The myhealthapps directory 2015-2016

Featuring health apps that focus on care in the community, disability, health, and wellness – a review by patient groups and empowered consumers

With a foreword by Dr Zoran Stančič, Deputy Director-General, DG CONNECT, European Commission
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreword from Dr Zoran Stančič</td>
<td>v</td>
</tr>
<tr>
<td>Indexes</td>
<td>vii</td>
</tr>
<tr>
<td>A-Z list of apps by platform</td>
<td>vii</td>
</tr>
<tr>
<td>A-Z list of apps by language</td>
<td>xvii</td>
</tr>
<tr>
<td>A-Z list of apps by category</td>
<td>xxiv</td>
</tr>
<tr>
<td>A-Z list of developers by country</td>
<td>xxxi</td>
</tr>
<tr>
<td>Welcome from the director of myhealthapps</td>
<td>xxxvi</td>
</tr>
<tr>
<td>Key to the myhealthapps directory</td>
<td>xl</td>
</tr>
<tr>
<td>Introduction</td>
<td>xlii</td>
</tr>
<tr>
<td>Entries (in alphabetical order)</td>
<td>1-300</td>
</tr>
</tbody>
</table>
Finding a trustworthy and reliable health or wellbeing app fitting the user’s specific needs can prove difficult amongst the plethora of apps available online.

By providing transparent information on selected apps, recommended by consumer/patient or other groups, this edition of The myhealthapps directory gives guidance to potential users to help them make informed choices. Transparency of information is indeed essential to build users’ trust. Helping citizens make informed choices is an objective that we at the European Commission Directorate General for Communications Networks, Content and Technology (DG CONNECT) support with our mHealth initiatives.

The Digital Single Market is one of the top 3 priorities of the Commission under President Jean-Claude Juncker. We have an ambitious strategy to tear down barriers to provide better online access to digital goods and services, create an environment where digital networks and services can flourish, and ensure that Europe’s economy, industry and employment take full advantage of what digitalisation offers. In e/mHealth this means to improve healthcare for the benefit of patients, give patients more control of their care, ensure sustainable health systems and unlock innovation in health markets. These goals are actually part of our eHealth Action Plan.

As one of the follow-up actions to the Green Paper on mHealth and its public consultation, we are facilitating an industry-led Code of Conduct on mobile health apps, covering the topics of data protection and data security. The objective of this initiative is to provide more transparency to users on what an app is doing with their personal data.

Furthermore, to enable linking apps to electronic health records, we have recently set up a working group which will explore guidelines on the reliability of data produced by mHealth apps.

Finally, we are supporting the elaboration of a European standard on quality criteria for health and wellness apps, providing app developers with principles to follow for the development, testing, releasing and updating of an app.

I trust that this Directory will enable informed choices by providing potential users with comprehensive information about the performance, functionality and features of health or wellbeing apps.

Zoran Stančič
Deputy Director-General, Directorate-General for Communications Networks, Content and Technology (DG CONNECT), European Commission

Indexes
A-Z of apps by platform, languages, health/disability categories
A-Z of developers’ list by country

List of apps by platform

ANDROID

112 Iceland  page 1

A
Afa-MICI  page 6
AiC Mobile  page 7
Aidsmap news  page 8
airTEXT  page 9
AlcoDroid Alcohol Tracker  page 10
AliveECG  page 11
Alzheimer App  page 13
Angry Birds  page 15
Anti-stress Chromotherapy  page 16
Apo-App  page 17
App Paura di Volare? [Fear of Flying App]  page 18
Argus – Pedometer, Run, Cycle  page 19
Asthma-Info  page 23

B
Back to Action  page 26
Bellabeat  page 29
BHF PocketCPR  page 30
BIG Launcher  page 31
Big White Wall  page 33
Blood Pressure Log  page 34
Body Language – Expressions  page 35
BrainyApp  page 37
BreastAware  page 38
Bribespot  page 39
Brush DJ  page 41

