

Health Apps-What You Need to Know:

Make your technology work for you! Check out apps that help promote self-care, fitness, weight loss, healthy dining out, tobacco cessation, disease management, stress management and apps for nutritional information and making healthy recipes.

Self-Care & Disease Management	
Blood Pressure- Smart Blood Pressure	This app is a smarter way to manage your blood pressure measurements and track your progress. This app allows you to record, track, analyze, and share your Blood Pressure information using various devices. With your health information at your fingertips, you can now take a more active role in your own health.
Diabetes Buddy Vitality	Is your complete diabetes diary on your phone or tablet- it helps you with keeping track of your blood glucose values, insulin use, and the amount of carbohydrate you took. Features include: keeping track of your blood glucose values, insulin use, and the amount of carbohydrate, sending diary to your physician, connecting to your blood glucose meter, sending reminder to inject insulin or measure blood glucose level, general information regarding diabetes.
Glucose Buddy	Glucose Buddy is a data storage utility for people with diabetes. Users can manually enter glucose numbers, carbohydrate consumption, insulin dosages, and activities. Then you can view all of your data on your free glucosebuddy.com online account.
Glucose Companion	A handy blood sugar and weight tracker. Use Glucose Companion now to monitor your blood sugar and share your measurements with your doctor. You can also use this app to calculate the units of insulin you need to inject.
Gratitude & Happiness \$	Tracks four defined items and displays those in daily, weekly, and monthly graphs to show progress and how things are related: Degree of Happiness, Express Gratitude, In Touch with Friends, Acts of Kindness.
Gratitude Journal	Provides an effective way to rewire your brain in just five minutes a day, unleashing everything great in your life. Provides easy journaling and sharing, inspirational quotes, and motivational advice. Passcode protected for your privacy
iBP Blood Pressure \$	Is a blood pressure tracking and analysis tool. Uses color icons to indicate when your blood pressure values are normal, high, or hypertension. It also provides interactive graphs that allow you to display your values by weeks, months, year, and time of day. Note that a separate device is required to measure your blood pressure.
iPharmacy \$	Identify your pills, find the lowest price for your prescriptions, understand your medication treatment, & lower your health bill. Receive daily health tips!
iTriage	Find health information from symptoms, medications, diseases, medical locations, and doctors. Get answers to health questions sent to your phone, computer, or tablet.
Live Happy Now	Provides scientifically proven tips and ideas to live a happier and more meaningful life through interviews with positive psychology and well-being thought leaders

Self-Care & Disease Management	
Livestrong-My quit coach	Creates a personalized plan to help you quit smoking. Through a physician approved, interactive and easy to use app, you'll evaluate your current status, set attainable goals, and adjust your preferences according to your needs. You will have the option to quit smoking right away or gradually decrease your daily nicotine intake-tracking the times you smoke and have nicotine cravings along the way. Personalized inspirational photos, motivational tips, and progress charts will provide quick smoking help and keep you on track while achievement badges will reward you for progress. Get support through Facebook, Twitter, and Livestrong.com.
Mango Health-Medication Manager	Includes dose reminders, drug interaction information, refill alerts, and daily health diary. Earn points towards rewards for taking your medications.
Pocket CPR	Provides real-time feedback and instructions on CPR so that anyone can learn and practice CPR
Pocket First Aid \$	Provides detailed advice on emergency situations about what to do and not to do.
Sleep Cycle \$	An intelligent alarm clock that analyzes your sleep and wakes you in the lightest sleep phase so you wake up feeling rested and relaxed.
Sleep Time	Doubles as a comprehensive sleep analysis app and alarm clock. Some features include: sleep cycle analysis, detailed monthly and weekly graphs, advanced wake-up optimization algorithm, instant heart rate integration
Smoke Free	This is the stop smoking app that science built. Over 20 different, evidence-based, techniques to help you become- and stay- smoke free. See how much money you've saved, how many cigarettes you've not smoked, how long you've been smoke free, how much life you've regained, and how your health is improving. Log your cravings, get tips on dealing with them, use the map to see where they congregate, use the notes to see what patterns can be identified, and use the graph to see how they're decreasing.
WebMD	Offers physician-reviewed health information. Features include Symptom Checker, Medication Reminders, Healthy Target (create & sustain healthy habits by tracking daily progress), Healthy Living (learn about healthy living matters that interest you), Medical Conditions, Medicine First Aid Essentials, and Local Health Listings.
Wellness Tip of the Day	Offers tips that promote a healthy lifestyle. Tips include food and body tips. App allows users to email tips to family and friends, as well as favorite tips that you want to store.

