

# Health Applications:

*An Introduction to a Sample of Health-related Skills  
for Amazon Echo Devices*



# **Acknowledgments**

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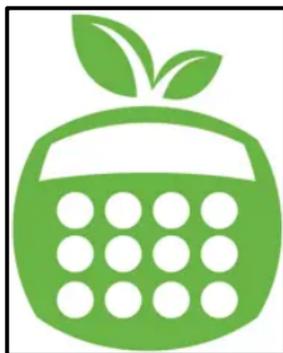
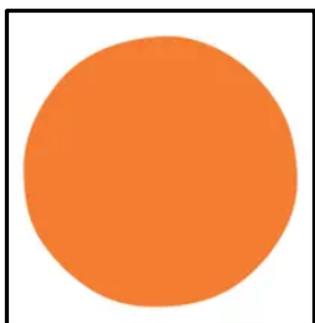
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# General Introduction

The Amazon Echo can help you with a wide array of tasks and activities (for a general overview, see the *Amazon Echo User Guide: Basic Uses of Amazon Echo Devices*). One category of tasks that is not commonly associated with these devices is that of health management. Tracking and understanding your health, as well as reducing the impact of stress, is vitally important to ensuring that you can maintain or improve your overall quality of life. Many applications for the Amazon Echo suite of devices have been designed to help you simplify and remember to do these health-related tasks.

This brief guide has been designed to introduce you to a small sampling of some of the health-related applications that you might find useful for managing your health as you age. The first of such applications is Headspace, a skill that can assist you in managing stress and anxiety with various approaches such as meditation, sleep exercises, or with calming music. Another skill is Nutritionix, which is a personal health tracking application that can help keep you informed about the food or drinks you are ingesting so you can make the important diet-related decisions necessary for your wellbeing. The third and final example is WebMD, which is a health skill that helps you look up information on health conditions, understand symptoms, as well as learn about medications.



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# Introduction to Headspace

Headspace is a mindfulness and meditation application that has a variety of functions. You can use it to create a daily meditation routine, listen to soothing sleep sounds, or go on guided walks. Headspace can help you create healthy sleep habits and teach you mindfulness techniques for dealing with stress. This application is free to use will allow you to complete three different activities: listen to soothing music, daily meditation exercise, and a 10-minute sleep exercise. There is also a paid pro version that has additional activities.

Before you Begin...

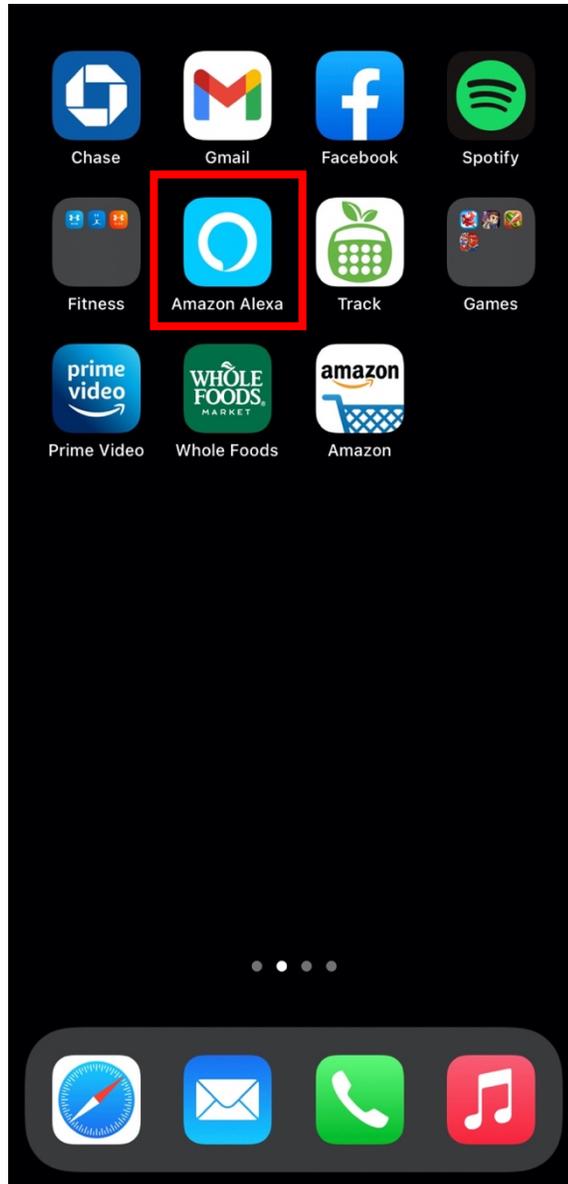
*\*This user guide assumes you have set-up your Amazon Echo and are connected to a stable internet connection. Please refer to "Setting up the Amazon Echo" user guide if your device is not set up.*

*You will need your email and password to set up and use Headspace.*

## Setting Up Headspace

### Step 1 of 9

To fully use the Headspace app on Echo Show, one of the first things you need to do is enable it on your mobile device. The first step is to find the Alexa app on your mobile device. Once you locate the Alexa app (outlined in red), tap on it with your finger.