C
C25K – 5K Trainer Free  page 42
Calorie Counter & Diet Tracker  page 44
Calorie Counter and KJ Counter PRO by MyNetDiary  page 45
Calorie Counter by FatSecret  page 46
Carb Counting with Lenny  page 48
Carbs & Cals  page 49
Care4Today Mobile Health Manager and Medication Reminder  page 50
CareMonkey  page 51
CaringBridge  page 52
CatchMyPain – Pain Diary  page 53
CBT Keeper  page 54
CF MedCare  page 55
Charity Miles  page 56
Chemo Brain Doc Notes Free  page 58
Child Feeding Guide  page 60
Clinical Trial Seek  page 61
Cognitive Diary CBT Self-Help  page 63
coldAlert  page 64
Color ID (Free)  page 65
Contigo  page 67
Cook & Count  page 68
Crisis Card  page 70

D
DAF Assistant  page 71
Diabetes og kulhydratt  page 74
Dosecast  page 77
Dr. McDougall Mobile Cookbook  page 78
Dr.DRIN  page 79

E
EndoGoddess  page 82
Epilepsy Action  page 83
Epocrates  page 84
Eppy  page 85
Ernährung Pro  page 86
e-symptoms  page 87
<table>
<thead>
<tr>
<th>INDEXES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>European Health Insurance Card (EHIC)</strong> page 89</td>
</tr>
<tr>
<td><strong>Exsmokers iCoach</strong> page 92</td>
</tr>
<tr>
<td><strong>Fear of Flying App</strong> page 93</td>
</tr>
<tr>
<td><strong>Fertility Friend Ovulation</strong> page 94</td>
</tr>
<tr>
<td><strong>Find Me Gluten Free</strong> page 95</td>
</tr>
<tr>
<td><strong>First aid by British Red Cross</strong> page 96</td>
</tr>
<tr>
<td><strong>FitDay Mobile</strong> page 97</td>
</tr>
<tr>
<td><strong>Focus on Lymphoma</strong> page 98</td>
</tr>
<tr>
<td><strong>Fodsopor [Footprints]</strong> page 99</td>
</tr>
<tr>
<td><strong>FoodSwitch</strong> page 100</td>
</tr>
<tr>
<td><strong>FoodSwitch New Zealand</strong> page 101</td>
</tr>
<tr>
<td><strong>FoodSwitch UK</strong> page 102</td>
</tr>
<tr>
<td><strong>Fooducate</strong> page 103</td>
</tr>
<tr>
<td><strong>Gi BodyGuard from the CDHF</strong> page 104</td>
</tr>
<tr>
<td><strong>GlutenVrij [GlutenFree]</strong> page 108</td>
</tr>
<tr>
<td><strong>GoMeals</strong> page 109</td>
</tr>
<tr>
<td><strong>HabitRPG</strong> page 111</td>
</tr>
<tr>
<td><strong>Headache Diary Lite</strong> page 114</td>
</tr>
<tr>
<td><strong>Headspace (on-the-go)</strong> page 115</td>
</tr>
<tr>
<td><strong>HelpDiabetes</strong> page 119</td>
</tr>
<tr>
<td><strong>HelpTalk</strong> page 120</td>
</tr>
<tr>
<td><strong>iAdvocate</strong> page 123</td>
</tr>
<tr>
<td><strong>iBPM [Blood Pressure]</strong> page 125</td>
</tr>
<tr>
<td><strong>iMood Journal</strong> page 129</td>
</tr>
<tr>
<td><strong>Impf-Uhr [Vaccination Clock]</strong> page 130</td>
</tr>
<tr>
<td><strong>Instant Heart Rate</strong> page 131</td>
</tr>
<tr>
<td><strong>Iron tracker-Hemochromatosis</strong> page 132</td>
</tr>
<tr>
<td><strong>iPrompts</strong> page 133</td>
</tr>
<tr>
<td><strong>iStayHealthy</strong> page 135</td>
</tr>
<tr>
<td><strong>ItsAMANTHING – Prostate Cancer</strong> page 137</td>
</tr>
<tr>
<td><strong>Jointly</strong> page 138</td>
</tr>
<tr>
<td><strong>Journals of the American Diabetes Association</strong> page 139</td>
