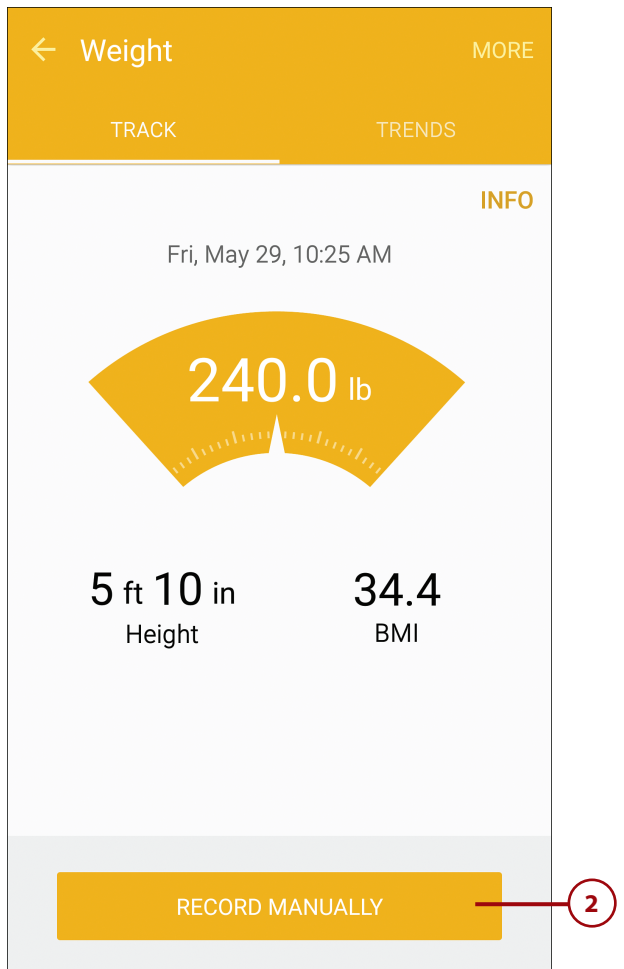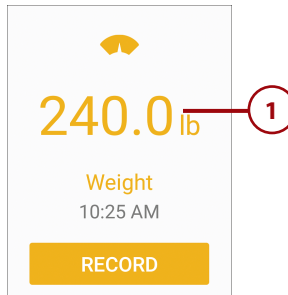## Update Your Weight

If your fitness and diet routines are effective, you might start losing a few pounds. As you weigh yourself, you can update your weight in the S Health app to track your progress over time.

① Tap the Weight tile on the main screen.

② Tap Record Manually.

240.0 lb ①

Weight
10:25 AM

RECORD

← Weight   MORE

TRACK   TRENDS

INFO

Fri, May 29, 10:25 AM

240.0 lb

5 ft 10 in   34.4
Height   BMI

RECORD MANUALLY ②

③ Tap to drag the weight control to register your new weight.

④ Tap Save.

CANCEL   SAVE ④

FRI, MAY 29, 2015, 11:01 AM

Weight (lb)

238.5 ③

238.0   238.5   239.0

The weight you enter will also be shown in your user profile.

>>>*Go Further*
CONNECT TO OTHER DEVICES

The S Health app is made more useful when you connect it to other fitness and health-management accessories, such as fitness bands and blood pressure readers. You do this using your phone's Bluetooth functionality; data gathered by an external device is then wirelessly transferred to your phone via Bluetooth.

To connect a Bluetooth accessory to your phone, start by turning on that device and making sure it's in discoverable mode. Then, on your phone, display the Settings screen, go to the Wireless and Networks section, and tap Bluetooth. Make sure Bluetooth is turned on, and you should see your new wireless device listed. Tap the name of this device and the pairing process should begin.

To view a list of compatible devices, tap More from S Health's main screen and then tap Accessories. To register a given accessory with the S Health app, tap the name of that accessory then tap Register. (At this point, you may be prompted to install the Samsung Gear Manager, an app that manages various accessories and their data. It's free.) Follow the onscreen instructions to complete the process.

Discovering Other Health and Fitness Apps

Samsung's S Health is a comprehensive app that does a good job tracking fitness and health activities. It's not the only such app out there, however. Various companies offer a plethora of apps to track both general and specific health and fitness activities.

Health and Medical Apps

Let us first examine apps that track specific medical conditions, help you manage your prescription medicines, and provide general medical information.

App	Description	Price
Blood Pressure (My Heart)	Records and tracks your blood pressure readings	Free
Diabetes Logbook	Track your blood glucose levels to better manage your diabetes	Free
FollowMyHealth	Manage your health records	Free
iBP Blood Pressure	Tracks and analyzes blood pressure readings	$0.99
Instant Heart Rate	Heart rate monitor	Free
Manage My Pain Lite	Pain management and tracking	Free
MediSafe Meds & Pill Reminder	Sends reminders to take medications, and manage your medications	Free
Micromedix Drug Essentials	On-the-go access to prescription drug information	$2.99
My Pain Diary	Helps you keep track of symptoms and conditions, so that your doctor receives accurate information	$4.99
OnTrack Diabetes	Tracks and analyzes glucose level readings	Free
WebMD	Health information about medical conditions and healthy living	Free
WebMD Allergy	Receive personalized allergy and weather forecasts	Free

Fitness Apps

Fitness apps help you track your exercise activities. Some track the number of steps or distance you run or walk; others offer yoga or exercise routines. Some even pair with wearable fitness trackers to offer more functionality.

App	Description	Price
Daily Yoga	Yoga classes, programs, and videos.	Free
Google Fit	Integrates with Android Wear fitness devices to track a variety of fitness-related activities.	Free
Fitbit	Works with Fitbit activity trackers and smart scales. Syncs info from your Fitbit device to track steps, distance, calories burned, and more.	Free
Fitivity	Multiple apps with various types of fitness workouts, including many for adults 50+.	Free
FitProSportPRO	Fitness training.	$0.99
Lose It!	Weight loss and healthy eating.	Free
Map My Walk	Tracks route, distance, pace, and more via GPS.	Free
My Tracks	From Google, records path, speed, distance, and elevation while you walk, run, or bike.	Free
MyFitnessPal	Calorie counter.	Free
Noom Walk Pedometer	Tracks steps as you walk.	Free
Pedometer	Records the number of steps you walk and measures walking time, speed per hour, and calories burned.	Free
RunKeeper	Tracks pace, distance, and other training goals when you walk, run, or bike.	Free
Workout Trainer	Healthy workouts on your smartphone.	Free
Yoga.com	Yoga programs, poses, and guides.	Free

Personal Safety Apps

Personal safety apps are essential for when you're in any sort of personal danger. Some apps store your emergency contact number, others act as a type of SOS to signal for help.

App	Description	Price
bSafe	Personal safety app for everyday safety and true emergencies.	Free
ICE: In Case of Emergency	Stores emergency contacts and medical information for first responders.	$3.99
SOS—Stay Safe!	Enables you to send out SOS alerts to friends and family if you need help in the event of an emergency.	Free