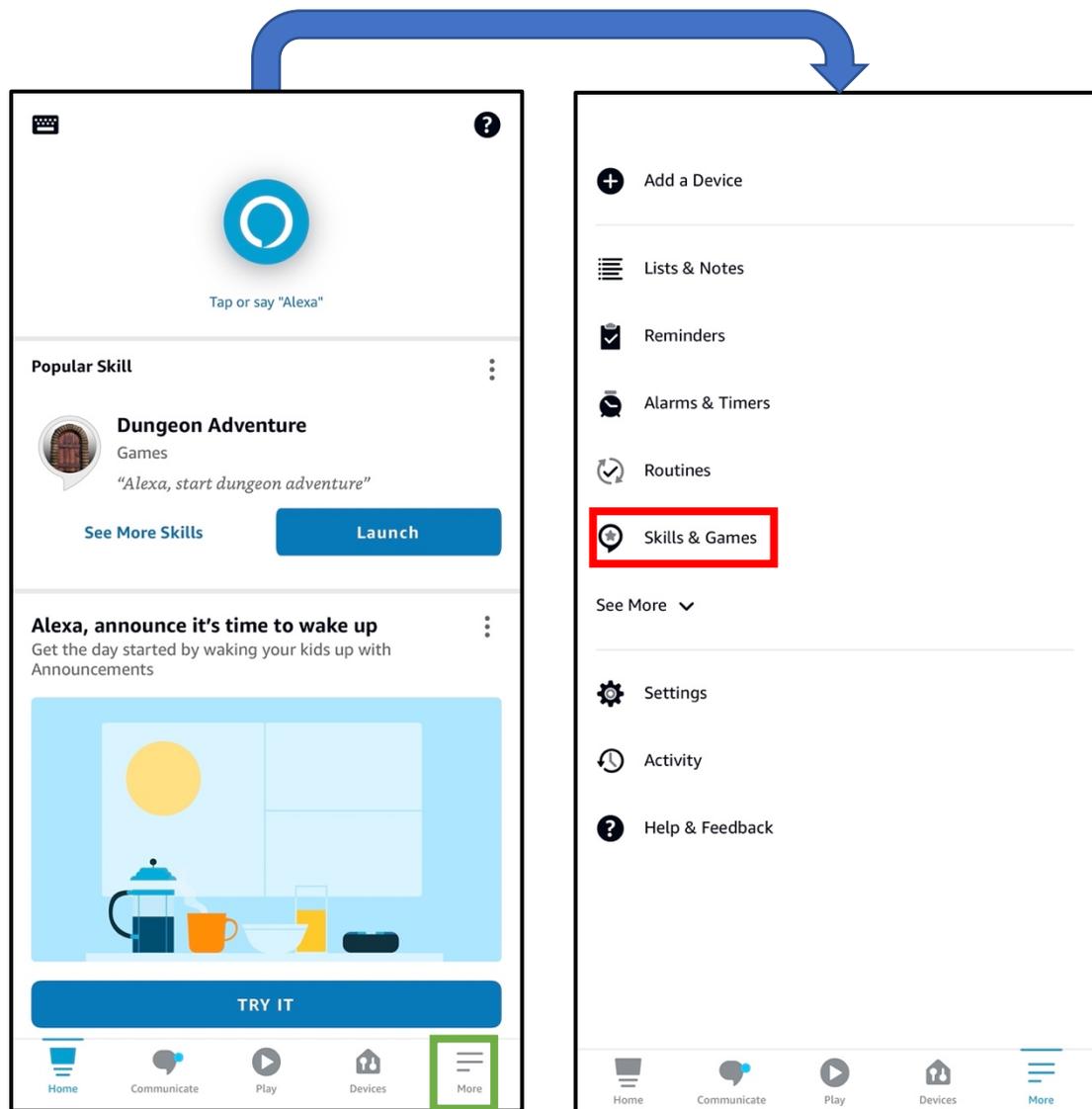


## Step 2

of 9

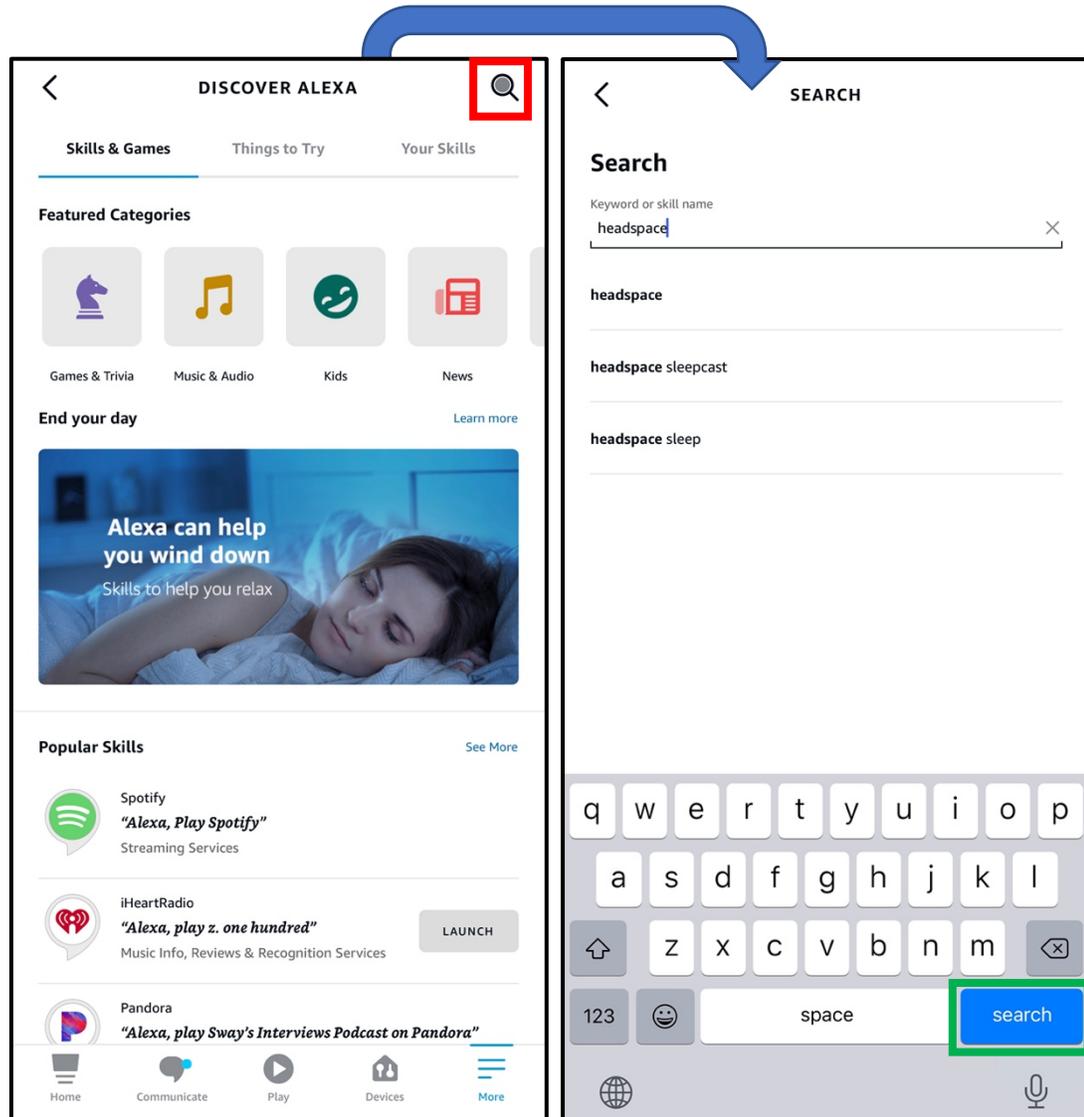
After tapping on the Alexa application, it will open to the home page. The home page will look similar to the picture below, but may vary in color. Tap on “More” (outlined in green) on the bottom right of the screen. Then tap on “Skills & Games”(outlined in red). To find the Headspace application, you have to search for it. Tap

*\*Applications for Amazon devices are called skills*



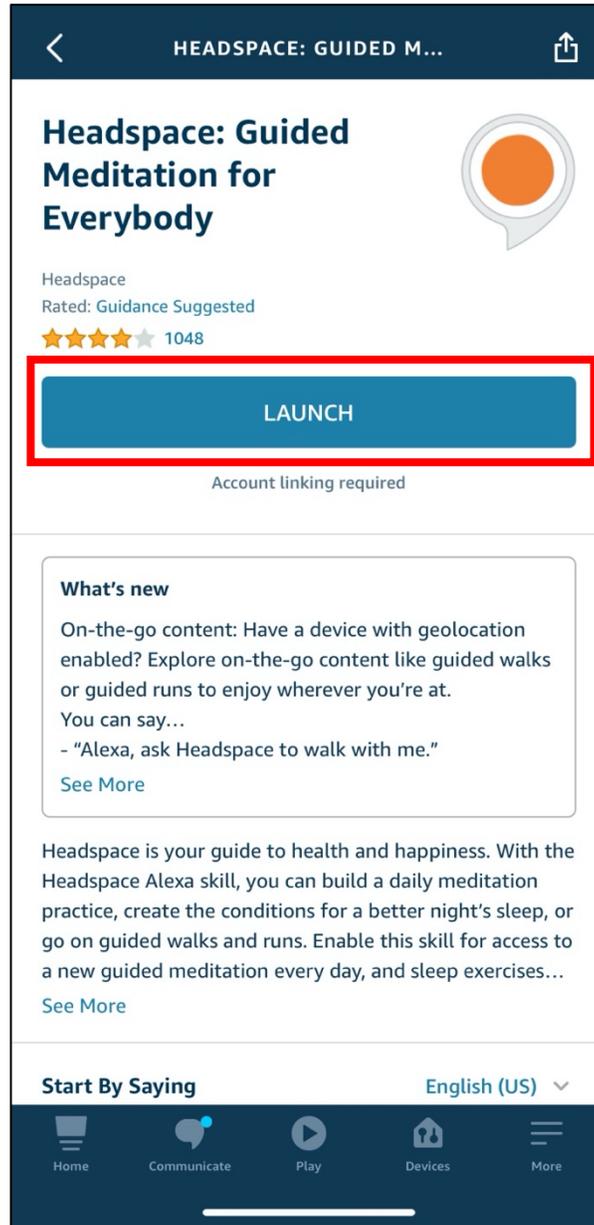
**Step 3**  
of 9

After tapping on “Browse Skills” your screen should look like the picture on the left. Tapping on the magnifying glass (outlined in red) will pull up a keyboard, allowing you to type “Headspace” into the search bar. Once done, tap on “search” (outlined in green) on your keyboard.



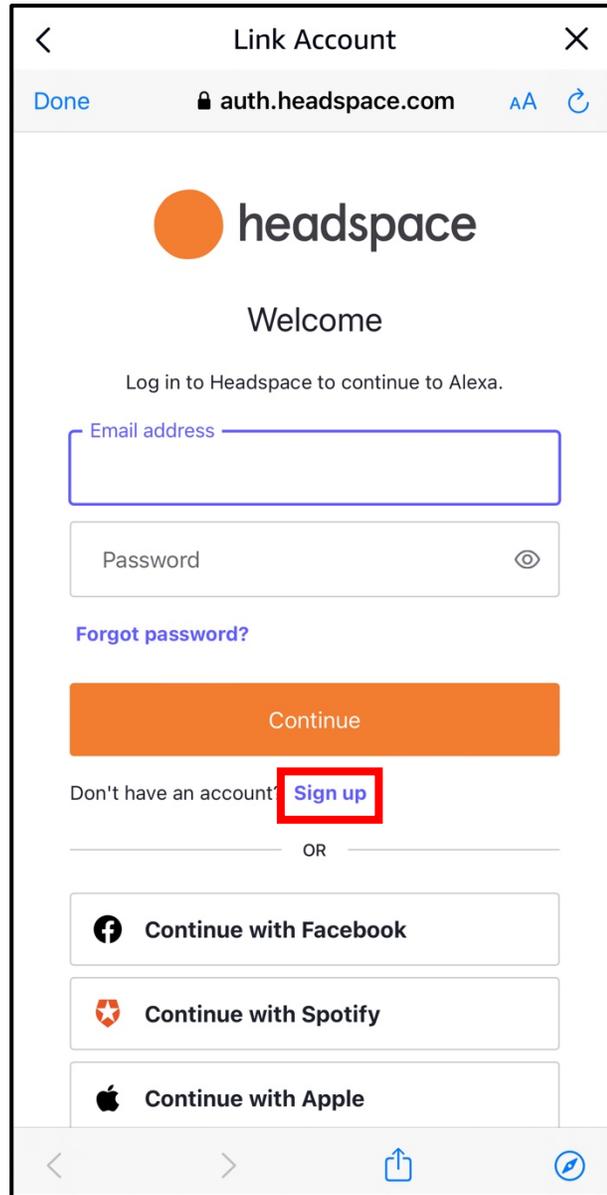
**Step 4**  
of 9

Once you have identified and tapped on “Headspace”, your screen should look like this. To start using Headspace, you will need to create a free account. Tap on “Launch” (outlined in red). You will need to enter your name, email, and password.



**Step 5**  
of 9

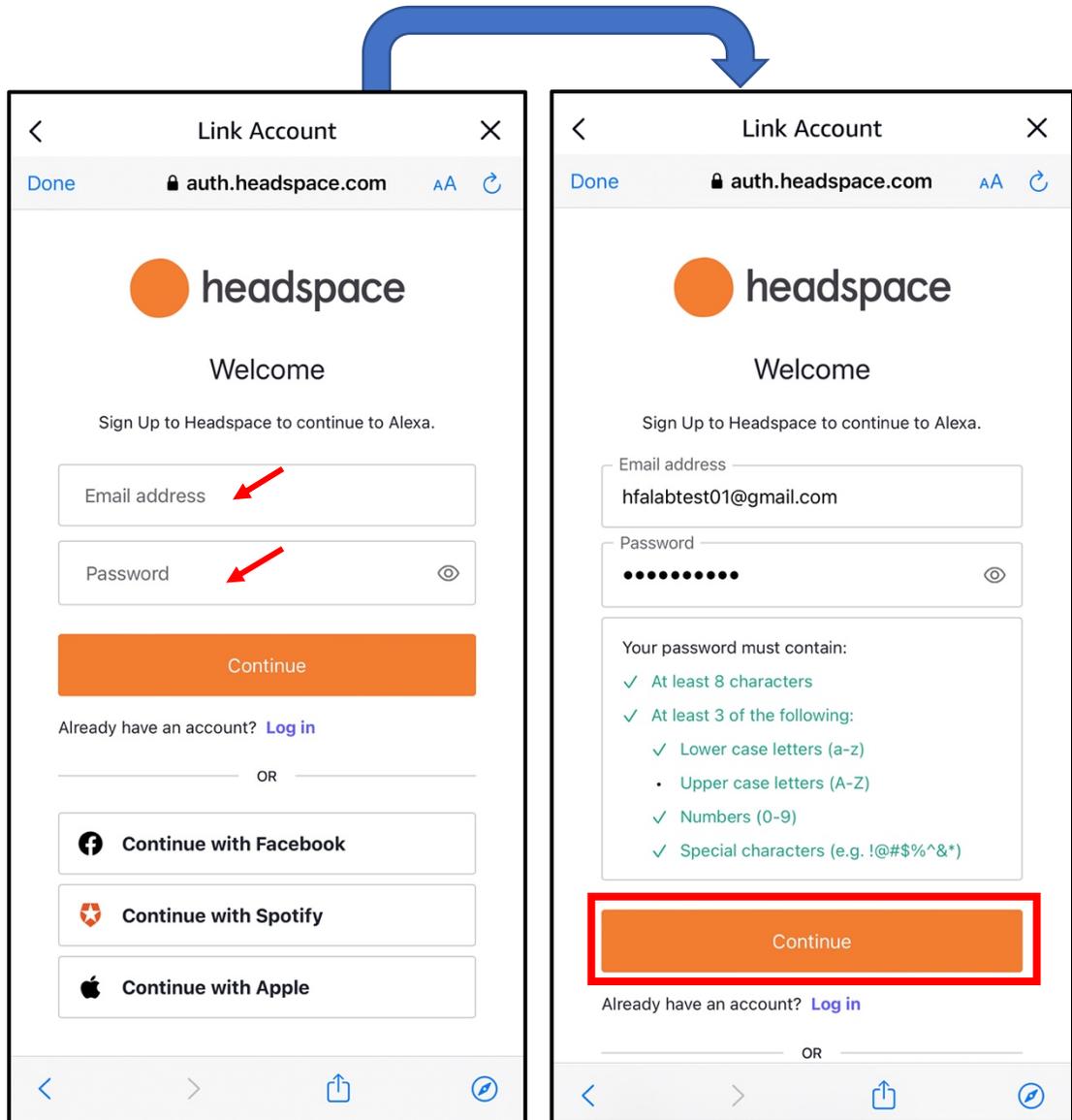
After tapping on the “Launch” button, your screen should look like this. Tap on “Sign Up” (outlined in red) to create an account for Headspace.



