Is this app intended to promote health or prevent disease? (Is this app appropriately
categorized in healthcare and fitness (i.e., check no if it is a wine buyer's guide, a
restaurant locator, etc.)

- 1. Yes
- 2. No

Is this app credible or trustworthy?

- 3. Yes
- 4. No

As a health care professional, would I recommend this app for my personal use or for somebody else?

- 5. Yes
- 6. No

Alcohol, Tobacco, other Drugs

- 1. Help for addiction
- 2. Supporting an addict
- 3. Shopper's guide
- 4. Other \_\_\_\_\_

#### Health eating

- 5. Calorie counters & food logs/journals/scanners (this is more process related, for example you can enter your own data for the purposes of tracking)
- 6. Recipes & cooking
- 7. Diet-specific information
- 8. Food information (nutrient breakdown of specific food items--information)
- 9. Other \_\_\_\_\_

### Mental and Emotional Health

- 10. Eating disorder
- 11. Stress management
- 12. Depression
- 13. Reference/Tests/Information (diagnosis tool, information about mental disorders, akin to a DSM, categories or taxonomies of disorders)
- 14. Remedies/Therapies/Medication (self-help or treatment related options)
- 15. Meditation

16. Other		
Physical Activity		
<ul> <li>17. Workouts/Tips/Ideas/Programs</li> <li>18. Gym locations (parks, facilities, and directional map that provides a location for where to recreate/workout)</li> <li>19. Race event announcements</li> <li>20. Monitors/Measurement (workout logs, automatic recordings of how much exercise in terms of distance, intensity, etc. Nikeplus, imap my run)</li> <li>21. Other</li> </ul>		
Safety and Injury Prevention		
<ul> <li>22. Attack alarms/Notifications (noises that you sound when being attacked, rape violence prevention, alarming your home's alarm system, 911 dialer, EMS locator)</li> <li>23. First aid (CPR, how to guide for administering first aid, first responder rescue, shock, AED, epipin)</li> <li>24. Reference/Information (Information about snake bites, bee stings, heat stroke, hypothermia)</li> <li>25. Emergency preparedness (72-hour kits, food storage guides, emergency contacts and information)</li> <li>26. Other</li> </ul>		
Personal Wellness		
<ul> <li>27. Sleep</li> <li>28. Oral care/Hygiene</li> <li>29. Disease/Illness (infectious/non-infectious, specific information about cancer or diabetes, etc.)</li> <li>30. Remedies/medications/prescriptions</li> <li>31. Goal setting (helps you set goals and track them)</li> <li>32. Beautification</li> <li>33. Complementary and Alternative Medicine (yoga, pilates, acupuncture, massage, aromatherapy, etc.)</li> <li>34. Skin care</li> <li>35. Other</li> </ul>		
Sexual and Reproductive Health		
<ul><li>36. Prenatal care</li><li>37. Pregnancy/fertility calendar</li><li>38. STD/Safa say</li></ul>		

illnesses, development stages, baby names)
40. Early parenting (parenting strategies, tips, shopping guides, etc.)

39. Post-natal care (Baby health/wellness, Breastfeeding, common baby

	41. Intimacy enhancer (Kama sutra, sex positions, sex humor, etc.) 42. Other
Price	
	199
	2. 1.99
	3. 2.99
	4. 3.99
	5. 4.99
	6. 5.99
	7. 6.99
	8. 7.99
	9. 8.99
	10. 9.99
	11. 10.99
	12. 11.99
	13. 12.99
	14. 13.99
	15. 14.99
	16. 15.99
	17. 16.99
	18. 17.99
	19. 18.99
	20. 19.99
	21. Other
cognitiv	osing-Factors that influence behavior (things that precede behavior and they are we or affective based, like attitudes, knowledge, awareness, beliefs, information, confidence, motivation, self-efficacy, etc.)
	22. Yes
	23. No

Reinforcing-Factors that influence behavior (Interactive applications, interface with SNS, encouragement from trainers/coaches, you get an evaluation based on your self-report)

Enabling-Factors that influence behavior (Occurs at or around the same time as

behavior and it facilitates behavior, Teaching a skill, provide a service, track or record

26. Yes

24. Yes25. No

behavior)

27. No

# Level of Predisposing

- 1. Knowledge or Awareness of a health behavior/outcome
- 2. Informative
- 3. Beliefs, Values, Attitudes
- 4. Confidence, Motivation

# Level of Enabling

- 5. Teaches a skill
- 6. Provides service (sells something, sign-up for events, facilitates engaging in a behavior)
- 7. Tracking/Recording Behavior

#### Level of Reinforcement

- 8. Interfacing with SNS (encouragement from social support)
- 9. Encouragement-Trainer support, Coach (the app gives you the encouragement, not the network it connects you 2)
- 10. Evaluation based on self-report