

Also, some good websites:

Patients Like Me: <http://www.patientslikeme.com/>

Virtual Hospice:

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

AudibleRx: <http://www.audiblerx.com/>

HealthLink BC: <http://www.healthlinkbc.ca/>

Mayo Clinic: <http://www.mayoclinic.org/patient-care-and-health-information>

Cleveland Clinic: <http://my.clevelandclinic.org/health>

Here is a table of the trackers that we studied (other good trackers not listed include the Polar Loop and the Nike Fuel Band, both of which measure steps and are around \$150). There's a new Misfit out that will also be waterproof and will only cost around \$50.

	Fitbit Zip	Jawbone Up 24	Misfit Shine	Withings Pulse
Pedometer (steps)	X	X	X	X
Altimeter (stairs)				X
Waterproof			X	
Heart rate				X
Displays number of steps taken	X			X
Displays proportion of steps taken towards the total goal			X	
Default Activity Goal	10,000 steps	10,000 steps	1000 points (equivalent to 10,000 steps)	10,000 steps
Notifies the user of every 2,000 steps		X		
Cost	\$60	\$150	\$50-100	\$100
Apple iOS	X	X	X	X
Android	X		X	X