**Step 6**  
of 9



After tapping on “sign up” your screen should look like the picture on the left. You will now need to provide your email and email password to create an account (shown by red arrows). An example is shown in the picture on the right. Once you have entered all your information, tap “Continue” (outlined in red) at the bottom of your screen.



**Step 7**  
of 9

If you have correctly enabled the skill, your screen should look like this. Please read “Headspace Uses” to learn what you can do with Headspace.



ACCOUNT LINKING



**Your Headspace: Guided Meditation for Everybody account has been successfully linked.**

What to do next:

Try saying

*“Alexa, open Headspace”*

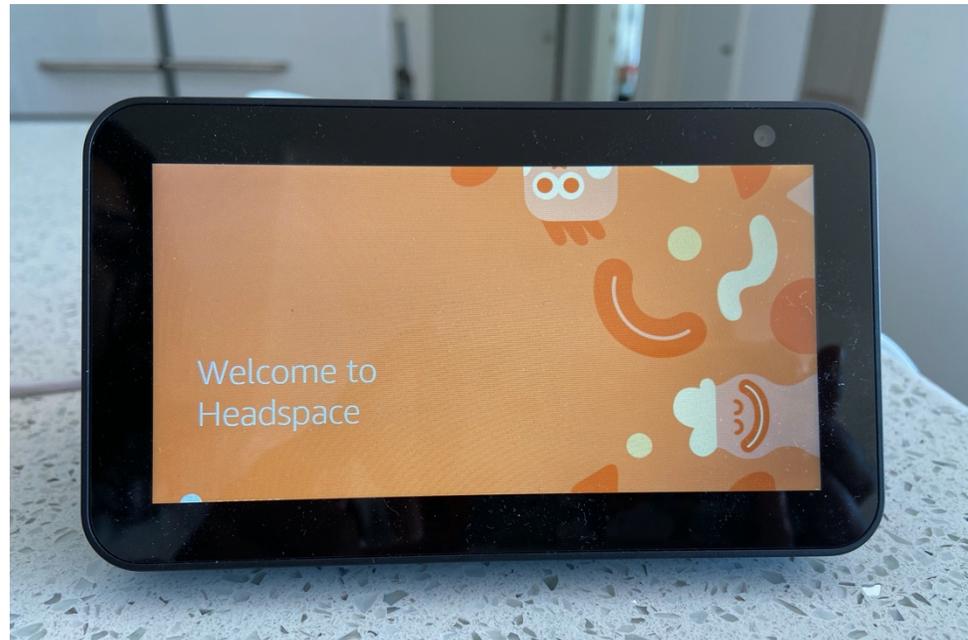
Close this window to return to the skill page.

Close

## Using Headspace on the Echo Show

### Step 8 of 9

You have now successfully set up Headspace. To start using Headspace, you will need to open it on your Amazon Echo Show. Simply say “Alexa, Open Headspace.”

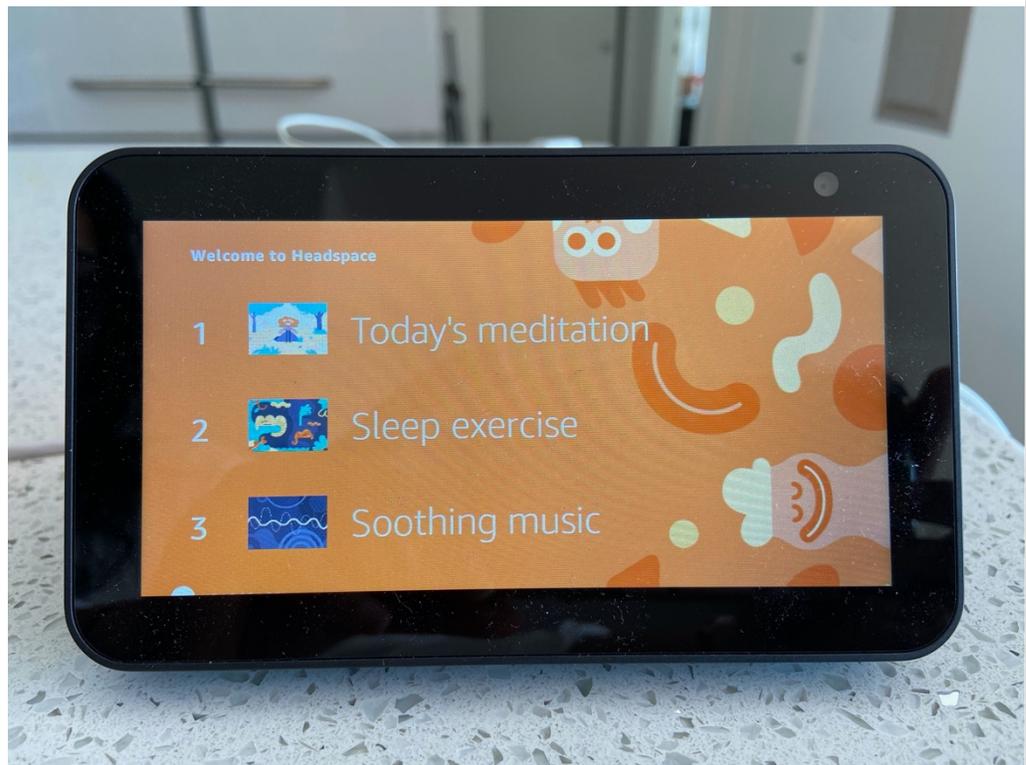


**Step 9**  
of 9



If this is your first-time using Headspace, Alexa will ask you if you would like a tutorial. The tutorial will tell you about the three activities available to you for use: today's meditation, sleep exercise, and soothing music. The following examples will give you more information on how to use these activities.

Your screen will look like the picture below during the tutorial.



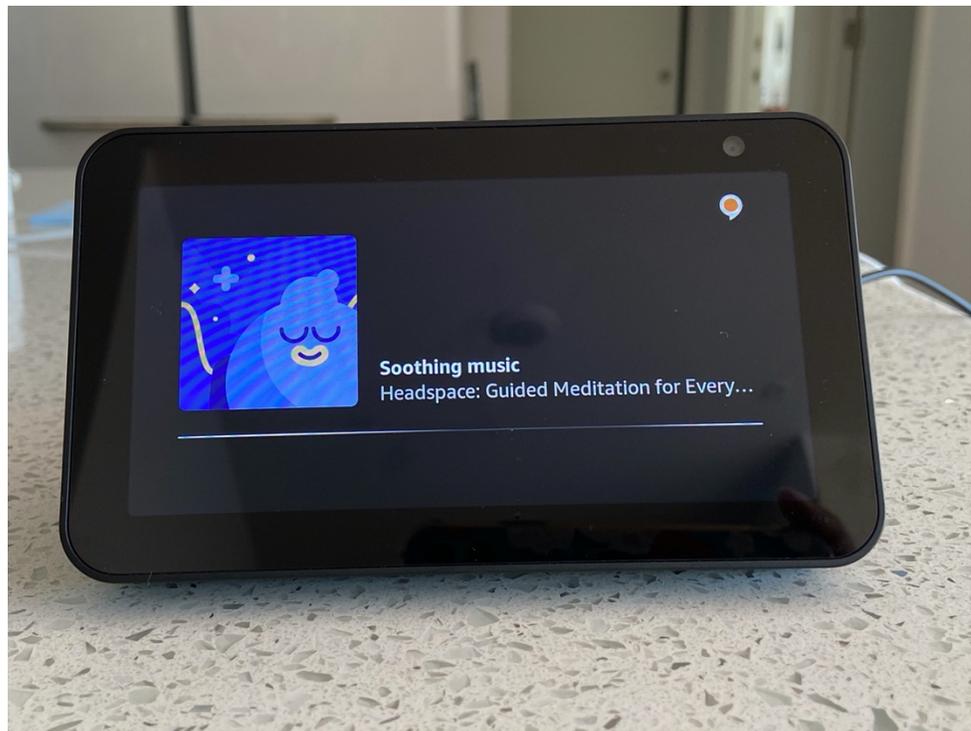
## Headspace: Example Activities

### Example 1: Soothing Music

One thing that you can do with Headspace on your Echo Show Device is **listen to soothing music** for 10 minutes. Once Headspace is open, Alexa will ask you what activity you would like to choose. Say “soothing music.”

This activity can be used before you sleep or if you want to relax your mind.

Your screen will look like the picture below.

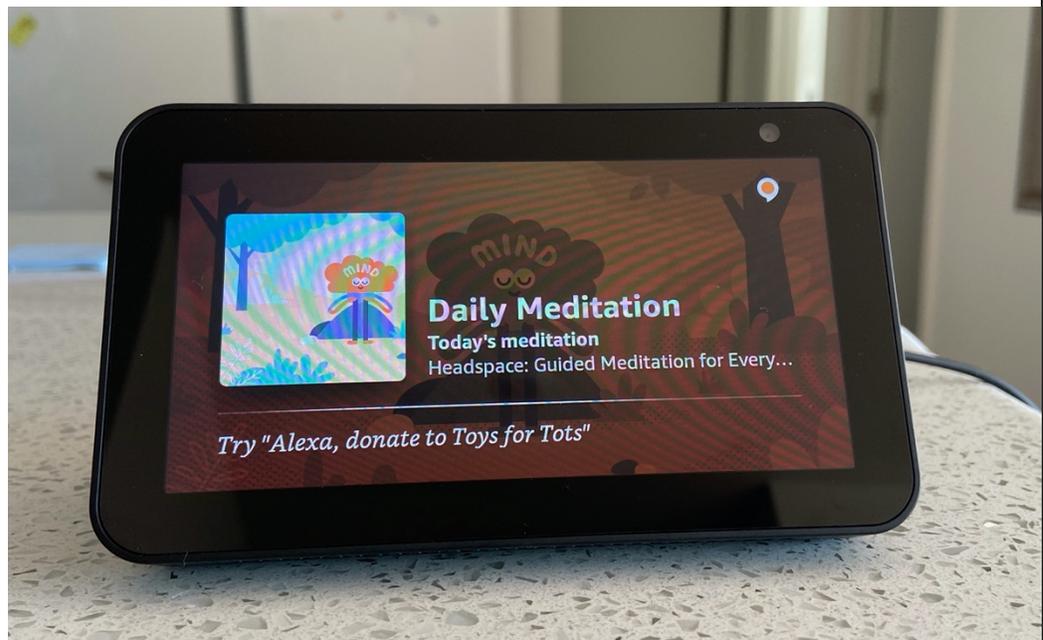


**Example 2:**  
**Daily**  
**Meditation**

Another thing that you can do with Headspace is a **Daily Meditation Exercise**. Each day will have a different daily meditation exercise. Once Headspace is open, Alexa will ask you what activity you would like to choose. Say “daily meditation.”

