

Bob Kolock, MD
ALEXA SKILL LIST THROUGH 9/24/2020 (HEALTH SKILL NAMES IN BOLD)

Skill Name	Description	Skill Quick Link
Food Manager	Helps the user track the recommended expiration dates of their food items so they can either use them or donate them before those dates are reached. Demo YouTube Video: https://youtu.be/rGUZLiPpD0s	Food Manager Quick Link
Blood Pressure Check	Compares a user's BP readings to guidelines, considering the presence or absence of heart disease or diabetes. Other BP information is available to the user.	Blood Pressure Check Quick Link
State Explorer	A kid's skill that gives information about each state and provides quizzes to help master that information.	State Explorer Quick Link
My Weight Loss Coach	Tracks the most recent weights and compares to the user's goal. It also tracks cardio & resistance training. Demo YouTube Video: https://youtu.be/p8EfiQdLU5w	My Weight Loss Coach Quick Link
Healthy Snack Tips	Provides randomized tips on snacking.	Healthy Snack Tips Quick Link
Your Healthy Tips	Provides random tips on healthy nutrition or exercise, based on the user's preference.	Your Healthy Tips Quick Link
Your Memory Challenge	A skill that tests the user's short-term memory by presenting 5 brief scenarios and then asks questions about the content of those scenarios.	Your Memory Challenge Quick Link
Friends Meeting Friends	Alexa will introduce you to some of her friends by speaking a random greeting voiced by one of the 27 new voices that developers can now use in their skills.	Friends Meeting Friends Quick Link

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Your Expert Log	Enables the user to easily store and retrieve recommendations from friends for physicians, handymen, lawyers and other service providers.	Your Expert Log Quick Link
Healthy Text Scheduler	Enables the user to schedule text messages on topics of healthy eating with the goal of helping them incorporate healthier behaviors in their lives.	Healthy Text Scheduler Quick Link
Wine Jester	Spoofs the wine reviews commonly given at wine tastings by taking a different approach. This skill has “learned” thousands of bottles of wine through osmosis and will give you a review based on your holding the wine near your Alexa device. Of course, this premise has no basis in reality, but Wine Jester lives in a world of fantasy.	Wine Jester Quick Link
Kindness Counts	Log kind words or actions with user as doer, recipient or witness. Also includes a reminder functionality to help the user be on the lookout for acts of kindness.	Kindness Counts Quick Link
My Favs	Track favorite meals, restaurants, etc. so they can be retrieved randomly.	My Favs Quick Link
Track My Dose	Designed to help the user track as-needed medications that they keep in their virtual medicine cabinet. Also has reminder functionality to help the user remember when they can take another dose.	Track My Dose Quick Link
Our Little Secret	A brother & sister with psychic abilities give Secrets (free) and Deeper Thoughts (one-time fee). They provide a humorous peek into what you might be saying in your home. All the responses are entirely fictitious, but it makes you wonder what you would hear if "walls could talk!"	Our Little Secret Quick Link

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Burn Your Calories	Gives minutes of 4 random activities to burn calories	Burn Your Calories Quick Link
What Should I Say	Log Skills & their phrases to retrieve later	What Should I Say Quick Link
Conference Contact Helper	A Skill to help conference or meeting attendees log the contacts they meet at those events along with any associated to-do list items	Conference Contact Helper Quick Link
Gratitude Log	Gratitude Log is a simple way for the user to focus on their blessings. Each user can log the blessings they value in their life in groups of three. After some blessings have been logged, then they can hear Alexa tell them three random blessings from their list.	Gratitude Log Quick Link
Campaign Twenty Twenty	Campaign Twenty Twenty lets you listen to random candidates answer questions and make dedication speeches as they campaign for their upcoming election. It gives you a lighthearted glimpse into political-speak.	Campaign Twenty Twenty Quick Link
Symptom Helper	Symptom Helper helps a patient organize the information about their symptoms to give a concise description to their clinician at their next office visit. An extremely useful feature of Symptom Helper is the ability to create a custom Symptom Helper list on the Alexa App on your smartphone.	Symptom Helper Quick Link