

Growing Number of Americans Have a Healthy App-titude

A growing number of adults are using smartphones and tablets, and an increasing number are using them to access health-related information, according to a new survey.

According to the 2013 EBRI/Greenwald & Associates Consumer Engagement in Health Care Survey (CEHCS), about 70 percent of the adult population with private health insurance has used a smartphone within the past year, and nearly 50 percent had used a tablet (up from about 60 percent and 40 percent, respectively, in 2012).

Among those who used a smartphone or tablet:

- 24–34 percent used an app for nutrition information.
- 22–29 percent used one for general health information.
- 19–26 percent used one for weight management or diets.
- 22–29 percent used one for exercise programs.

Enrollees in consumer-driven health plans (CDHPs) were more likely than traditional plan enrollees to report having used a smartphone or tablet for health-related purposes such as nutrition information, general health information, exercise programs, weight management or diet, prices for prescription drugs, contacting a health plan's customer services, medical-claims history, and prices for medical care.

Among those who have never used an app for health-related purposes, about 35–45 percent are very or somewhat interested in using one for things like nutrition information, exercise programs, weight management or diets, prescription drug prices, medical-claims history, and general health information. Among individuals with a CDHP, 45 percent were very or somewhat interested in using an app to check their balance of their HSA or HRA.

“Findings from the 2013 EBRI/Greenwald & Associates Consumer Engagement in Health Care Survey” can be found in the December 2013 *EBRI Issue Brief*, [online here](#).

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