This activity will allow you to learn different meditative techniques such as focused breathing.

Your screen will look like the picture below.

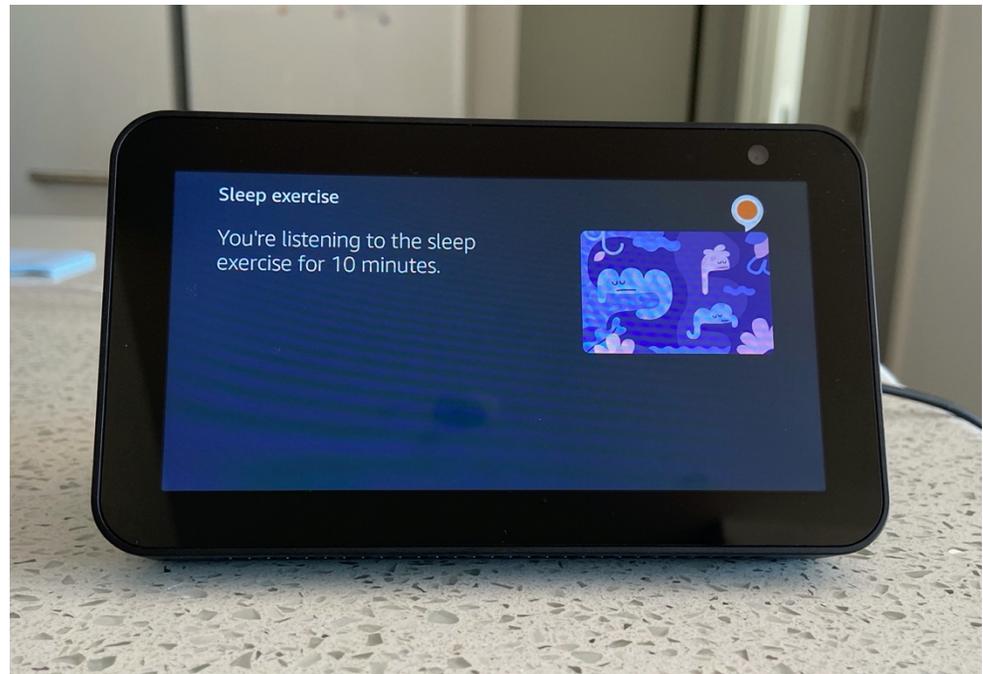


**Example 3:**  
**Sleep**  
**Exercise**

The last thing you can do with Amazon Alexa is a **10-minute sleep meditation exercise**. You can do this activity from bed before you go to sleep.

Once Headspace is open, Alexa will ask you what activity you would like to choose. Say “sleep exercise.”

Your screen will look like the picture below.



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# Introduction to Nutritionix

Nutritionix is personal health tracking application that has multiple functions. You can check the nutritional information of various foods. This includes the number of calories and measurements of carbohydrates, sugars, and fats. You can also log the foods you eat to track your calories on a daily basis. At the end of each day, you will be able to see a food diary log describing all the foods you have eaten. This user guide will show you how to use the different features of Nutritionix.

Before you Begin...

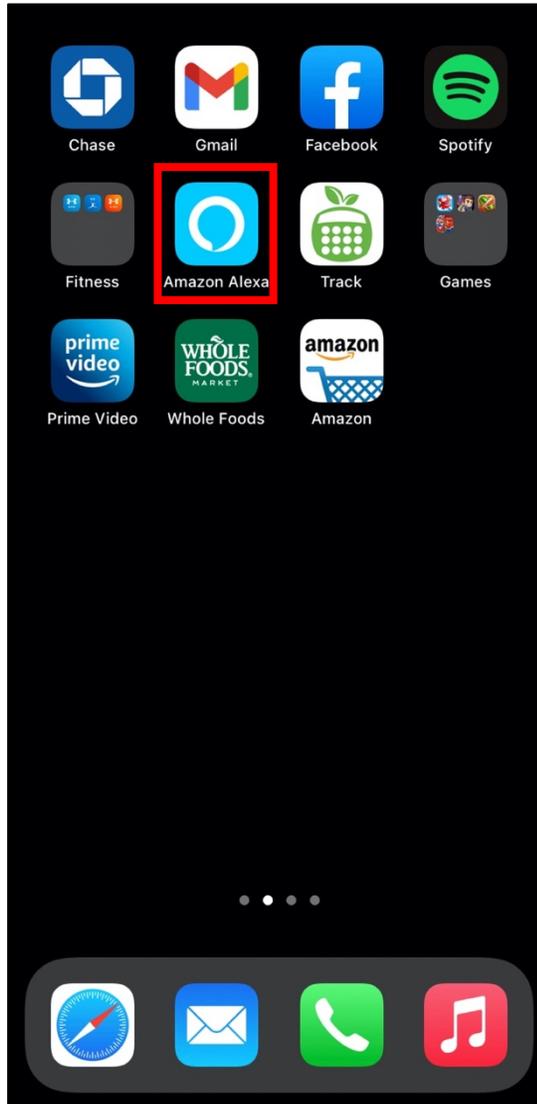
*\*This user guide assumes you have set-up your Amazon Echo and are connected to a stable internet connection. Please refer to "Setting up the Amazon Echo" user guide if your device is not set up.*

*You will need your email and password to set up and use Nutritionix.*

## Nutritionix Set-Up

### Step 1 of 10

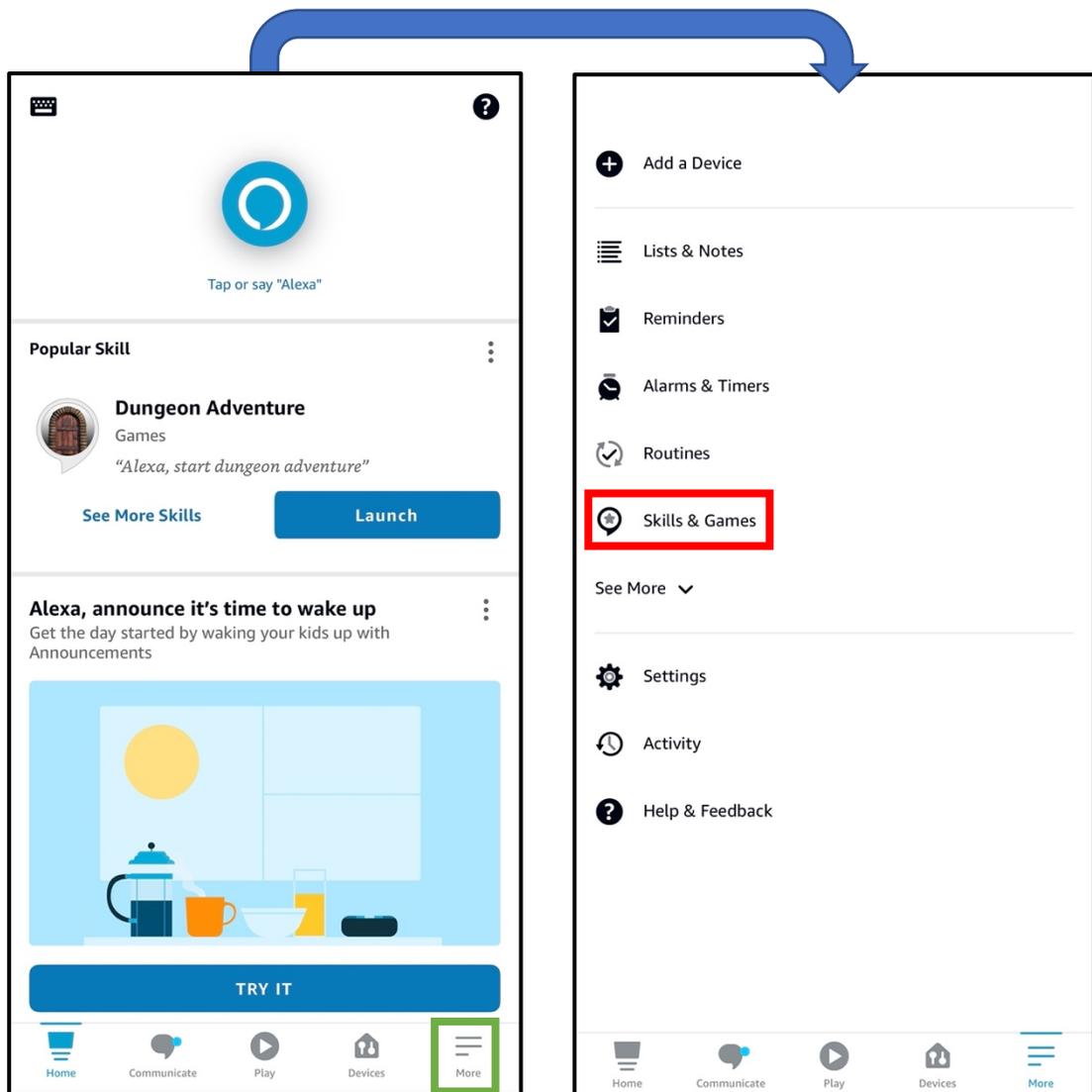
To use the Nutritionix app on the Echo Show, one of the first things you need to do is enable it on your mobile device. The first step is to find the Alexa app on your mobile device. Once you locate the app (**outlined in red**), tap on it with your finger.



