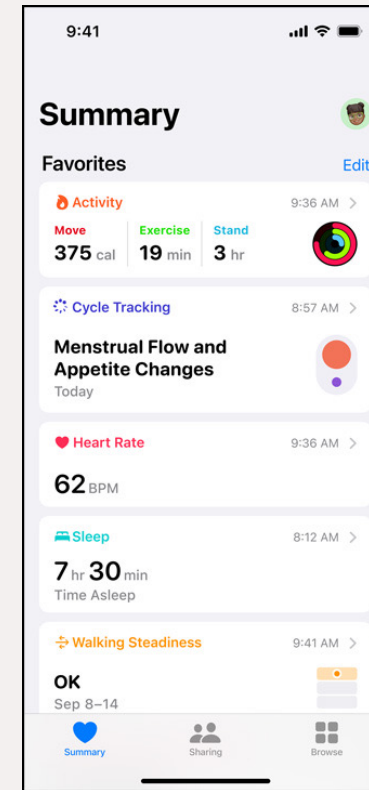
Apple Health

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About the App

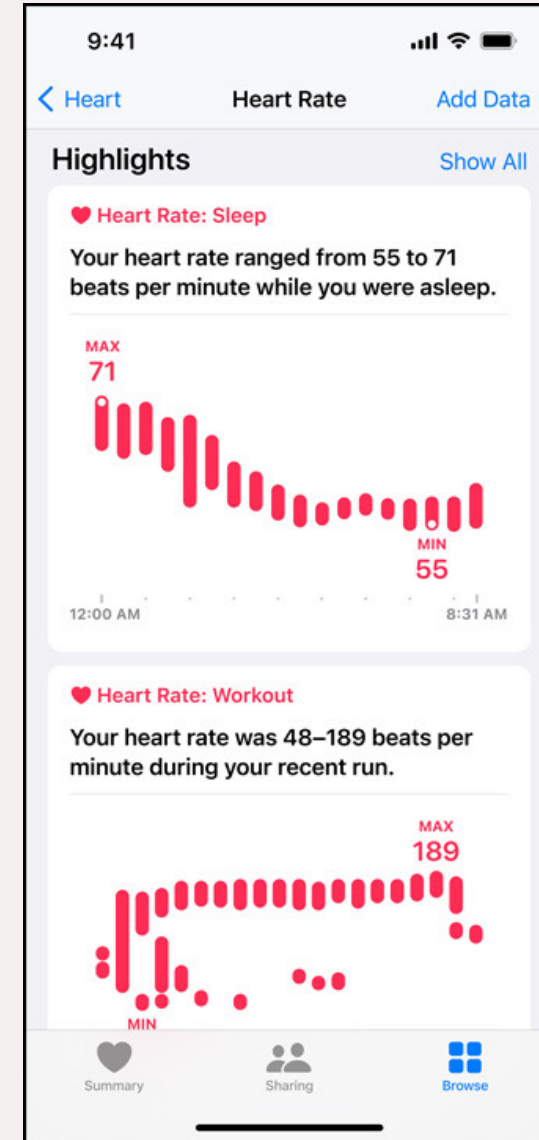
- ♦ The Health app was created to help organise your important health information and make it easy to access in a central and secure place. With the release of iOS 15, we're adding features to empower you even more. There are new ways to share data with your loved ones, a metric to assess your walking steadiness and risk of falling, and trend analysis to help you understand changes in your health.



Designed for privacy And Security

- As we introduce and expand ways to share your health data, privacy continues to be at the core. All of our health features are built to keep your data secure and protect your privacy. Your health data stays on your device and is encrypted — both in transit and at rest — when your device is locked with your passcode. And you are always in control.

When your phone is locked with a passcode, all your health and fitness data in the Health app — other than your Medical ID — is encrypted. Your health data stays up to date across all your devices automatically using iCloud, where it is encrypted while in transit and at rest. Apps that access HealthKit are required to have a privacy policy, so make sure you review these policies before providing apps with access to your health and fitness data



Something we
can take
advantage of
for the Hive



Apple Health Share

- Since 2021, With iOS 15, iPhone and Apple Watch users now have the ability to share health data with loved ones or a care network, view Trends, and measure their Walking Steadiness.
- With iOS 15, users can choose to securely give a loved one visibility into their health and wellness data, enabling them to have more meaningful conversations and provide support – even from afar – as they follow important alerts and changes over time.
- In the Health app, a new Sharing tab lets users privately share their data with a trusted partner or caregiver. Users have full control over which data they share and with whom, whether they're an aging parent who shares their activity or heart health data with a family member, a partner who chooses to share their fertility window insights, or a person with Parkinson's disease who wants to share their mobility data with a physical therapist. For the person receiving this information, shared data is presented with important insights and trends highlighted.