</tr>
<tr>
<td><strong>KidneyDiet</strong> page 140</td>
</tr>
<tr>
<td><strong>La Mia Voce</strong> page 141</td>
</tr>
<tr>
<td><strong>Lab Tests Online</strong> page 142</td>
</tr>
<tr>
<td><strong>Libra – Weight Manager</strong> page 143</td>
</tr>
<tr>
<td><strong>Lifesaver Mobile</strong> page 144</td>
</tr>
<tr>
<td><strong>Lifesum “Lifestyle Tracker and Calorie Counter”</strong> page 145</td>
</tr>
<tr>
<td><strong>Lift Pulse</strong> page 146</td>
</tr>
<tr>
<td><strong>Liv med Kræft [Life with Cancer]</strong> page 147</td>
</tr>
<tr>
<td><strong>Liverpool HEP iChart</strong> page 149</td>
</tr>
<tr>
<td><strong>Liverpool HIV iChart</strong> page 150</td>
</tr>
<tr>
<td><strong>Lockitron</strong> page 153</td>
</tr>
<tr>
<td><strong>Lose It!</strong> page 155</td>
</tr>
<tr>
<td><strong>Lumosity</strong> page 156</td>
</tr>
<tr>
<td><strong>Macleans Nurdle Time</strong> page 157</td>
</tr>
<tr>
<td><strong>Manage My Pain Lite</strong> page 158</td>
</tr>
<tr>
<td><strong>Med Helper – Pill Reminder and Medication Tracker</strong> page 160</td>
</tr>
<tr>
<td><strong>Med Minder</strong> page 161</td>
</tr>
<tr>
<td><strong>mediLexicon</strong> page 162</td>
</tr>
<tr>
<td><strong>Medisafe Meds and Pill Reminder</strong> page 163</td>
</tr>
<tr>
<td><strong>Medo de Voar App [Fear of Flying App]</strong> page 164</td>
</tr>
<tr>
<td><strong>MedSimple</strong> page 165</td>
</tr>
<tr>
<td><strong>MedTracker</strong> page 166</td>
</tr>
<tr>
<td><strong>MindShift</strong> page 167</td>
</tr>
<tr>
<td><strong>MobiCeliac [XL]</strong> page 168</td>
</tr>
<tr>
<td><strong>Mobilplanforalle</strong> page 169</td>
</tr>
<tr>
<td><strong>Moje Leczenie [My Treatment]</strong> page 171</td>
</tr>
<tr>
<td><strong>My Lupus Log</strong> page 176</td>
</tr>
<tr>
<td><strong>My NET Manager</strong> page 178</td>
</tr>
<tr>
<td><strong>MyFactor</strong> page 181</td>
</tr>
<tr>
<td><strong>MyFitnessPal</strong> page 182</td>
</tr>
<tr>
<td><strong>MyMedRec</strong> page 184</td>
</tr>
<tr>
<td><strong>mySugr Diabetes Logbook</strong> page 186</td>
</tr>
<tr>
<td><strong>NCT Babychange</strong> page 189</td>
</tr>
<tr>
<td><strong>NeuroMind</strong> page 190</td>
</tr>
<tr>
<td><strong>NHS Health and Symptom Checker</strong> page 191</td>
</tr>
<tr>
<td><strong>Nike+ Running</strong> page 192</td>
</tr>
<tr>
<td><strong>Noom CardioTrainer</strong> page 193</td>
</tr>
<tr>
<td><strong>Orphanet, the mobile portal for rare diseases</strong> page 197</td>
</tr>
<tr>
<td><strong>Pact</strong> page 198</td>
</tr>
<tr>
<td><strong>Pain Care</strong> page 199</td>
</tr>
<tr>
<td><strong>Parkinson's Central</strong> page 200</td>
</tr>
<tr>
<td><strong>Parkinson's EasyCall</strong> page 201</td>
</tr>
</tbody>
</table>
Pausesboogie fra Gigtforeningen [Pause Boogie from the Rheumatism Association] page 203
Pedometer page 205
Period Tracker page 206
Plague Inc. page 212
Platemate page 213
Play to Cure: Genes in Space page 214
Pollen-News page 215
Pollenvarsel page 216
Predictable page 217
Propeller Health page 221