## Step 2 of 10

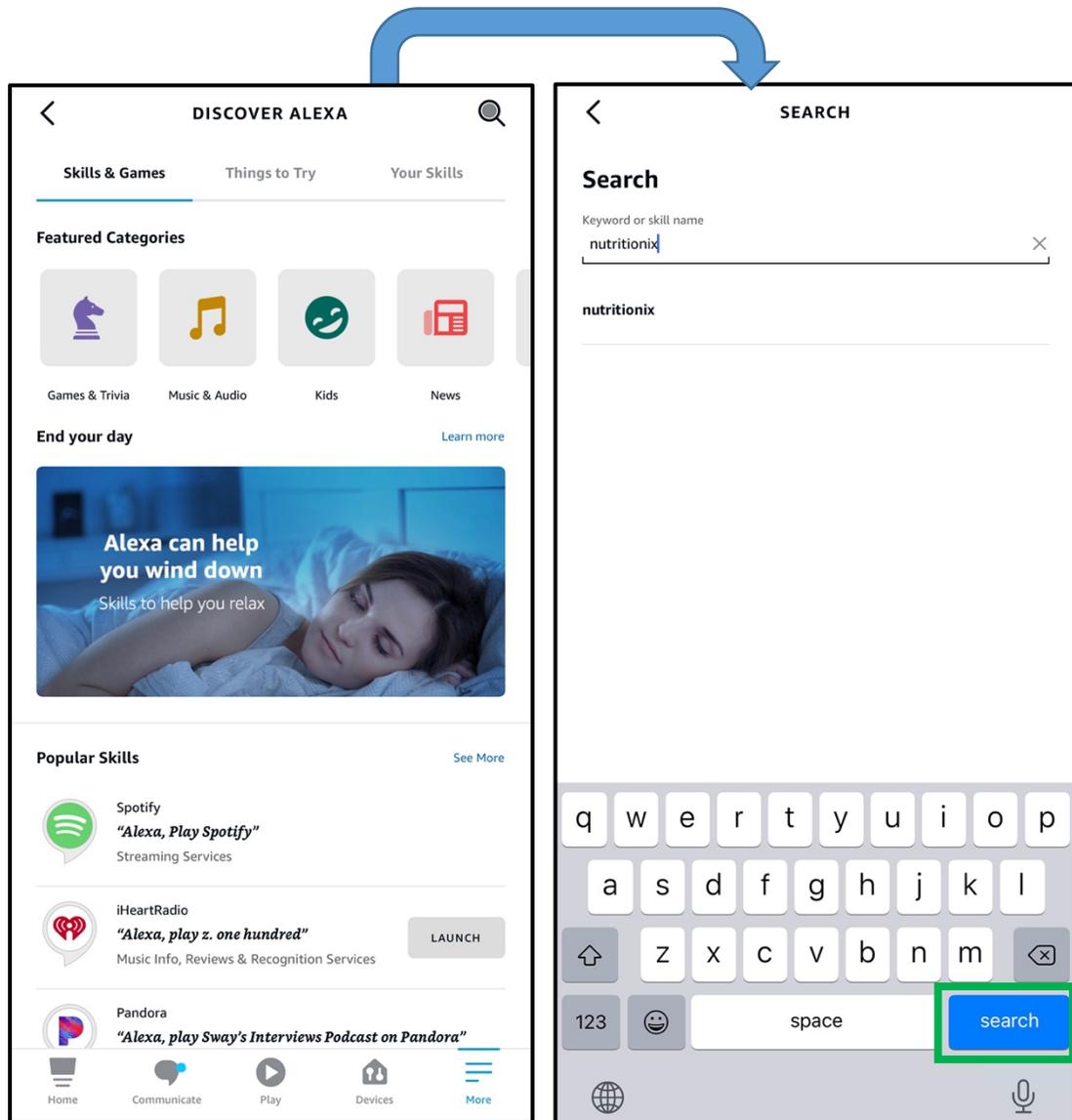
After tapping on the Alexa application, it will open to the home page. The home page will look similar to the picture below, but may vary in color. Tap on “More” (outlined in green) on the bottom right of the screen. Then tap on “Skills & Games”(outlined in red). To find the Headspace application, you have to search for it. Tap

*\*Applications for Amazon devices are called skills*



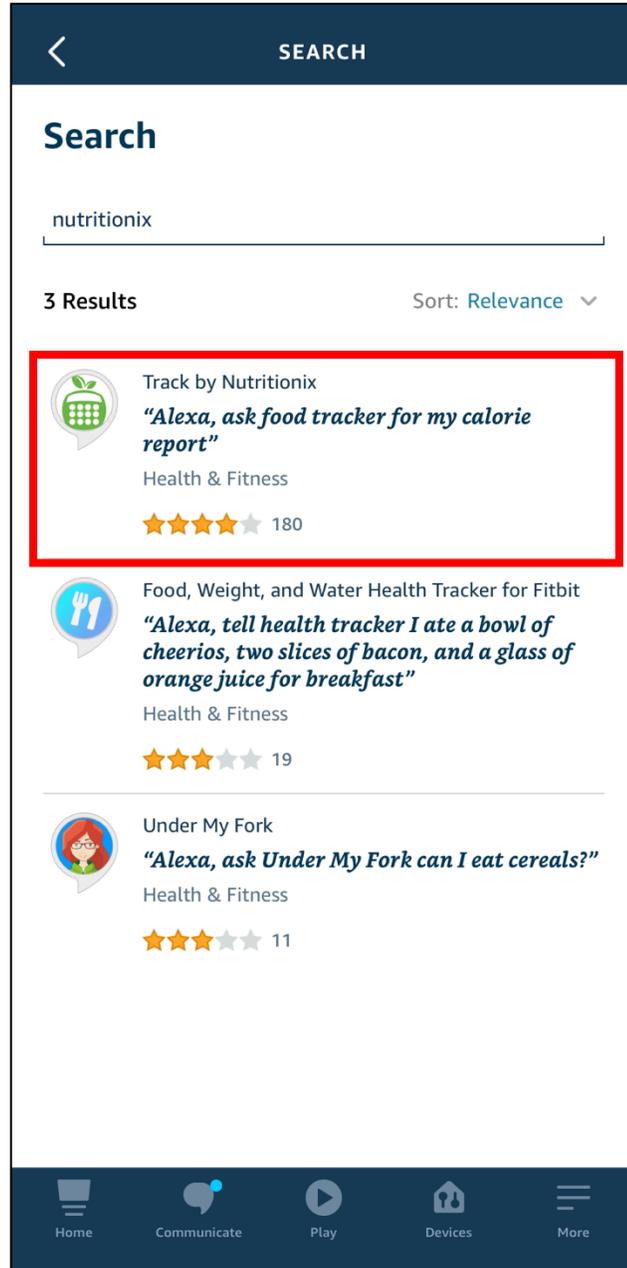
### Step 3 of 10

After tapping on “Browse Skills” your screen should look like the picture on the left. Tapping on the magnifying glass (outlined in red) will pull up a keyboard, allowing you to type “Headspace” into the search bar. Once done, tap on “search” (outlined in green) on your keyboard.



**Step 4**  
**of 10**

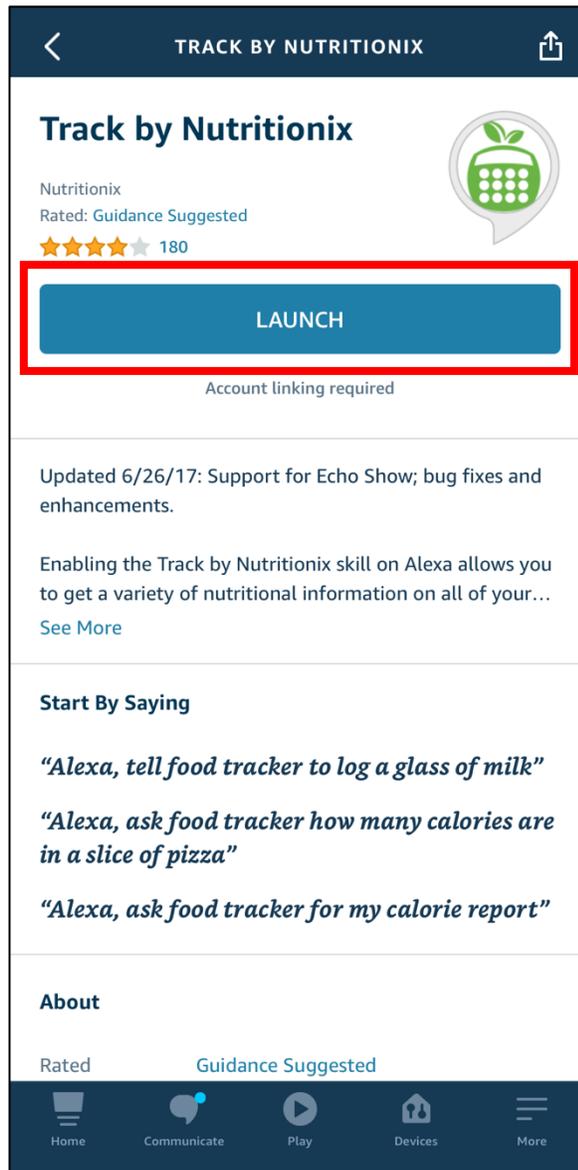
After typing “Nutritionix” into the keyboard this is what your screen should look like. Tap on “Track by Nutritionix” (outlined in red).



## Step 5 of 10

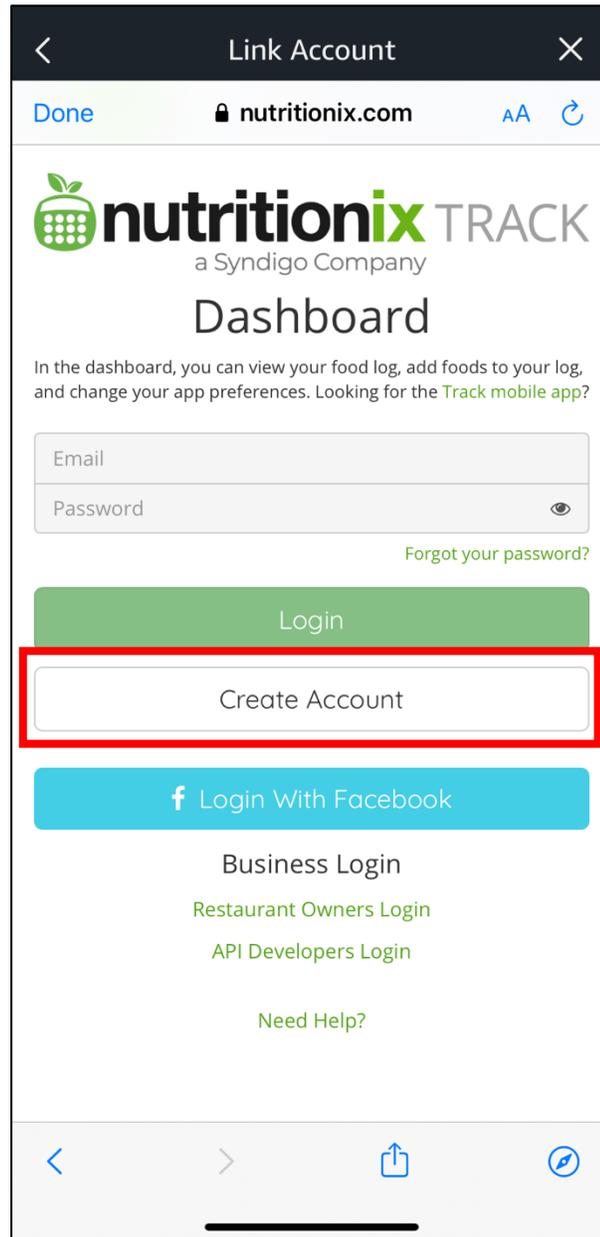


Once you have identified and tapped on “Nutritionix”, your screen should look like this. To start using Nutritionix, you will need to create a free account. Tap on “Launch” (outlined in red). You will need to enter your name, email, and password.



