

Bob Kolock, MD  
ALEXA SKILL LIST THROUGH 03/31/2021 (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: <a href="https://youtu.be/rGUZLiPpD0s">https://youtu.be/rGUZLiPpD0s</a>	<a href="#">Food Manager Quick Link</a>
<b>Blood Pressure Check</b>	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.	<a href="#">Blood Pressure Check Quick Link</a>
State Explorer	A kid's skill that gives information about each state and provides quizzes to help master that information.	<a href="#">State Explorer Quick Link</a>
<b>My Weight Loss Coach</b>	Tracks the most recent weights and compares to the user's goal. It also tracks cardio & resistance training. Demo YouTube Video: <a href="https://youtu.be/p8EfiQdLU5w">https://youtu.be/p8EfiQdLU5w</a>	<a href="#">My Weight Loss Coach Quick Link</a>
<b>Healthy Snack Tips</b>	Provides randomized tips on snacking.	<a href="#">Healthy Snack Tips Quick Link</a>
<b>Your Healthy Tips</b>	Provides random tips on healthy nutrition or exercise, based on the user's preference.	<a href="#">Your Healthy Tips Quick Link</a>
<b>Your Memory Challenge</b>	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.	<a href="#">Your Memory Challenge Quick Link</a>
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.	<a href="#">Friends Meeting Friends Quick Link</a>

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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.	<a href="#">Your Expert Log Quick Link</a>
<b>Healthy Text Scheduler</b>	Enables the user to schedule text messages on topics of healthy eating with the goal of helping them incorporate healthier behaviors in their lives.	<a href="#">Healthy Text Scheduler Quick Link</a>
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.	<a href="#">Wine Jester Quick Link</a>
<b>Kindness Counts</b>	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.	<a href="#">Kindness Counts Quick Link</a>
My Favs	Track favorite meals, restaurants, etc. so they can be retrieved randomly.	<a href="#">My Favs Quick Link</a>
<b>Track My Dose</b>	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.	<a href="#">Track My Dose Quick Link</a>
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!"	<a href="#">Our Little Secret Quick Link</a>
<b>Burn Your Calories</b>	Gives minutes of 4 random activities to burn calories	<a href="#">Burn Your Calories Quick Link</a>

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What Should I Say	While you may use several Alexa Skills from time to time, you may forget the phrases that you usually use for them. What Should I Say lets you log Skills & their phrases to retrieve later	<a href="#">What Should I Say Quick Link</a>
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	<a href="#">Conference Contact Helper Quick Link</a>
<b>Gratitude Log</b>	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.	<a href="#">Gratitude Log Quick Link</a>
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.	<a href="#">Campaign Twenty Twenty Quick Link</a>
<b>Symptom Helper</b>	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.	<a href="#">Symptom Helper Quick Link</a>
<b>What Should I Weigh?</b>	What Should I Weigh lets you determine in which of the 4 Weight Status Categories developed by the CDC you belong based on your height and weight. If you aren't in the normal weight category, it calculates your normal weight range and tells you the minimum number of pounds you need to gain or lose to get within the normal range. It will also give you nutrition and exercise tips, as well as activities you can do to burn the number of calories you specify.	<a href="#">What Should I Weigh? – Quick Link</a>

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<b>Your Weight Loss Friend</b>	Your Weight Loss Friend provides powerful tools for anyone on their journey to successful weight loss based on where they are on that journey. Successful weight loss requires changing your eating and exercise habits. Many experts in behavior change believe there are several Stages of Change through which a person moves as they work towards healthier habits. Your Weight Loss Friend uses this approach to organize tools to help the user on their weight loss journey. Users can develop their Weight Loss Plan, log their Weights and Exercises, schedule Healthy Text Messages about nutrition, schedule Email Messages to help them move through the Stages of Change, learn what is a healthy weight for their height, schedule Weigh-In & Exercise Reminders, and get information about BMI, the Stages of Change, and more.	<a href="#"><u>Your Weight Loss Friend – Quick Link</u></a>
Grampa Wisdom	Grampa Wisdom is a humorous glimpse into some of the sayings and quotes as remembered by the developer of this skill, a Grampa himself. Those recollections are not always the sayings with which you may be familiar, but they are meant to be fun.	<a href="#"><u>Grampa Wisdom – Quick Link</u></a>
Recall The Date	Recall The Date is an easy way to log and retrieve the dates of the birthdays and anniversaries of your friends and relatives. After you have logged some, you can retrieve events for a given month or by the next number of weeks you specify. It will also tell you whether there is an event for the day you open it, as well as when the next event you have logged will occur. These features will occur accurately for Time Zones within the United States and Canada and will be adjusted for Daylight Savings Time through 2030.	<a href="#"><u>Recall The Date – Quick Link</u></a>