



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



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



NCCN Patient Guides for Cancer
By National Comprehensive Cancer Network



Caregivers



CareZone/Organize Information for You and Your Family
By CareZone



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



Disease Management & Treatment



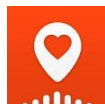
Diabetes BANT
By University Health Network
Available for iPhone only



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



Choosing Wisely Canada
by Usquare Soft Inc.
Facts about unnecessary tests, treatments, and procedures



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 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





Down Dog: Great Yoga Anywhere
By Yoga Buddhi Co.



Carrot Rewards
By Carrot Insights



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.



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



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

