



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



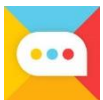
E-Action Info: Your epilepsy resource

By E-action



My Seizure Diary

By Epilepsy Foundation



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



Autism assistive AAC therapy
By MyFirstApp.com



Flow Free
By Big Duck Games



Cancer



Cancer.Net mobile
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 – a med list in your pocket
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



AHRQ Question Builder (prepare for medical visits)

US Department of Health and Human Services



Brant-simplifying diabetes

By University Health Network

Available for iPhone only



Track + React

By Arthritis Foundation



Thalassemia and Iron Overload thalTracker

by University Health Network

Available for iPhone only



HerbList

by National Library of Medicine

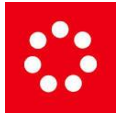
Information about herbs that are used in complementary and alternative medicine



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.



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 CBT – Anxiety Canada
By Anxiety BC





CanPlan
By University of Victoria



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



Opioid Manager
By University Health Network



Manage My Pain Lite
By ManaginaLife



Relaxation Techniques



Breathe2Relax
By National Center for Telehealth and Technology



Relax Melodies
By Ipnos Software Inc.





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

