APPLE'S CAREKIT

IN SHORT

Apple created "Carekit", an open source software framework that allows developers to create applications which help people manage their medical condition. Rather than relying solely on medical visits, we are now able to regularly monitor our symptoms and medication as well as share information with our medical team in order to get a wider picture of our health. [2]

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> **I grew up in an era where health happened to you; I was a passenger. We think one of the biggest changes we can make in health care is to encourage people to play an active role.** [1]
>
> JEFF WILLIAMS, APPLE'S CHIEF OPERATING OFFICER

STORY

'The more you know about your health, the better you can look after it. With the right tools, you can **play an active role in managing your own health**. That's why **CareKit** was created back in May 2016. The software modules were designed by Apple's team with the following use-cases in mind: administering a care plan, measuring symptoms, laying out insights via a dashboard to help judge whether treatments are working, and sharing health reports.' [2]

There are also other similar apps in the market which mainly focus on managing chronic conditions or diseases like diabetes that require tracking of symptoms.

So what does CareKit mean for users? 'Aside from the benefits of the apps and the ability they give you to monitor and measure the progress of your medical care, there is a potential wider benefit: if health organisations are able to gain access to the data shared from CareKit apps, this holds enormous research benefits. It's conceivable that the potentially rich data source represented by the iPhone's huge install base will speed up the development of medical treatments, although data privacy was a factor to consider here...'[2]

In January 2017, **Tresorit's ZeroKit** integrated with Apple's CareKit to **ensure data privacy protection of patients**. ZeroKit provides end-to-end encryption of users' account credentials and their health data to the cloud.

Apple's CareKit has so far proven a great tool both for doctors and patients.

IN FOCUS

- ● **OPPORTUNITIES & CHALLENGES**
- ● **GENERATING IDEAS**
- ○ **DEVELOPING & TESTING**
- ○ **IMPLEMENTING & FINANCING**
- ○ **GROWING & SCALING**
- ○ **CHANGING SYSTEMS**

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