



New Cellphones Monitor Your Health, And May Soon Deliver Medicine

By [Brooke Borel](#) Posted 09.21.2009 at 12:44 pm



The world is about to get four billion more nurses. With the help of add-on apps and gadgets, cellphones can become medical helpers that track and transmit your vitals to physicians. These mobile aides will help catch diseases early, save ER visits, and cut health-care costs. And as future implants let phones trigger drug release, your favorite gadget may even save your life.



Nokia N79 Active: Courtesy Nokia

Now: Track Your Own Health

Today's medical cellphone apps focus on fitness, an area that doesn't require FDA approval. Strap this heart monitor around your chest while you jog, and it beams info over Bluetooth to the Nokia N79 Active. Software on the phone records your heart rate, along with your route, altitude, speed and distance, as calculated by a GPS chip in the phone. Chart your progress, or compare it with your friends', on Nokia's Sports Tracker Web site.

Nokia N79 Active \$530 (est.; Polar heart rate monitor included); [nokia.com](#)



Healthanywhere Health on the Go: Courtesy Healthanywhere

Soon: Loop in Your Doctor

Next year you'll see the first apps that link your phone to bona fide medical devices, such as blood-pressure cuffs and diabetics' glucose meters, and send stats straight to a doctor for instant review. The Health on the Go program, now in tests on BlackBerry phones, captures blood pressure and oxygen and sugar levels when you connect instruments using Bluetooth. Alerts remind you to check your stats and what your target numbers are.

Healthanywhere Health on the Go \$300/year (est.; hardware not included); [healthanywhere.com](#)