QuitSTART page 223

Rädda Liv [Save Life] page 224
RCP Asfixia [CPR Choking in English-language version] page 226
Recovery Record page 227
Restaurant Nutrition page 228
Reverse the Odds page 229
RheumaTrack page 231
Röda Korset Första hjälpen [Red Cross First Aid] page 232
Runtastic Pro page 233

Safe&Sound page 235
SATS Elixia page 236
See and Learn Saying More Words page 237
SeeWord page 238
Self Help for iPad page 239
ShopWell – Diet and Food Scanner page 242
Sleep Cycle Alarm Clock page 247
Smart Foods Organic Diet Buddy page 251
Smoke Free – Quit smoking now and stop for good page 252
Solve the Outbreak page 253
Special Stories page 257
Special Words page 258
Speed Anatomy Lite (Quiz) page 259
Spot a Stroke F.A.S.T. page 261
Stay Alive page 262
Stop Panic & Anxiety Self-Help page 263
Stress Tips page 264
SUAS – Supporting and Understanding Ankylosing Spondylitis page 265
Súlypont page 266
SunSmart page 267
Sussex Air page 268

T
T2 Mood Tracker page 269
TapToTalk page 272
Toilet Finder page 274
Track3 page 275
Traffic Light Food Tracker page 276
Trygfonden Hjertestart [Tryg Foundation Heart Start] page 278

U
Ulster County SPEAK page 280
uMotif page 281
U-Turn (Opiate Overdose Response) page 283
UV-Indeks page 284

V
Vacunas 3.0 page 285
Visual Anatomy Lite/Free page 288
Vlieg App [Fly App] page 290
Voice4u AAC Communication page 291

W
WaterMinder page 292
Wheelmap page 293
Wheelmate page 294
Workout Trainer page 296

Y
Your Medicine 1-2-3 pro page 298

Z
Zombies, Run! page 299
Zoom Plus Video Magnifier page 300
### Apple

<table>
<thead>
<tr>
<th>Index</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>112 Iceland</td>
<td>1</td>
</tr>
<tr>
<td>25 Tips to Surviving with Adult AD/HD by Maren Angelotti</td>
<td>2</td>
</tr>
</tbody>
</table>

### A

- About Herbs | 4 |
- ActiveME | 5 |
- Afa-MICI | 6 |
- AiC Mobile | 7 |
- Aidsmap news | 8 |
- airTEXT | 9 |
- AliveECG | 11 |
- Alphabet Tracing | 12 |
- Alzheimer App | 13 |
- Amber Homeless Helper | 14 |
- Angry Birds | 15 |
- Apo-App | 17 |
- Argus – Pedometer, Run, Cycle | 19 |
- Asthma Coach | 22 |
- Asthma-Info | 23 |
- AsthmaTrack | 24 |
- AVC | 25 |

### B

- Back to Action | 26 |
- Beat Panic [FullKontrol in Norwegian] | 27 |
- Behavior Tracker Pro | 28 |
- Bellabeat | 29 |
- BHF PocketCPR | 30 |
- Big Picture Debates the Brain | 32 |
- Big White Wall | 33 |
- Brain S3D HD | 36 |
- BrainyApp | 37 |
- BreastAware | 38 |
- British Sign Language – Finger Spelling | 40 |
- Brush DJ | 41 |
- C25K – 5K Trainer Free | 42 |

