Many people use trackers and apps as a way to monitor their overall health and wellbeing, and to help them manage medical or health conditions. Here are some trackers and apps, including some suggested by people with cardiomyopathy. Some are free of charge, some are paid for, and some are not specific. There are many available, so it is worth thinking about what you want to get from them and finding out more about each one to make sure it meets your needs.

What do fitness trackers do?
Fitness trackers, also called 'activity trackers' or 'activity monitors', are wearable devices (often like a watch, although other versions are available) which sense your movement. They record your activity and movement throughout the day, including how far you have walked, flights of stairs you have climbed, and other exercise you may have done. Some also monitor your sleep, or include relaxation functions (timed sessions that focus on your breathing). Most wrist-worn devices will also show the time, and some give you notifications from your phone (such as incoming messages and phone calls). Trackers often connect to a smartphone or computer app for you to view and record your activity.

Some trackers include heart rate monitors that some people with cardiomyopathy find helpful.

Fitness trackers vary in cost depending on the brand and the type of functions available. Examples include FitBit, Garmin, Misfit and Samsung. Visit www.which.co.uk/Fitness-Trackers for a review of different types of tracker.

AliveCor - KardiaMobile
KardiaMobile can be used with certain smartphones to record an ECG (electrocardiogram) instantly, by holding your fingertips on small electrodes which are attached to your phone. The ECG reading can be saved and shared with healthcare professionals. Visit www.alivecor.com for more information.

Health and fitness apps
There are various track and health apps available for smartphones and tablets. Some record your activity, some connect with your fitness trackers, and some have information that you add manually. Some also have the function to add details of what you eat and calorie intake. Apps include:

- My Fitness Pal - tracker and calorie counter. See www.myfitnesspal.com
- Nokia Health Mate - records your health and activity data. See your device app store for more information.

Diet-related apps
Slimming world app - (for members) weigh-in option and healthy eating plan.
Weight watchers app - activity and weight-tracking, and recipes. See your device app store for more information.

Please note: we cannot guarantee the accuracy or safety of using trackers to monitor your heart, and they are not a replacement for your usual treatment. It is important to talk to your healthcare professionals about the best ways to manage your condition.