

TECHNOLOGY CAN HELP IMPROVE YOUR HEALTH

HERE ARE SOME APPS WHICH COULD HELP YOU

Find out how technology can help your health.

Search on Facebook for "Improve Your Health in the Digital Age" or go to:

<https://www.facebook.com/groups/ImproveYourHealthintheDigitalAge/>

Here are some apps which could help you with different health problems:



Manage Your Health

Has sections on asthma, COPD, diabetes, stroke AF, Hypertension & back pain



Create music to capture your mood & express how you feel with the **Cove** app.



Learn to relax, manage worries & improve your wellbeing with **Chill Panda**.



The **Liva** app helps you make lifestyle changes to manage heart problems and obesity.



MyCognition Home is a brain training app for families to think faster focus better, and improve decision-making.



Feeling Good helps you build confidence, energy & a positive mindset.



The NHS Orb app brings several services together in one easy to use app



Change for Life Food Scanner tells you what's in the food you're buying.



The **Rafi-tone** app helps young children use an inhaler & spacer for asthma.



Calm Harm uses various methods to help you overcome the need to self harm



Beat panic guides people through a panic attack.



First aid by British Red Cross has a wealth of advice and videos to guide you through most emergencies.



Sleepstation is a 6-week online course for people who can't sleep. You'll need a referral from your GP - and a computer!



Ask NHS is a computerised question & answer programme.



Smoke Free is a 28 day plan to help you stop smoking.

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Happy Health is a game for 6-11 year olds about food choices, calories & activities.



The **Student Health** app provides 900 pages of reliable health information.



SidekickHealth sets challenges to achieve a healthier lifestyle.



Thrive helps you prevent and manage stress.



Mood Tools uses evidence-based tools to aid against clinical depression and negative moods.



My Possible Self helps you control your thoughts, feelings and behaviour.



iPrescribe Exercise is a 12-week exercise plan based on information you enter.



Blue Ice helps young people manage emotions and reduce self-harm.



Active 10 helps you walk briskly for 10 minutes every day.



Easy Meals has some great recipes.



Drinks Tracker helps you keep track of how much you are drinking.



Couch to 5K is a programme to help you get fitter.



Smart recipes are calorie counted recipes with shopping lists.



WellMind gives advice on stress, anxiety and depression.



What's Up? Uses proven therapy to help with depression, anxiety, anger & stress.

Have a look at the website: www.patienttech.co.uk