### C

- Calico (Global) | 43 |
- Calorie Counter & Diet Tracker | 44 |
- Calorie Counter and kJ Counter PRO by MyNetDiary | 45 |
- Calorie Counter by FatSecret | 46 |
- CalorieKing Australia Calorie Counter | 47 |
- Carb Counting with Lenny | 48 |
- Carbs & Cals | 49 |
- Care4Today Mobile Health Manager and Medication Reminder | 50 |
- CareMonkey | 51 |
- CaringBridge | 52 |
- CatchMyPain – Pain Diary | 53 |
- CF MedCare | 55 |
- Charity Miles | 56 |
- Chatable | 57 |
- Chemo Brain Doc Notes Free | 58 |
- Chest PT | 59 |
- Child Feeding Guide | 60 |
- Clinical Trial Seek | 61 |
- Cochrane Library, The | 62 |
- coldAlert | 64 |
- Contigo | 67 |
- Cook & Count | 68 |
- CPtoys | 69 |
- Crisis Card | 70 |

### D

- DAF Assistant | 71 |
- DevContacts | 72 |
- Diabetes App – blood sugar control, glucose tracker and carb counter | 73 |
- Diabetes og kulhydratt | 74 |
- Diabetes Pilot | 75 |
- Dosecast | 77 |
- Dr. McDougall Mobile Cookbook | 78 |
- Dr.DRIN | 79 |
- Dragon Dictation | 80 |
- Dragon Search | 81 |

### E

- Epilepsy Action | 83 |
- Epocrates | 84 |
- Ernährung Pro | 86 |
- e-symptoms | 87 |
- eTangram | 88 |
- European Health Insurance Card (EHIC) | 89 |
- Everyday BSL Dictionary | 90 |
- Everyday Skills | 91 |
- Exsmokers iCoach | 92 |

### F

- Fear of Flying App | 93 |
- Fertility Friend Ovulation | 94 |
Find Me Gluten Free  page 95
First aid by British Red Cross  page 96
FitDay Mobile  page 97
Focus on Lymphoma  page 98
FoodSwitch  page 100
FoodSwitch New Zealand  page 101
FoodSwitch UK  page 102
Fooducate  page 103

GI Buddy  page 105
Global Corporate Challenge  page 106
Glucose Companion Free  page 107
GoMeals  page 109
Grace – Picture Exchange for Non-Verbal People  page 110

HabitRPG  page 111
HAE Attack Tracker  page 112
Headache Diary (ecoHeadache)  page 113
Headspace (on-the-go)  page 115
Healthsome G for Glucose  page 116
Hearing-Check  page 117
Heart Decide  page 118
HemaGo  page 121

iAnkylosing Spondylitis  page 124
iBP Blood Pressure  page 125
iCouch CBT  page 126
iMean  page 128
iMood Journal  page 129
Instant Heart Rate  page 131
Iron tracker-Hemochromatosis  page 132
iPrompts  page 133
iStayHealthy  page 135
ItsaMANTHING – Prostate Cancer  page 137

Jointly  page 138
Journals of the American Diabetes Association  page 139

La Mia Voce  page 141
Lab Tests Online  page 142
Lifesaver Mobile  page 144
Lifesum “Lifestyle Tracker and Calorie Counter”  page 145

Lift Pulse  page 146
Liv med Kræft [Life with Cancer]  page 147
Live OCD Free  page 148
Liverpool HEP iChart  page 149
Liverpool HIV iChart  page 150
Living Safely  page 151
Locabulary Lite  page 152
Lockitron  page 153
LookTel Money Reader  page 154
Lose It!  page 155
Lumosity  page 156

Macleans Nurdle Time  page 157
Med Helper – Pill Reminder and Medication Tracker  page 160
mediLexicon  page 162
MediSafe Meds and Pill Reminder  page 163
Medo de Voar App [Fear of Flying App]  page 164
MedSimple  page 165
MedTracker  page 166
MindShift  page 167
mobiCeliac [XL]  page 168
Mobilplanforalle  page 169
Model Me Going Places 2  page 170
Moje Leczenie [My Treatment]  page 171
MoodKit  page 172
Moodometer  page 173
My Friend Isabelle  page 175
My Medication Passport  page 177
My NET Manager  page 178
My Pain Diary: Chronic Pain Management  page 179
MyAsthma  page 180
MyFactor  page 181
MyFitnessPal  page 182
myIBD  page 183
MyMedRec  page 184
MyPlate Calorie Tracker  page 185
mySugr Diabetes Logbook  page 186
MyTalkTools Mobile  page 187