Stress & Relaxation	
Breath2Relax	Portable stress management tool that provides information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's stress response, & help with mood stabilization, anger control, and anxiety.
Calm	Calm can help you meditate, sleep, relax, focus and much more. See how meditation can improve your mood and your life. Includes The 7 Days of Calm, 7 guided meditation sessions (2-30 min), 10 nature scenes, 16 music tracks, 50 meditations for focus, creativity, energy, confidence, sleep, and more, & 21 Days of Calm.
Mayo Clinic Meditation \$	Uses musical chords and circles to teach you slow, paced breathing which can help clear your mind of daily distractions. This meditation program will help you feel more focused and relaxed throughout the day. Choose the 5 or 15 minute meditation.
Relax with Andrew Johnson \$	Use this app to feel the world slow down. This is the perfect way to unwind and de-stress. The app teaches relaxation techniques that have been shown to help with pain control, insomnia, PTSD, and other stress symptoms
Relax & Rest Guided Meditation \$	Enjoy the relaxation, stress relief, and benefits of meditation. Choose from Breath Awareness Guided Meditation, Deep Rest Guided Meditation, or Whole Body Guided Relaxation. Choose music, nature sounds or silence to listen to during the meditation.
Yoga Studio \$	Play, create, customize, & schedule easy to follow video yoga classes. Includes 65 ready-made yoga & meditation classes, library of over 280 poses, & a program to customize or create your own video class.

Fitness	
Fitness Builder	Designed to be a comprehensive fitness experience with the portable personal trainer that completely guides your fitness lifestyle. Gain access to over 400 workouts in 16 multi-week fitness plans.
Fitness Pro	Contains over 1500 exercises explained with photos and videos. This simple app makes it easy to explore new exercises and create a workout that suits you.
Gym Buddy	Workout routine manager so you can note down activities you want prior to going to the gym. Record your workout while at the gym.
MapMyRun	Start running with the MapMyRun community. Log over 600 different types of workouts, record GPS based activities, connect with 400+ devices to import and analyze all your data in one place.
Map My Walk + GPS Walking and Community	Record GPS-based activities to view detailed stats. Log over 600 different activity types. Features include: 24/7 activity graph, gear tracker, 600+ activities, workout stats, share and import data from devices, community activity feed, challenges, and social sharing.

Fitness	
MindBodyConnect	This app is for anyone who loves wellness. Whether you want a great workout, a chance to relax, or just to feel beautiful, the perfect place is waiting for you. Use this app to find it, book it instantly, and even pay-right from your phone. Find wellness businesses, access a consolidated list of classes offered by your favorite businesses, book appointments and view information about the staff members who perform them, sign up and pay for classes.
MotionTraxx Personal Trainer	These audio workouts include step-by-step guidance from trainers, as well as expertly curated workout music that's produced with the Action Sync™ technique, which matches the intensity and pace of the music to the needs of your workout.
RunKeeper	Turn your phone into a GPS tracker that is dedicated to bringing the fun and the motivation you want into your workout routine. Features include: running pace, route distance, calorie burn, elevation, pre-planned routes, training plan workouts, & audio updates during activity.
Runtastic	Tracks your sport and fitness activities (distance, duration, speed, elevation change, calories burned, & more) by utilizing GPS technology to help you build healthy lifestyle habits and reach exercise goals. Features include: Voice Coach, Auto Pause, Routes, Challenge a Run, and more!
Strava	Tracks your runs and rides with GPS, join challenges, and see how your running and riding compares with friends. Allows users to set personal records and see how they match up with friends, locals, & pros, as well as find places to run and ride.
SworKit	No gym, no excuse-Workouts that fit your schedule, vs needing to adapt your schedule to workout. SworKit is like an iPod or the evolution of digital muscle with playlists and personalization at the core. Workout routines guide you through video exercises demonstrated by professional personal trainers.
THI Personal Trainer	Includes over 150 exercise videos with complete instruction. The workouts on the app are professionally designed (CSCS certified). Find an effective total body workout you can do anywhere or improve overall flexibility. There are 20 workout programs to help you reach your goals. Customize programs by adding or dropping exercises, or create a new training program.
Workout Trainer	Get in the best shape of your life with thousands of free workouts and premium programs that can help you achieve your fitness goals. Find workouts that will help you get fit whether you are lifting weights at the gym or doing body weight exercises at home.
Workout TV	Watch all of the latest and hottest workouts and exercise videos from your favorite trainers, magazines, and other leading fitness sources in a fun and easy-to-use system.