**Step 6  
of 10**

After tapping on the “launch” button, your screen should look like this. Tap on “Create Account” (outlined in red) to create a free account for Nutritionix.



## Step 7 of 10



After tapping on “Create Account,” your screen should look like the picture below. You will now need to provide your email, password, and name to create an account (shown by red arrows). Once you have done so, you can tap “Create Account” (outlined in red). An example is shown below.

Link Account

Done nutritionix.com AA ↻

### Signup

Create your free Track Account

First Name 

Tony

Email 

tonystark.hfa@gmail.com

Repeat Email 

tonystark.hfa@gmail.com

Create a Password 

..... 

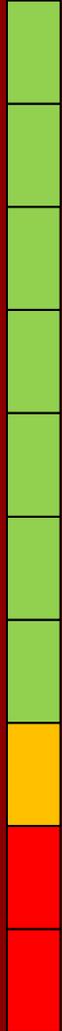
I agree to Nutritionix Track [terms of service](#) and [Privacy Policy](#).

I confirm that I am at least 13 years of age.

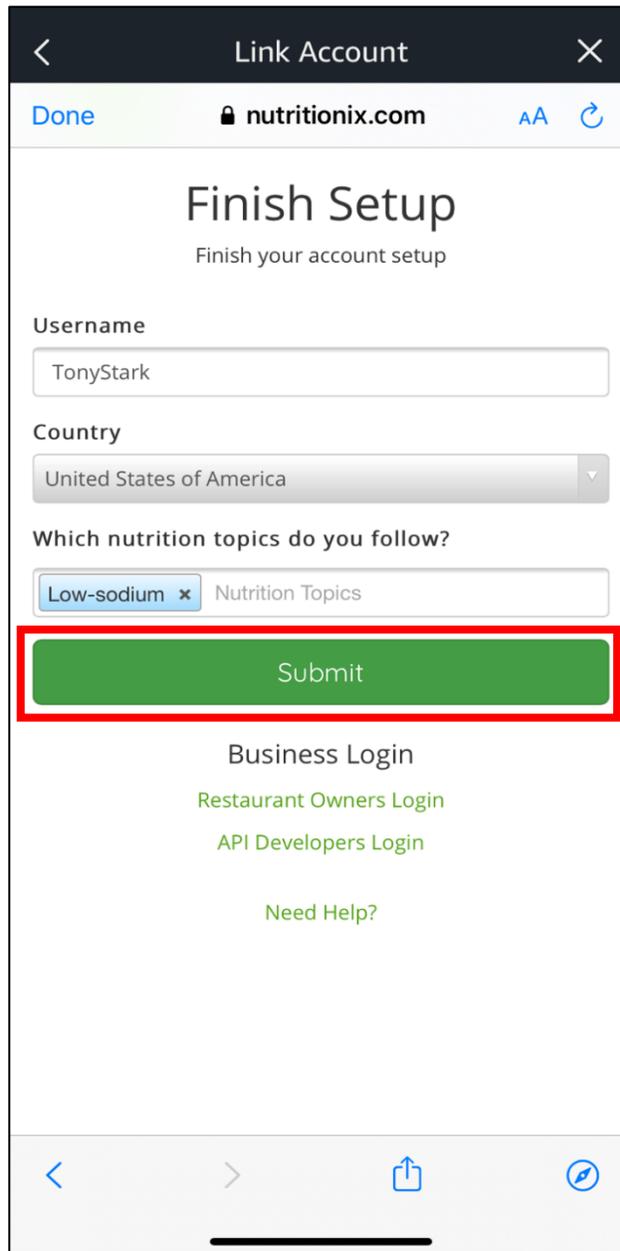
 I'm not a robot  reCAPTCHA  
Privacy - Terms

**Create Account**

**Step 8  
of 10**



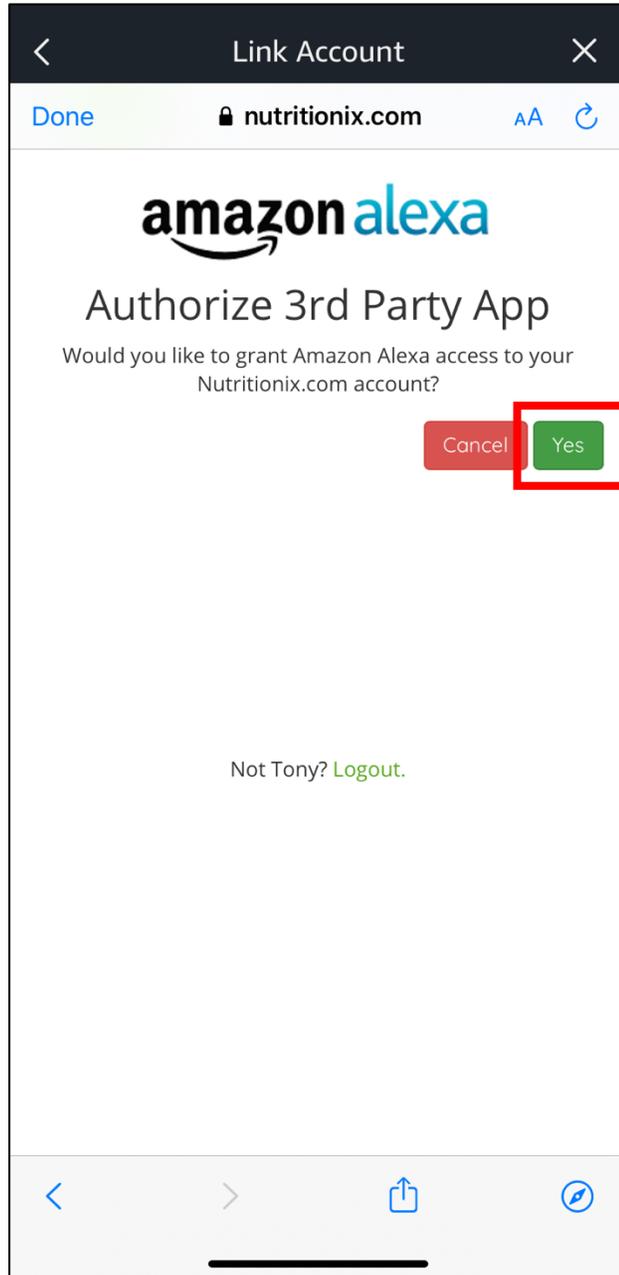
To finish the setup, you need to create a username and select your country of residence. You can also select specific nutrition topics you are interested in, but it is optional. Once you are done, tap “submit” (outlined in red).



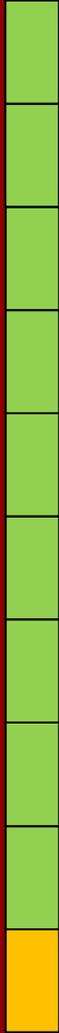
**Step 9  
of 10**



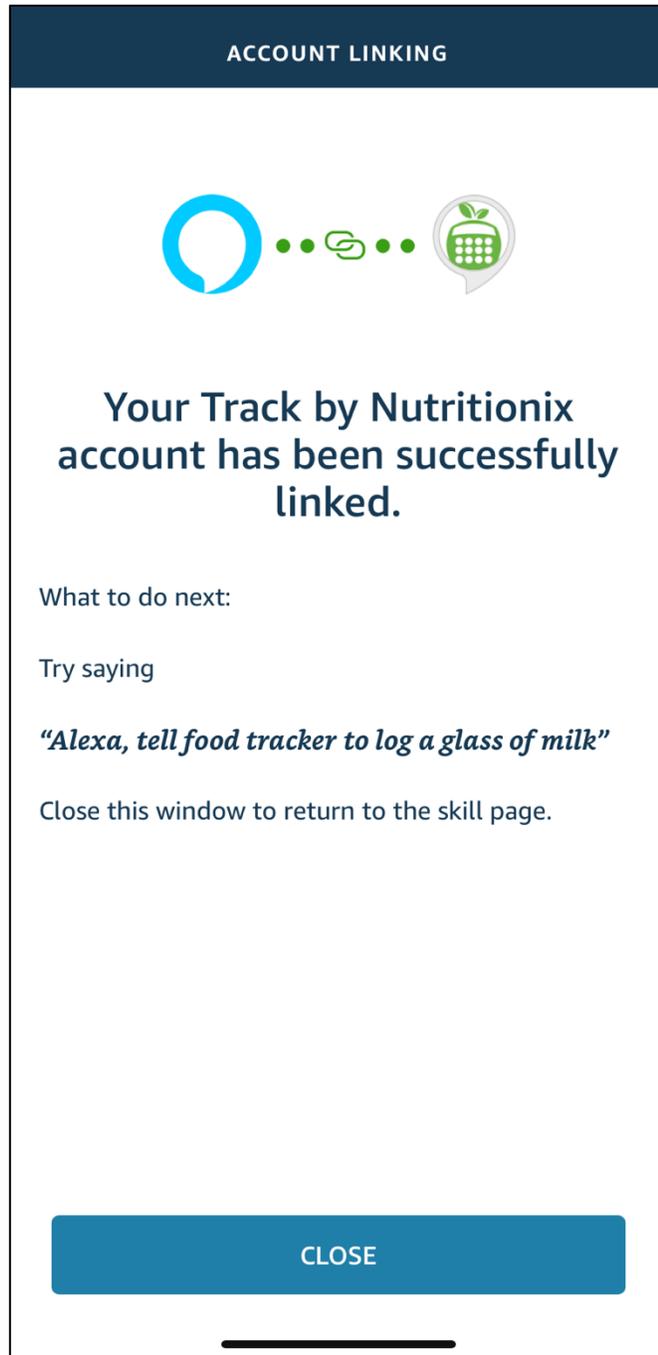
In the last step you will need to authorize the use of Nutritionix. Tap “Yes” (outlined in red).



**Step 10**  
**of 10**



If you have correctly enabled the skill, your screen should look like this. Please read “Nutritionix Uses” to learn what you can do with Nutritionix.

