

Comparison intervention apps

FEATURES	iMAV	RehabPal	Vision Workout:Eye Training	Instant Heart Rate: HR Monitor
Free without in-app purchases	×	✓	✓	×
Available in both Android & iOS	iOS	iOS	iOS	✓
Target population / main function	Migraine-associated vertigo	Neuro metronome	Dynamic visual accuracy	Measure heart rate(HR)
Easy to use	***	***	***	***
Allow monitoring or tracking progress	•	×	×	•
Allow downloading or sharing the result	×	×	×	Yes, with purchase

Easy to use score derived from question 7 "Ease of use: How easy is it to learn how to use the app; how clear are the menu labels/icons and instructions?" in the Mobile Application Rating Scale. More stars are better.



Comparison intervention apps

FEATURES	Cardiio:Heart Rate Monitor	Heart Rate Monitor-Pulse BPM	HR Zones-Target Heart Rate	Max Heart Rate Calculator for Fitness and Exercise
Free without in-app purchases	×	×	✓	✓
Available in both Android & iOS	iOS	iOS	iOS	iOS
Target population / main function	Measure HR	Measure HR	Calculate target HR	Calculate target HR
Easy to use	****	****	***	****
Allow monitoring or tracking progress	✓	✓	×	×
Allow downloading or sharing the result	~	~	×	×