Top pregnancy apps for your patients

BabyCenter, WebMD Pregnancy, and Ovia are comprehensive and useful apps that pregnant patients can download during pregnancy

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Pregnancy apps are more popular as patients use the internet to seek information about pregnancy and childbirth.[1] Research has shown that over 50% of pregnant patients download apps focused on pregnancy, with an average of 3 being tried.[2] This is especially true during the COVID-19 pandemic, when patients seek information but may want to minimize clinical exposures. Other research has shown that women primarily use apps to monitor fetal development and to obtain information on nutrition and antenatal care.[3]

We identified apps and rated their contents and features.[4] To identify the apps, we performed a Google search to mimic what a patient may do. We scored the identified apps based on what has been shown to make

apps successful, as well as desired functions of the most commonly used apps. The quality of the applications was relatively varied, with many of the apps (60%) not having comprehensive information for every stage of pregnancy and no app attaining a perfect score. However, the top 3 apps had near perfect scores of 15/16 and 14/16, missing points only for having advertisements and requiring an internet connection.

The table details these top 3 recommended pregnancy apps, along with a detailed shortened version of the APPLICATIONS scoring system, APPLI (App comprehensiveness, Price, Platform, Literature Used, Other special features). We hope this column will help you feel comfortable in helping patients use pregnancy apps, should they ask for recommendations. ●

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App	App comprehensiveness	Price	Privacy	Literature used	Other special features
BabyCenter iTunes: https://apps.apple.com/us /app/pregnancy -tracker-babycenter /id386022579 Google Play: https://play.google.com /store/apps/details?id =com.babycenter .pregnancytracker &hl=en_US&gl=US	All stages (Preconception, Antepartum, Intrapartum, Postpartum) All components (health promotion/ patient education, patient communication, health tracking, notifications and reminders)	Free	Password protection and privacy policy	Articles reviewed by medical advisors	Registry/baby shopping/ products, kick counter, contraction timer, safety information (nutrition, physical activity, medication), journaling/ photo uploads
WebMD Pregnancy iTunes: https://apps.apple.com /us/app/webmd -pregnancy/id600535431 Google Play: Not available	All stages (Preconception, Antepartum, Intrapartum, Postpartum) 3/4 components (health promotion/ patient education, patient communication, health tracking)	Free	Password protection and privacy policy	Articles reviewed by doctors	Kick counter, contraction timer, tracker for mother (symptoms, weight), journaling/ photo uploads, appointment tracker/ checklist/calendar
Ovia Pregnancy iTunes: https://apps.apple.com /us/app/ovia-pregnancy -tracker/id719135369 Google Play: https://play.google.com /store/appsdetails?id =com.ovuline.pregnancy &hl=en_US&gl=US	3/4 stages (Antepartum, Intrapartum, Postpartum) All components (health promotion/ patient education, patient communication, health tracking, notifications and reminders)	Free	Password protection and privacy policy	References provided for all articles	Registry/baby shopping /products, kick counter, contraction timer, safety information (nutrition, physical activity, medication), appointment tracker/ checklist/calendar