

Appendix 4: Applicability of CDA-SQS

Domain		
Category	Sub-category	Primary SQ tools/services
Body functions		
Mental functions	Attention including: concentration; sharing attention, etc.	Melon
	Sleep	Lark SleepCycle, SleepTracker WakeMate Zeo Sleep Manager
	Emotions	Emotiv Insight Happiness MercuryApp Moodjam MoodPanda MoodScope TrackYourHappiness
	Thought including: flight of ideas, thought block, productivity, meditation, etc.	Muse Quantified Mind RescueTime
Functions of the cardiovascular system	Blood pressure	A&D Blood Pressure Monitor Actipressure Blipcare Blood Pressure Companion iHealth
	Heart functions e.g., heart rate, rhythm and output	Adidas miCoach Alivecor Basis Cardiio EmWave2 Garmin Heart Rate Monitor Ithlete Mio Myithlete NeuroSky Polar Tinke Wahoo Heart Rate Monitor
Endocrine system functions	Hormonal levels in the body (Blood glucose)	CareLogger Dexcom Glooko iBGStar
Reproductive functions	Menstruation including regularity of menstruation and discharge of menstrual fluids	Clue for tracking cycles Free Menstrual Calendar My Cycles Period and Ovulation Tracker MyFertilityMD
Sensory functions	Senses e.g. seeing, hearing, tasting, smell, touch	EyeNetra
Sensation of pain	Pain in back, chest, head, etc.	Symple TrackNShare
Body structures		
Cell structure	Genes, DNA, RNA, etc.	23andMe Eclipse for self breast exam

		InsideTracker Talking20 WellnessFX
Microbial structure in skin, gut, etc.	Names, number, types, etc.	uBiome
Neuromusculoskeletal and movement-related functions	Mobility of bone; joints; muscles	LumoBack MYO
Body actions and activities		
Mobility	Climbing, crawling, jogging, running, swimming, walking, etc.	Amiigo Bodymedia Endomondo Fitbit One Fitbit Ultra Fitbit Zip Fitocracy Garmin watch iSki Tracker Jawbone Up Misfit Shine Moves MyFitnessPal Nike Fuelband Nike Hyperdunk Nike+ Running Omron Pebble RunKeeper Runtastic Strava Wahoo Fitness Withings
Self-care	Weight maintenance	Fitbit Aria scale Fitorbit Lose It! Retrofit Withings scale
	Diet	80 Bites Dan's Plan Hapilabs fork mySymptoms NutriMirror
	Consumption of drug or medicine	Medisafe Project Medminder Spectracell Vitality Glowcaps
	Washing and drying oneself includes: washing body parts, washing whole body	Toothbrush app
Religion and spirituality	Engaging in religious or spiritual activities	Equanimity Meditation Timer & Tracker
Around body		
Natural and built environment	Climate/weather e.g. temperature, humidity, atmospheric pressure, precipitation, wind and seasonal variations, etc.	Lapka Nest Netatmo Sensaris Senspod
	Place e.g. Locate the places you want to go to and	Chronos Garmin GPS

	directions.	Geonaute Keymaze Placeme WorkInField
Major life areas	Economic self-sufficiency to ensure economic security for present and future needs	Mint Slice TheBirdy TOSHL finance
Products and technologies	Use of products and technologies in activities of moving inside and outside buildings e.g. buses, cars, vans, airplanes, etc.	TripIt flights
Relationships and attitudes	Personal care providers and personal assistants who function as primary caregivers.	BabyWatch
Community, social and civic life	Socialising and volunteering includes: engaging in charitable organizations, service clubs or professional social organizations, informal and formal associations; etc.	Momento Events Tracker

The remaining SQS (N=22: 42Goals, AskMeEvery, ChartMySelf, DailyBurn, Daytum, Garmin MyConnect, Google Forms, KeepTrack, Lift, Reporter, and self-created tracker application, Dacadoo, Digifit, Fluxstream BodyTrack, Notch.Me, Open.Sen.Se, self-created application, Statwing, Tictrac, TRAQS.me, Zenobase, and Zoomdata) were found to capture a range of health aspects that belong to more than one health domain as denoted by the CDA-SQS; thus for the sake of clarity, they were listed in text but not presented in the above table.