The background features a dark blue gradient with several vertical orange bars of varying heights. Overlaid on these are white lines with circular nodes at various points, creating a network-like structure. Some of these lines and nodes are slightly blurred, giving a sense of depth. Faint numerical values are visible in the background, such as '245.57' on the right and '154.178' near the bottom center.

Data we will need

Activity



The Activity app on your Apple Watch keeps track of your movement throughout the day and encourages you to meet your fitness goals. The app tracks how often you stand, how much you move, and how many minutes of exercise you do. Three rings in different colors summarize your progress. The goal is to sit less, move more, and get some exercise by completing each ring every day.

- The red Move ring shows how many active calories you've burned.
- The green Exercise ring shows how many minutes of brisk activity you've done.
- The blue Stand ring shows how many times in the day you've stood and moved for at least one minute per hour.

Data types

Move int kcal
Exercise: int minutes
Stand int hours



Active Energy



Active Energy

- ♦ Active energy is appropriately named; These are the calories tracked when either exercising or during periods of activity. When you set a workout, the calories burned during that workout are added to your Move ring as active energy. Similarly, the watch measures calories burned as you move throughout the day, which are also added to the Move ring.
- ♦ Active energy: int kcal

Resting energy



Resting Energy

- Your resting calories per day is the amount of energy (in the form of calories) that your body needs to function while resting. This is also known as BMR, or Basal Metabolic Rate. This number of calories reflects how much energy your body requires to support vital body functions. In fact, your BMR is the single largest component (upwards of 60 percent) of your total energy burned each day.
- Basically, your body burns calories just by doing nothing, and this is the number those calories are.
- You may find useful knowing how Apple Health calculates resting energy if you use it for wellness and fitness purposes or if you are simply wanting to start using it soon. The Apple Watch uses information such as your age, weight, gender and height in addition to the GPS in your iPhone to calculate both resting calories and the calories you burn through exercise. The resting calories burned are also known as Resting Metabolic Rate or RMR, which will differ from one person to another.
- Calculations
 - For women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$
 - For men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$
 - Resting Energy: int kcal

A black and white photograph of a wide, modern staircase. The stairs are made of light-colored concrete and lead upwards from the bottom left towards the top center. To the right of the stairs is a large, textured wall that appears to be made of concrete or stone, with horizontal lines and shadows. In the background, at the top of the stairs, there is a small, dark, rectangular opening or vent. The overall composition is minimalist and architectural.

Steps

Steps

- Whether you like it or even realize it, the modern smart device knows a lot about your day-to-day choices.
- Apple's iPhone has one lifestyle tracking feature that you may actually find useful, rather than invasive or creepy: it can track how many steps you take over time.
- Using an accelerometer and other high-tech sensors, your iPhone can detect when you are walking, and how much, using data based on the speed and movement of the phone.
- And given that we're rarely apart from our iPhones, the data it gathers on average steps can be a solid measure of health — with no Fitbit required.
- Steps: `int counter`

Exercise
minutes



Exercise minutes

- Every full minute of movement that equals or exceeds the intensity of a brisk walk counts toward your daily Exercise and Move goals. For wheelchair users, this is measured in brisk pushes. Any activity below this level counts only toward your daily Move goal.
- Exercise minutes: int minutes per day

Stand minutes



Stand Minutes

- The Stand ring shows the hours in which you've stood and moved for at least a minute. Complete your daily Stand goal by standing up and moving around for at least 1 minute during 12 different hours in the day. Even if you stand all day, you'll still need to move around to earn credit for standing.
- If you specify that you use a wheelchair, the Stand ring will switch to the Roll ring. Roll shows hours in which you've pushed around for at least 1 minute.
- Stand: int minutes