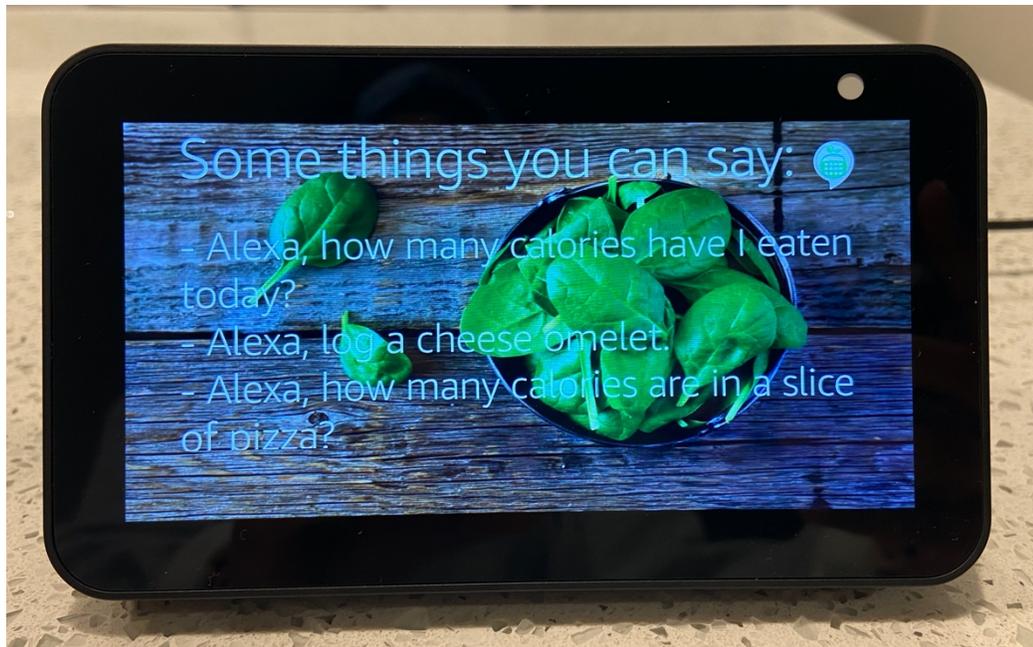


## Using Nutritionix on the Echo show

### Step 1 of 1

To start using Nutritionix, you will need to open it on your Amazon Echo Show. Simply say "Alexa, Open Nutritionix." If you completed this step correctly, your screen should look like this.

The next section will walk you through things you can do with Nutritionix on the Amazon Echo Show.



## Example Activities

### Example

#### #1

#### Finding Calories

One of the things you can do with Nutritionix is ask about nutritional information about foods.

For example, you can ask Alexa “Alexa, how many calories are in blueberry pancakes?” Your screen will then display the nutritional information.



**Example**  
**#2**

**Finding**  
**Nutritional**  
**Information**

You can also ask about other nutritional information.

For example, you can ask “Alexa, do you have information on apples?” Your screen will display the nutritional information.



**Example**  
**#3**

**Logging**  
**Foods**

Another thing that you can do with Nutritionix is log foods that you've eaten.

For example, if you ate 1 slice of vegetarian pizza, you can say "Alexa, log 1 slice of vegetarian pizza." Alexa will display the nutritional information of the food you logged and inform you that the food has been logged.



## Example

### #4

#### Generating Daily Reports

Nutritionix can also generate a calorie report at any point during the day. The calorie report is based on a 2000 daily calorie intake. It will inform you how many calories you've eaten, and how many calories are remaining.



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# Introduction to WebMD

WebMD is a Health Activities application that will allow you to retrieve information on health-related subjects. You will be able to look up information on medications, side-effects, symptoms, and ailments. **This application is intended for finding information. Only a doctor can diagnose and treat symptoms of illness.** Read the rest of this user guide to learn how to use WebMD on the Echo Show.

Before you Begin...

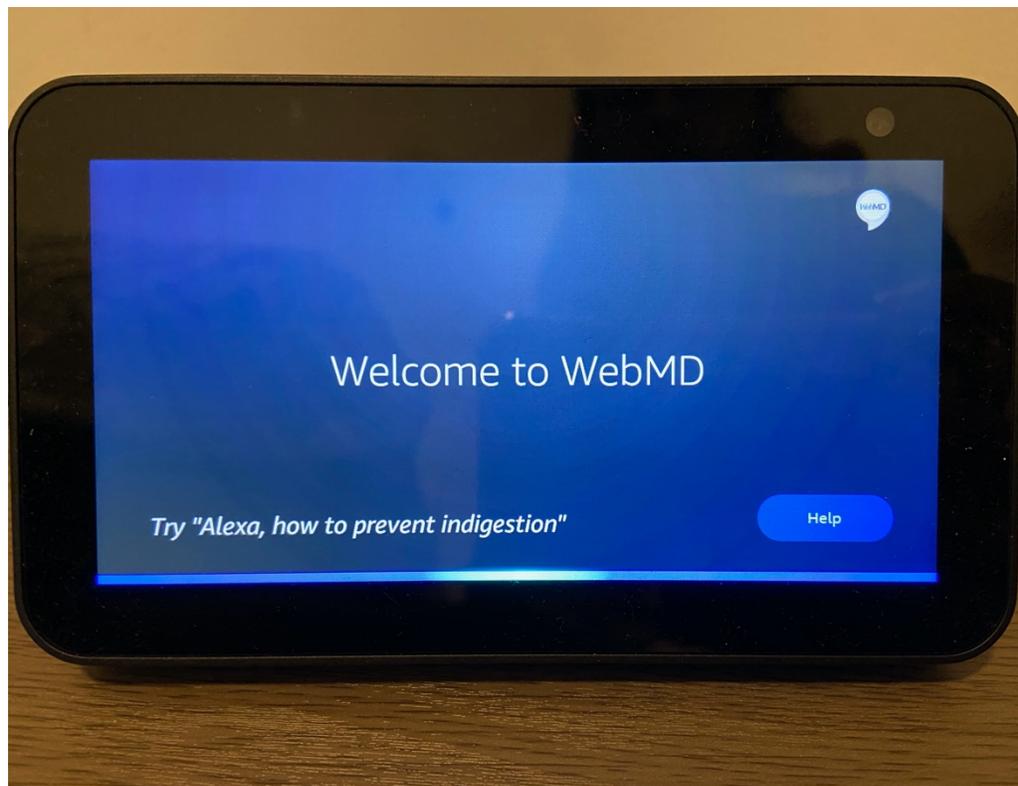
*\*This user guide assumes you have set-up your Amazon Echo and are connected to a stable internet connection. Please refer to "Setting up the Amazon Echo" user guide if your device is not set up.*

## Opening WebMD on the Echo Show

### Step 1 of 1



To start using WebMD, first tell your Alexa, “Alexa, open WebMD.” If you have done this step correctly, your Echo screen should look like the picture below.



## Example Activities

### Example

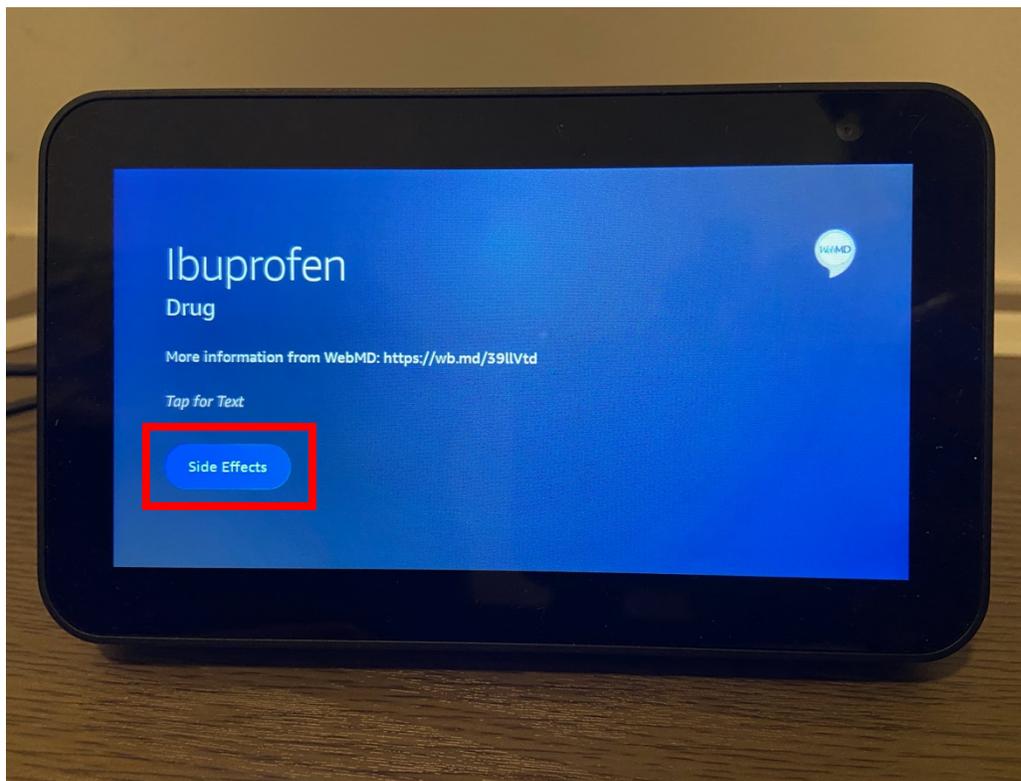
1

#### Seeking Information on Medications

One thing that you can do with WebMD is ask for information on medications. You can ask for uses and side effects of most medications.

For example, you can ask Alexa “Alexa, what is Ibuprofen?” Alexa will respond to you with the information that you requested. Your screen will look like the picture below.

Other information related to the medication you asked about will be appear in text bubbles on the screen (**outlined in red**). In this example, WebMD has more information on side effects of WebMD. To learn more about side effects, you can either tap the icon (**outlined in red**), or say “side effects of Ibuprofen.”



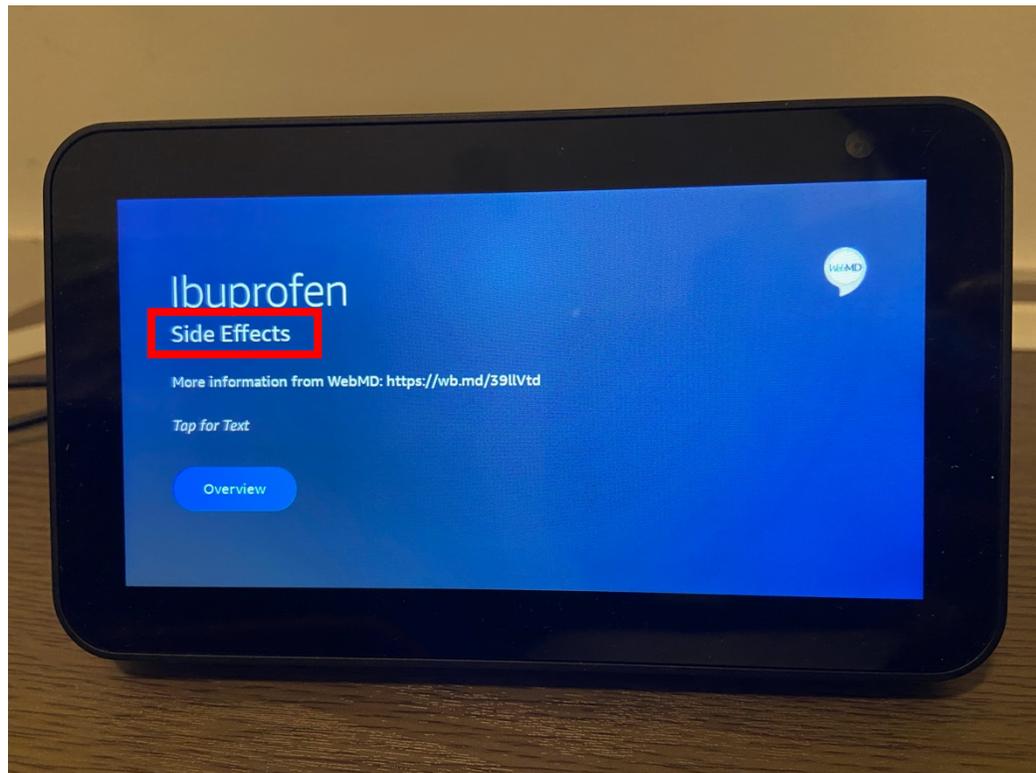
## Example

1

(Continued)

Seeking  
Information  
on  
Medications

If you chose to learn more about side effects from the previous example, your screen should look like the picture below. The screen will say “side effects” underneath the drug name (**outlined in red**).



