



# Intermountain Health Hub Helps Keeps Utah Healthy This Winter

*Mobile app feature notifies citizens of viral pathogens in their neighborhood*

SALT LAKE CITY, UTAH, USA, January 21, 2016 /EINPresswire.com/ -- In time for flu season, take advantage of [Intermountain Healthcare](#)'s free mobile app, the "Intermountain [Health Hub](#)," an all-in-

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*Per Gesteland, MD, infectious disease specialist*

one tool that makes managing healthcare easier. It gives users many different features designed to simplify their entire healthcare experience, including the ability to access their medical records while on the go.

A highlight of Health Hub, called [GermWatch](#), gives doctors and patients nearly real-time information about diseases that are active in Utah communities. Users can find out how prevalent various germs are in Utah, and see how their activity level is trending. They can learn about symptoms, how germs are spread, treatments, vaccinations, and when to

contact their doctor.

“Having information about what germs are going around helps providers stay alert for the illnesses caused by these germs,” said Per Gesteland, MD, an infectious disease specialist with Intermountain. “This awareness can improve diagnostic accuracy, which in turn makes it easier for them to provide the right treatment for patients.”

The GermWatch app includes the following features, among others:

- Information about outbreaks of common respiratory viruses—Influenza, Respiratory Syncytial Virus, Parainfluenza Virus, Rhinovirus, etc. — and the conditions they cause.
- The effectiveness of specific antibiotics and their relative costs, to enable informed decision-making by physicians and the patients they're treating.
- An interactive map of Utah with pathogen activity levels, as well as how to prevent and treat the diseases.

Intermountain Healthcare's Health Hub app also allows patients to refill prescriptions, save their place in line at InstaCares, get first aid tips for common injuries, find the nearest clinic and pharmacy, and much more. Health Hub is available for free download from the iTunes App Store or Google Play.

Intermountain Healthcare is a not-for-profit health system based in Salt Lake City. Recognized for its excellent clinical care and low costs, Intermountain strives to help people live the healthiest lives possible. For more information, visit [www.intermountainhealthcare.org](http://www.intermountainhealthcare.org).

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