Weight Loss & Nutrition	
Allergy FT: Allergy Food Translator \$	Do you have food allergies? Do you travel abroad? Create individual profiles for your entire family, each with a different list of food allergies. These profiles can be translated into local languages and then shown to the waiter so they know which foods you need to stay away from.
BMI & BMR Calculator	Calculate your BMI and BMR easily with this calculator, compatible with both Metric & Imperial options. First the app calculates your Body Mass Index (BMI), which is a measure of body fat based on your height and weight. Secondly, the app calculates your Basal Metabolic Rate (BMR) which refers to the number of calories you'd burn if you stayed in bed all day.
Calorie Counter PRO \$	Lose weight and get healthier with MyNetDiary-the fastest, easiest, and smartest iPhone calorie counter and weight loss program. MyNetDiary gives you the best tools to track food and exercise, plan healthy meals, and stay motivated. The app is based on proven science and has been rated the #1 mobile diet app in an independent study published in the American Journal of Preventative Medicine
Diet Assistant	Tap in your target weight and the purpose for your new diet, and let Diet Assistant present you with brilliant meal options that will tantalize your taste buds and send your metabolism into overdrive. The app contains meal plans for vegetarian, pescaterian, and high-protein diets along with many more. If you are looking to lose weight, maintain your weight, or simply embrace a healthy way of eating and living, this app is for you.
Dirty Dozen	This app recognizes that many people who want to reduce their exposure to pesticides in produce cannot find or afford an all-organic diet. This app helps then seek out conventionally grown fruits and vegetables that tend to test low for pesticide residues. Includes the 2015 Shoppers Guide to Pesticides in Produce.
Farmstand	Connects you with locally grown food. We've started with easy ways to discover and share the best of your local farmers' market. Find markets in your area, share photos, post deals you've found, and help support your local community by telling everyone what's great at your farmers market.
Fooducate	This app looks beyond the calorie to help you lose weight. Lose weight with real food, track your progress, and get motivated by the community. Features: track your food intake and exercise, track the quality of calories, add your own recipes and foods to track, scan over 250,000 product barcodes to see a personalized nutrition grade, share your tips and success to motivate others.
HealthyOut	Find healthy meals from local restaurants. Use filters like Low Calorie, Low Carb, Low Fat, etc. to narrow down your search results. Our unique Calorie and Points filters to find a meal in your target range. Eat out confident that you made a healthy choice.
Ingredient 1	Do you know what is in your food? Ingredient1 is your personal food shopper, empowering you to discover, locate and share food tailored to you. Explore the grocery store before you go-see the ingredients and nutritional information for the largest collection of natural, organic, and specialty products before they are in your hand. Create your FoodID and only see products tailored to your dietary needs, allergies, and flavors you love.

