



Health & Wellness Mobile Apps



This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. You should not use this information to diagnose or treat any health problems or illnesses without consulting your health care professional.

All apps on this list are available for free from the app stores

Brain



3D Brain

By Cold Spring Harbor Laboratory



E-Action Info: Your epilepsy resource

By E-action



MyEpilepsy

By Cleveland Clinic



touchMS

By EMD inc.
For iPhone only



BrainyApp

By Alzheimer's Australia





Concussion Ed
By Parachute



Brain Games



4 Pics 1 Word
By LOTUM GmbH



Popwords!
By Sarah Pierce



Missing Link
By Sarah Pierce



Letris 4: Word puzzle game
By Ivanovich Games



Matrix Game 3
By MyFirstApp.com



Flow Free
By Big Duck Games



Cancer



CANCER.NET
By American Society of Clinical Oncology





UMSkinCheck
By The University of Michigan



Canadian Cancer Glossary
By The Canadian Cancer Society



Cancer Screening
By Cancer Care Ontario



Cancer Care Ontario – Drug Formulary
By Cancer Care Ontario



HPC Ontario – Inpatient Hospice Palliative Care Directory
By University Health Network



The Princess Margaret Cancer Journey
By University Health Network



Caregivers



CareZone/Organize Information for You and Your Family
By CareZone



HPC Ontario – Inpatient Hospice Palliative Care Directory
By University Health Network



Chronic Disease Management



Diabetes

BANT

By University Health Network
Available for iPhone only



Arthritis

Track + React

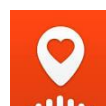
By Arthritis Foundation



Thalassemia and Iron Overload

thalTracker

by University Health Network
Available for iPhone only



Health Mapper

by Health Mapper Limited
Available for iPhone only



Communication



Skype

By Skype Communications S.a.r.l.



Grid Player

By Sensory Software International



SmallTalk Letters, Numbers, Colors

By Lingraphica



SmallTalk Pain Scale

By Lingraphica





Dragon Dictation
By Nuance Communications



Qrafter - QR code generator and scanner
By Kerem Erkan



QR Droid Code Scanner
By DroidLa



Plain Language Medical Dictionary
By The University of Michigan



Exercise



Nike Training Club
By Nike Inc.



The Johnson & Johnson Official 7 Minute Workout
By Wellness & Prevention, Inc.



Heart and Stroke



HeartDecide
By ORCA MD



<30 Days
By The Heart and Stroke Foundation of Canada
Available for iPhone only



Mental Health & Addiction



PTSD Coach

By US Department of Veteran Affairs (VA)



T2 Mood Tracker

By The National Center for Telehealth and Technology



MindShift

By Anxiety BC



CanPlan

By University of Victoria



LIVESTRONG MyQuit Coach

By Demand Media, Inc.



Break it off

By Canadian Cancer Society



Saying when: how to quit drinking or cut down

By Centre for Addiction and Mental Health (CAMH)



Pain Management



WebMD Pain Coach

By WebMD



Pain Diary – CatchMyPain

By Sanovation AG





My opioid manager
By University Health Network



Relaxation Techniques



Breathe to Relax
By National Center for Telehealth and Technology



Relax Melodies
By iLBSoft



Take a Break!
By Meditation Oasis



Sleepmaker Rain
By SoftwareX



Cleveland Clinic Stress Free Now
By Cleveland Clinic Wellness Enterprise



One Moment Meditation (OMM)
By OMM Training



Smiling Mind
By Smiling Mind



Transportation



Rocket Man TTC, Go & nextbus transit
By Avisinna



TTC Watch for Toronto
By Barum Rho



Weight Management



Lose it! Weight Loss Program and Calorie Counter
By FitNow



Calorie Counter & Diet Tracker
By MyFitnessPal.com



Eat, Chew, Rest
By Clover Valley Apps, LLC

