



## Health & Wellness Mobile Apps 健康與保健應用程式





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本單張所提供訊息謹作參考，而非作為專業醫療，診斷或治療建議。  
在未諮詢你的醫療或保健專業人員前，不應使用此訊息來診斷或治療任何健康或疾病的問題。

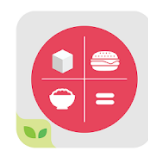


All apps on this list are available for free from the app stores

下列應用程式均可免費下載


<b>Brain 腦</b>			
	<b>腦友導航 -- 東華三院</b> <b>Brain Navigation -- Tung Wah Group of Hospitals</b>  為認知障礙症患者及照顧者而設的程式 For cognitive disorder patients and caregivers		
	<b>大眾腦點 -- 香港復康會</b> <b>Brain Point -- Society for Rehab</b>  情緒管理、健康心得、復康設施等 Includes emotional management, health tips, rehabilitation facilities		
	<b>共融無「癇」 -- 香港復康會</b> <b>Epilepsy -- Society for Rehab</b>  腦癇症的電子病歷和教育工具 Health tracking record and educational tools on epilepsy		




## Diabetes 糖尿病




	<p>「糖訊通」-- 香港醫院管理局  <b>DM Care -- Hong Kong Hospital Authority</b></p> <p>提供糖尿病護理資訊、影片及血糖紀錄功能。          Provides tips on diabetes care in helping patients manage the disease</p>		
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	<p>算算醣 -- 香港復康會  <b>Calorie Counter -- Society for Rehab</b></p> <p>為糖尿病人而設的營養資料庫          Nutritional database for people with diabetes</p>		
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## Disease Management and Treatment 疾病管理與治療

	<p>髌健通 -- 香港醫院管理局  <b>Hip Health -- Hong Kong Hospital Authority</b></p> <p>髌關節骨折，照顧技巧及復康運動          Provides information on hip fracture, caring skills and rehabilitation</p>		
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	<p>造口護理通 -- 香港醫院管理局  <b>Stoma Care -- Hong Kong Hospital Authority</b></p> <p>提供造口護理的相關資訊，包括「認識造口」、「造口護理」、「日常生活」和「同行者」。          Provides information on stoma care including "understand your stoma", "stoma care", "daily life" and "companion".</p>		
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	<p>康程式 e2Care -- 香港復康會  <b>Health Management -- Society for Rehab</b></p> <p>慢性疾病患者一站式管理及自助服務          One-stop self-service tool for patients with chronic diseases</p>		
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## Food and Nutrition 食物與營養

	<p>降壓食物大本營 -- 香港復康會  <b>High Blood Pressure Diet -- Society for Rehab</b></p> <p>高血壓健康飲食的食物成份分析庫                  Food analysis for high blood pressure patients</p>		
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## Heart & Stroke 心臟及中風

	<p>中風照顧者 -- 香港復康會  <b>Caregiver for Stroke Patient -- Society for Rehab</b></p> <p>了解中風不同階段的各種知識                  Understand the different categories of knowledge in different stroke stages</p>		
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## Mental Health 心理健康

	<p>友心情 -- 東華三院  <b>iCare -- Tung Wah Group of Hospitals</b></p> <p>提供專業而全面的精神健康和減壓資訊                  Provides comprehensive and professional information on mental health and stress reduction.</p>		
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## Websites 網站

醫院管理局	<p><a href="http://www.ha.org.hk/visitor/ha_index.asp">http://www.ha.org.hk/visitor/ha_index.asp</a>                  點擊頁頂的『手機應用程式』</p>
香港復康會	<p><a href="https://www.rehabsociety.org.hk/zh-hant/">https://www.rehabsociety.org.hk/zh-hant/</a>  <a href="https://www.e2care.hk/zh-hk/">https://www.e2care.hk/zh-hk/</a></p>
東華三院	<p><a href="https://www.tungwah.org.hk/">https://www.tungwah.org.hk/</a>                  點擊頁右下方的『下載東華 APPS』</p>