## Example

2

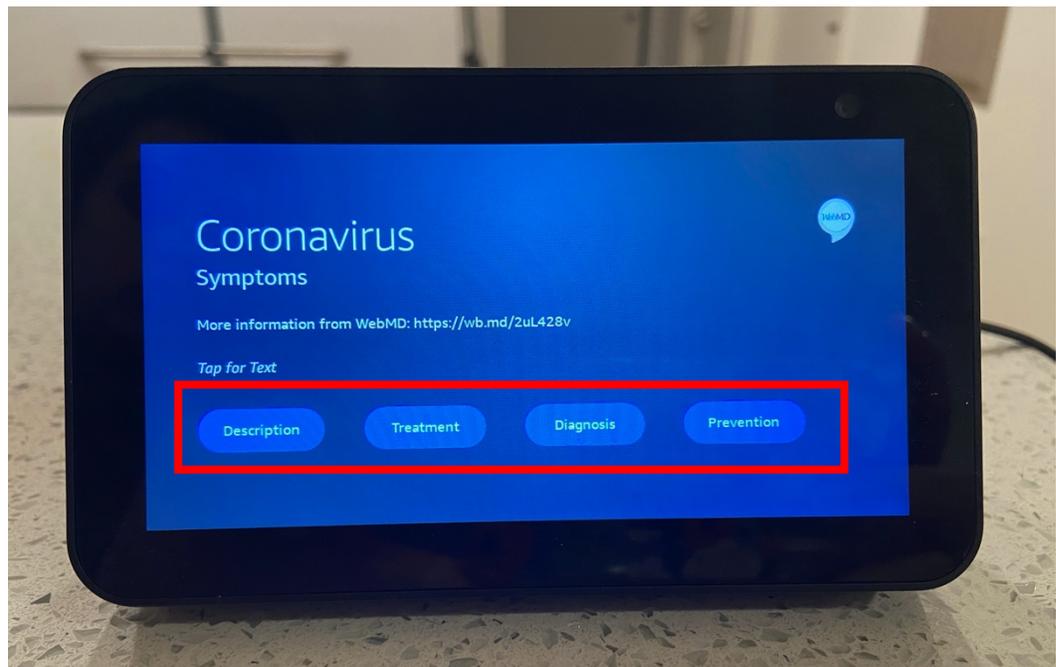
### Seeking Information on Symptoms

Another thing that you can do with WebMD is ask for symptoms of common ailments.

For example, once you have opened WebMD on the Echo Show Device, you can ask “What are the symptoms of coronavirus?” Alexa will respond to you the answer, and display the information on the screen.

Once again, other information related to the coronavirus will be displayed underneath the name.

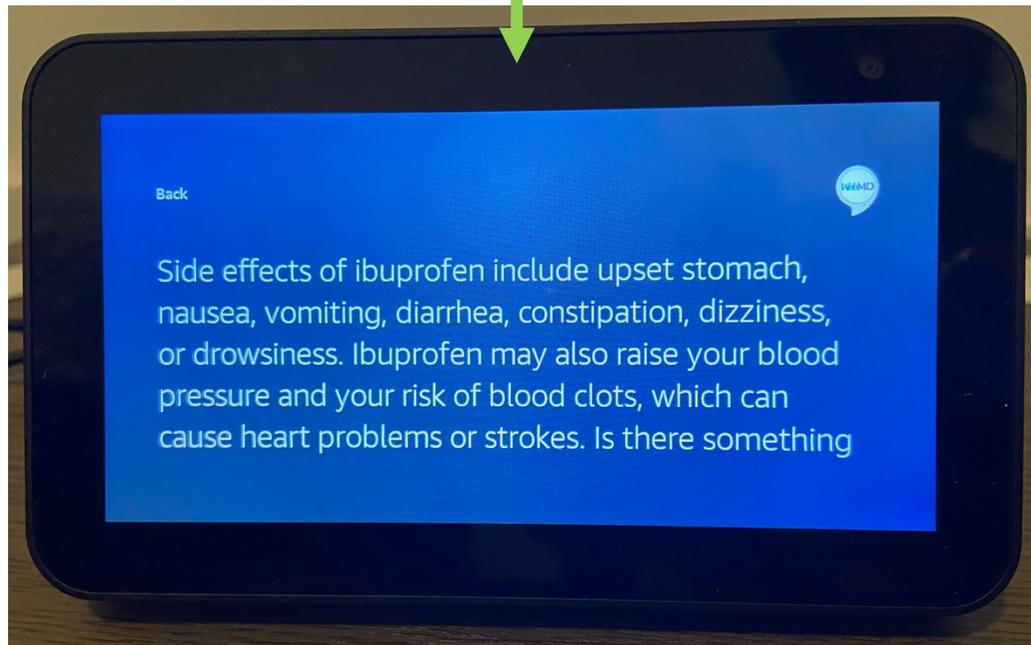
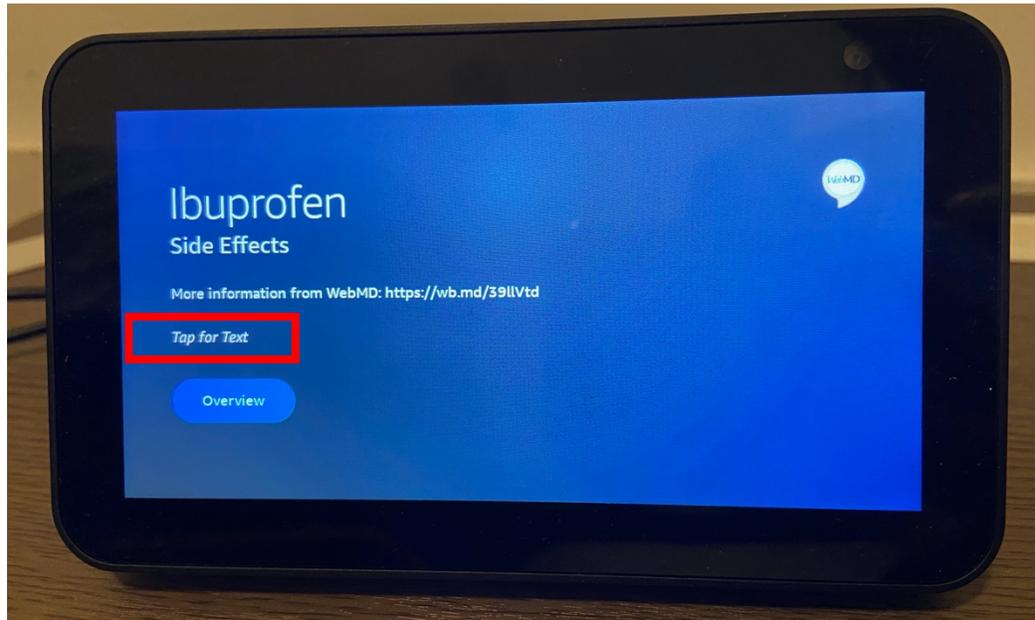
You can either tap or say the words displayed in the icons (outlined in red) to find out more information.



## Extra Tips

### Tip #1

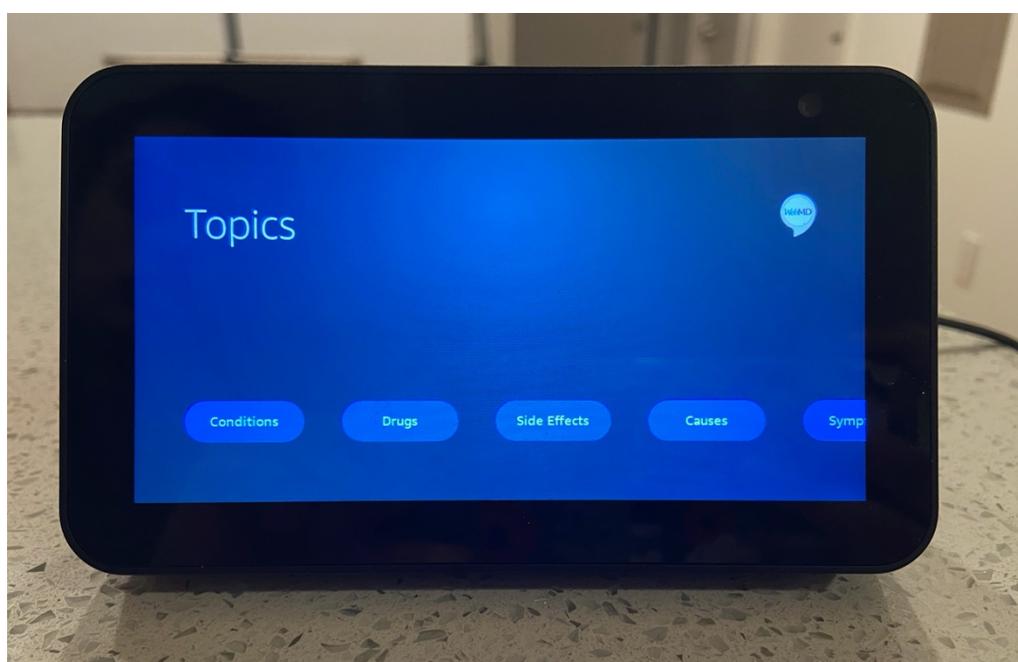
At any point of using the WebMD application, you can tap on “*tap for text*” (outlined in red) to read the information that Alexa is telling you on the screen.



## Tip #2

If it at any point you are unable to retrieve the information you need, you can use the “topics” option.

Once you have WebMD open, say “topics.” Alexa will read out a list of topics for you that you can ask more information on. If you have done this step correctly, your screen should look like the picture below.



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