



# 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



### **BrainyApp**

By Alzheimer's Australia



### **E-Action Info: Your epilepsy resource**

By E-action



### **MyEpilepsy**

By Cleveland Clinic



### **My Seizure Diary**

By Epilepsy Foundation





**touchMS**  
By EMD inc.  
For iPhone only



**Concussion Ed**  
By Parachute



**Dementia Advisor**  
By Sinai Health System - Reitman Centre



## 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



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



**The Princess Margaret Cancer Journey**  
By University Health Network



**NCCN Patient Guides for Cancer**  
By National Comprehensive Cancer Network



**NED for prostate cancer survivors**  
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



## 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



### Qrafter - QR code generator and scanner

By Kerem Erkan



### QR Droid

By DroidLA



### Plain Language Medical Dictionary

By The University of Michigan



## Disease Management & Treatment



### 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



**HerbList**  
by National Library of Medicine  
Information about herbs that are used in complementary and alternative medicine



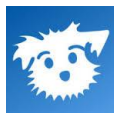
## Exercise



**Nike Training Club**  
By Nike Inc.



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



**Down Dog: Great Yoga Anywhere**  
By Yoga Buddhi Co.



**Carrot Rewards**  
By Carrot Insights



## Heart and Stroke



**CardioSmart Heart Explorer**  
American College of Cardiology



**<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.



**Saying when: how to quit drinking or cut down**  
By Centre for Addiction and Mental Health (CAMH)



## Pain Management



**Pain Diary – CatchMyPain**  
By Sanovation AG



**My Opioid Manager**  
By University Health Network



**Manage My Pain Lite**  
By ManaginaLife



## Relaxation Techniques



**Breathe to Relax**  
By National Center for Telehealth and Technology



**Relax Melodies**  
By iLBSoft



**Sleepmaker Rain 1**  
By Jenny Apps



**Take a Break!**  
By Meditation Oasis



**Cleveland Clinic Stress Free Now**  
By Cleveland Clinic Wellness Enterprise





**ReachOut WorryTime**  
By ReachOut Australia



**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

