



Multilingual 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



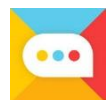
3D Brain

By Cold Spring Harbor Laboratory
Available in: English, Japanese



E-Action Info: Your epilepsy resource

By E-action
Available in: English, French



Dementia Advisor

By Sinai Health System - Reitman Centre
Available in: English, French



Brain Games



Letris 4: Word puzzle game

By Ivanovich Games
Available in: English, Catalan, French, German, Italian, Portuguese, Russian, Spanish





Autism assistive AAC therapy

By MyFirstApp.com

Available in: English, Dutch, French, German, Italian, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Swedish



Flow Free

By Big Duck Games

Available in: English, French, German, Italian, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Traditional Chinese



Cancer



Cancer.Net Mobile

By American Society of Clinical Oncology

Available in: English, Spanish



Communication



Skype

By Skype Communications S.a.r.l.

Available in: English, Arabic, Bulgarian, Burmese, Cambodian, Catalan, Chinese, Croatian, Czech, Danish, Dutch, Estonian, Filipino, Finnish, French, German, Greek, Hebrew, Hindi, Hungarian, Indonesian, Italian, Japanese, Korean, Laotian, Latvian, Lithuanian, Malay, Norwegian Bokmål, Polish, Portuguese, Romanian, Russian, Serbian, Simplified Chinese, Slovak, Slovenian, Spanish, Swedish, Thai, Traditional Chinese, Turkish, Ukrainian, Vietnamese



Grid Player

By Sensory Software International

Available in: English, Arabic, Catalan, Czech, Danish, Dutch, Finnish, French, German, Greek, Italian, Norwegian, Polish, Portuguese, Spanish, Swedish



Qrafter - QR code generator and scanner

By Kerem Erkan

Available in: English, Catalan, Croatian, French, German, Hungarian, Italian, Japanese, Norwegian Bokmål, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Traditional Chinese, Turkish, Ukrainian



Disease Management & Treatment



AHRQ Question Builder (prepare for medical visits)

US Department of Health and Human Services
Available in: English, Catalan, French, German,
Italian, Polish, Portuguese, Simplified Chinese, Spanish



Brant-Simplifying diabetes

By University Health Network
Available for iPhone only
Available in: English, French



Thalassemia and Iron Overload thalTracker

By University Health Network
Available for iPhone only
Available in: English, German



Exercise



Nike Training Club

By Nike Inc.
Available in: English, Arabic, Dutch, French, German, Indonesian, Italian,
Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Swedish,
Thai, Traditional Chinese, Turkish



Down Dog: Great Yoga Anywhere

By Yoga Buddhi Co.
Available in: English, Chinese, French, German, Hindi, Japanese, Korean,
Portuguese



Pain Management



Pain Diary – CatchMyPain

By Sanovation AG

Available in: English, Dutch, French, German, Spanish



Opioid Manager

By University Health Network

Available in: English, French, Portuguese, Spanish



Relaxation Techniques



Relax Melodies

By Ipnos Software Inc.

Available in: English, French, German, Italian, Japanese, Korean, Russian, Simplified Chinese, Spanish



Sleepmaker Rain 1

By Jenny Apps

Available in: English



Take a Break!

By Meditation Oasis

Available in: English



Transportation



Rocket Man TTC, Go & nextbus transit

By Avisinna

Available in: English, French, Simplified Chinese, Traditional Chinese



Weight Management



Lose it! Weight Loss Program and Calorie Counter

By FitNow

Available in: English, Arabic, Burmese, Cambodian, Chinese, Danish, Dutch, Estonian, Filipino, Finnish, French, German, Hebrew, Hindi, Indonesian, Italian, Japanese, Korean, Laotian, Malay, Norwegian Bokmål, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, Thai, Traditional Chinese, Vietnamese



Calorie Counter & Diet Tracker

By MyFitnessPal.com

Available in: English, Danish, Dutch, Filipino, French, German, Indonesian, Italian, Japanese, Korean, Malay, Norwegian Bokmål, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, Traditional Chinese, Turkish