Weight Loss & Nutrition	
Is That Gluten Free? \$	This app makes it easy to find the latest new gluten free products. This is a great way to discover your new gluten free favorites. This app was designed for those with gluten sensitivities, Celiac Disease, or anyone wanting more information on gluten-free products or leading a gluten free lifestyle.
Lose It	An invaluable tool for reaching your weight-loss goals, LoseIt! Tracks your meals, exercise, and nutrition. Documenting food is effortless with its built-in barcode scanner, searchable list of common grocery items, and database of popular restaurant meals' nutritional facts. The apps social feature makes it easy to find inspiration from friends and cheer each other on.
My Fitness Pal	Lose weight with MyFitnessPal, the fastest and easiest-to-use calorie counter. With the largest food database and amazingly fast and easy food and exercise entry, we'll help you take those extra pounds off!
Nutrino	Not sure what to eat? Nutrino will give you personalized meal plans to achieve your health and fitness goals based on your medical profile, dietary restrictions, physical activity, health goals, and taste preferences. Did you grab something off the menu? Log what you ate and Nutrino will take it into consideration when making your next recommendation. Provides on-the-fly food and meal decision support.
Restaurant Calorie Counter \$	This app enables you to find and track restaurant food items, as well as track exercises. With this app you can control your intake of calories and nutrients with recommended upper limits. Provides information on over 15,000 food items from over 100 top restaurant chains & provides over 250 exercises. The Quick Display setting allows users to select up to 2 nutrients to be displayed right by food names, making it easier to look quickly at food items.
Restaurant Nutrition	Loaded with over 250 restaurants and 60,000 food items. Provides accurate nutrition to track calories, carbs, protein, fat, and more. Set food allergen filters by profile & has a gluten free menu indicator.
SparkPeople Calorie Counter & Weight Loss	Lose weight by tracking food & fitness with the SparkPeople Calorie Counter and Diet Tracker app. This app brings the fitness tracking and calorie counting tools, exercise demos, & detailed reporting that have helped millions of members meet their goals and live healthier, better lives. The app fully integrates with our site, giving your access to detailed fitness and diet reporting, articles by our health experts, thousands of healthy recipes and more.
Week Menu \$	Tired of not knowing what to make for dinner? Week Menu help out with planning your menu. You'll see your planned week through a neat dashboard showing your added dinners for each day. Features include: planning the weekly cooking, go back and see how you planned previous weeks, create your own personal recipe book, collect your recipes in one place, add notes to recipes to help you out while cooking.
Weightbot	Weightbot is a weight-tracking robot. Whether you are trying to lose or gain weight, tracking your progress has never been more fun. Set your goal, record your weight, view your BMI, and see your progress on a beautiful graph. Designed for users of all ages.

Weight Loss & Nutrition	
Weight Watchers Mobile	This app can help you lead a healthier, more active life. With our 24/7 Expert Chat feature, you can get motivation and advice from a Weight Watchers-certified Coach any time you need it. Features include: motivation, support, & advice, track your food, weight, & activity, sync your fitness tracker to your account, search thousands of foods, meals, restaurants, and recipes, & find a weight watchers meeting near you.

Pregnancy	
My Pregnancy Today: BabyCenter	Simply enter the baby's due date and My Pregnancy Today will turn your phone into an expert guide for each day of pregnancy. Features include: pregnancy day by day, fetal development images, contraction timer, baby registry, kick tracker, birth clubs, countdown, birth preferences tool, and more.
Pregnancy and Baby: What to Expect	From the world's most trusted pregnancy brand, this app guides you through pregnancy day-by-day and week-by-week. Based on your due date, you'll receive personalized content, the latest parenting news and health information, and access to a tight-knit community of other parents and moms-to-be like you. You'll get tools and support to help you prepare and feel in control every step of pregnancy-helping you achieve a happy, healthy, pregnancy. Other features: emotional support, informed week-by-week development, week-by-week videos to understand your changing body.
WebMD Pregnancy	Delivers trusted health information to expectant mom as well as fun features and tools. Whether you are trying to conceive or preparing for your special day, WebMD can help. Check out hundreds of doctor-approved multimedia information and advice tailored to each week of pregnancy.