This month, the Well Woman Visit mobile app is reviewed for clinicians, and the GoodRx app is reviewed for patients and health care consumers, using the NPMEDAPP criteria (http://dx.doi.org/10.1016/j.nurpra.2015.10.005). The Well Woman Visit mobile app is located on the Nurse Practitioners in Women’s Health (NPWH) website (https://www.npwh.org). The GoodRx app website is http://www.goodrx.com.

NPWH WELL WOMAN VISIT

Novel
The NPWH Well Woman Visit mobile app was created to provide clinicians with up-to-date guidelines to be incorporated into the routine female examination. This app compiles the most recognized clinical guidelines related to the well woman visit from multiple sources (American College of Obstetricians and Gynecologists, United States Preventive Services Task Force, US Centers for Disease Control and Prevention, National Osteoporosis Foundation, American Committee on Immunization Practices, and American Society for Colposcopy and Cervical Pathology) and allows the clinician to access them in one convenient location. Resources are available in the following categories: sexual history taking; physical exam; sexually transmitted disease screening; immunizations; preventive health screening; cardiovascular assessment; anticipatory guidance; and web resources. The app may also be customized by age, allowing care to be more specific to an individual patient.

Potential Benefit Versus Risk
This app provides current recommendations and treatment options that clinicians providing well woman services routinely incorporate into their patient visits. The benefit is that, by compiling information from multiple sources, the clinician has access to multiple guidelines in one convenient place and does not need to rely on memory alone or having to review multiple sources to provide comprehensive health care to this population. With heart disease being the leading cause of death in women, the newly added cardiovascular assessment includes reminders to optimize cardiovascular health, screening recommendations, and a cardiovascular risk calculator that may be customized using the patient’s information to compute individual cardiovascular risk and then develop a strategy to decrease the risk based on the patient’s personal risk factors. Overall, use of this app could create risk if the guidelines were out of date.

Medically Sound
This app provides assessment, screening, and treatment information from well-respected sources, including the 6 national organizations noted earlier. The app is regularly updated when new guidelines or resources are available. The app includes current women’s preventive health screenings, including cervical cancer screening. The most recent update to version 2.0 was October 14, 2015 and included the 2015 sexually transmitted diseases guidelines and the addition of the cardiovascular risk assessment section.
Ease of Use
It is easy to navigate and provides a handy immediate reference during a patient’s exam. The sections are clearly identified so information can be readily obtained.

Developer
The National Association of NPWH staff created the app for its members, but also makes the app available to anyone who wishes to use it. The NPWH is a national membership organization of nurse practitioners (NPs) and certified nurse midwives whose vision includes improving access and quality health care for women through innovation in continuing education.

Audience
This app was created for health care providers who treat women.

Price
FREE! There is no associated cost with this app.

Platform
NPWH Well Woman Visit Mobile App is available for iOS and Android operating systems.

GOODRX
Novel
The GoodRx app provides consumers with a comprehensive approach to finding the best prices on medications, and includes drug information. Drugs may be located by searching for a drug or condition using the tabs, which include browsing popular drugs or finding drugs by condition. Within the app, one is able to search drug prices at pharmacies in a specific location if tracking is allowed by the user or via national pharmacy chains and mail-order companies. The prices displayed may include the cash price, coupon price, membership price, or Medicare price. Local pharmacy information, such as location, phone numbers, and hours of operation, are also provided. Comprehensive medication information geared to the consumer, including but not limited to proper use, dosing, side effects, and potential drug interactions, is readily accessible and has photos to aid in identifying medications. In addition, the app provides coupons, discounts, and savings tips for some medications via promotions from specific pharmacy chains or pharmaceutical companies.

Potential Benefit Versus Risk
The benefit of using this app is the potential to maximize savings when filling prescriptions, even with insurance coverage. There is no associated risk as one is not obligated to purchase anything or even to use the information. Advertisements are potentially distracting but not associated with risk. The drug information is provided as an educational resource and not to be a substitute for medical advice provided by a health care professional. No personal information is required by the app to search drugs and receive discounts. However, users may register for GoodRx health savings newsletters and alerts. The website assures that personal health information that may be provided by users that is necessary to access alerts regarding specific medications listed in “my Rx” is not sold to anyone.

Medically Sound
GoodRx is updated continually within the app. Discounts and prices are available for thousands of prescription drugs at more than 70,000 mail-order and local pharmacies in the US. In addition, the website requests that users provide feedback if information is erroneous, to improve accuracy. Drug information is provided by Truven Health Micromedix, a respected health care research and consulting service that provides a clinical decision support product, including a drug database. The app does contain a disclaimer that the drug information is provided as an educational aid only and does not substitute for health care information provided by a nurse, pharmacist, or physician.
Ease of Use
The app is quick, convenient, and very user-friendly. Users may search price information anonymously or may register on the site and sign up for price alerts for specified medications. Drug information provided as an educational aid within the app is very easy to navigate.

Developers
GoodRx was created by entrepreneurs Doug Hirsch, Scott Marlette, and Trevor Bezdek. They have diverse health care and technology backgrounds in well-known tech companies, such as Yahoo and Facebook. Their stated goal with GoodRx, according to the website, is to use technology to improve people’s lives. “Latest News,” with information about drugs and conditions, is accessible and provided by references from the GoodRx pharmacist newsletter or Dr. Sharon Orrange, MD, MPH, an associate professor of medicine at the University of Southern California, and a practicing adult medicine physician in Los Angeles. Some of the content may not be as provider-neutral as NPs may prefer, but nurses and health care providers are addressed within the app, yet not consistently.

Audience
The app was developed for consumers but may also be used by health care providers, hospitals, and clinics to provide cost-related information to patients.

Price
GoodRx is free for users. According to the website, revenue is generated from advertisements on the site and referral fees.

Platform
GoodRx is available for iOS or android operating systems or via m.goodrx.com from any mobile phone. The apps chosen for review offer peer-reviewed information from respected sources, but JNP and the department editors do not endorse apps and NPs should use their own clinical judgment.

Do you have an app that you would like to have evaluated using the NPMEDAPP system? Please send it to Angie (npfromhome@gmail.com) or Patti (pkrausk@su.edu). Be sure to provide the complete name of the app, cost, and a brief description, so we are able to locate the correct one. JNP

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