



# Healthy Living Apps for adults of all ages



Healthy living apps are tools that can help us make informed decisions about our health and help us achieve a healthier lifestyle. Using these apps you will be able to transform your mobile device into a health guru that you can take with you anywhere

## Settings

1. Download safe apps, check publisher and reviews
2. Be careful about entering personal information
3. Some apps provide ability to start tracking you a set distance away from your home
4. Check notifications
5. Only accept followers that you know
6. Set a strong password

## Medical Emergency Apps

1. Set up ICE contacts
2. Health app (iPhone)
3. Locked Screen Message (most smartphones)
4. Set an ICE contact details as your locked Screen Photo (all photos)

## APPS:-

### Activity Apps

- Strava
- MapmyRun
- Runtastic
- C25K Couch to 5K
- Nike Run Club
- Relive
- Meetmobile
- Samsung Health

### Dietary Apps

- My Fitness Pal
- Fodmap
- Weight Watches
- Total Wellbeing Diet

### Brain Games Apps

- Lumosity
- Peak
- Elevate
- Fit Brains Trainer
- Brain HQ
- Brain Yoga
- Duolingo
- Quizlet
- Happify
- NeuroNation

### Meditation and Yoga Apps

- Smiling Minds
- Calm
- Meditation Studio
- Headspace
- Daily Yoga



#### **Sleeping Apps**

- Sleep Cycle alarm
- Sleep Bug
- Elite HRV

#### **Medication Management**

- Pill Reminder
- MyMedSchedule
- MyMeds

#### **Emergency**

- ICE Contacts
- Health App (iphone)
- (pendant apps)
- Emergency +

#### **Share Location Apps**

- Find Friends (iPhone)
- Life 360
- Find iPhone
- FindmyMobile

#### **Blue Light Blockers**

- Put on night mode
- Blue light blocker apps, ie Iris

#### **Insurance Claims**

- Medicare
- Health Insurance – ie. myBupa

#### **Transport**

- PTV
- GoCatch
- Uber
- Shebah
- 13cabs

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#### **NOTES:**