National Public Toilet Map  page 188
NCT Babychange  page 189
NeuroMind  page 190
NHS Health and Symptom Checker  page 191
<table>
<thead>
<tr>
<th>INDEXES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nike+ Running</strong></td>
</tr>
<tr>
<td><strong>Numera Social</strong></td>
</tr>
<tr>
<td><strong>O</strong></td>
</tr>
<tr>
<td><strong>OATBook</strong></td>
</tr>
<tr>
<td><strong>Open Drug Discovery Teams</strong></td>
</tr>
<tr>
<td><strong>Orphanet, the mobile portal for rare diseases</strong></td>
</tr>
<tr>
<td><strong>P</strong></td>
</tr>
<tr>
<td><strong>Pact</strong></td>
</tr>
<tr>
<td><strong>Pain Care</strong></td>
</tr>
<tr>
<td><strong>Parkinson's Central</strong></td>
</tr>
<tr>
<td><strong>Patient.co.uk</strong></td>
</tr>
<tr>
<td><strong>Pauseboogie fra Gigtforeningen [Pause Boogie from the Rheumatism Association]</strong></td>
</tr>
<tr>
<td><strong>PD Life</strong></td>
</tr>
<tr>
<td><strong>Pedometer</strong></td>
</tr>
<tr>
<td><strong>Period Tracker</strong></td>
</tr>
<tr>
<td><strong>Personality Profile Quizzes</strong></td>
</tr>
<tr>
<td><strong>Pictello</strong></td>
</tr>
<tr>
<td><strong>Pill Reminder Pro (Push Notification)</strong></td>
</tr>
<tr>
<td><strong>Pillbox</strong></td>
</tr>
<tr>
<td><strong>Pillboxie</strong></td>
</tr>
<tr>
<td><strong>Plague Inc.</strong></td>
</tr>
<tr>
<td><strong>Platemate</strong></td>
</tr>
<tr>
<td><strong>Play to Cure: Genes in Space</strong></td>
</tr>
<tr>
<td><strong>Pollen-News</strong></td>
</tr>
<tr>
<td><strong>Pollenzversel</strong></td>
</tr>
<tr>
<td><strong>Predictable</strong></td>
</tr>
<tr>
<td><strong>Prizmo</strong></td>
</tr>
<tr>
<td><strong>Proloquo2Go</strong></td>
</tr>
<tr>
<td><strong>Proloquo4Text</strong></td>
</tr>
<tr>
<td><strong>Propeller Health</strong></td>
</tr>
<tr>
<td><strong>Q</strong></td>
</tr>
<tr>
<td><strong>Qcard</strong></td>
</tr>
<tr>
<td><strong>QuitSTART</strong></td>
</tr>
<tr>
<td><strong>R</strong></td>
</tr>
<tr>
<td><strong>Rädda Liv [Save Life]</strong></td>
</tr>
<tr>
<td><strong>Rally Round – organise jobs and helpers</strong></td>
</tr>
<tr>
<td><strong>RCP Asfixia [CPR Choking in English-language version]</strong></td>
</tr>
<tr>
<td><strong>Recovery Record</strong></td>
</tr>
<tr>
<td><strong>Restaurant Nutrition</strong></td>
</tr>
<tr>
<td><strong>RheumaBuddy</strong></td>
</tr>
<tr>
<td><strong>RheumaTrack</strong></td>
</tr>
<tr>
<td><strong>Röda Korset Första hjälpen [Red Cross First Aid]</strong></td>
</tr>
<tr>
<td><strong>Runtastic Pro</strong></td>
</tr>
<tr>
<td><strong>RxmindMe Prescription</strong></td>
</tr>
<tr>
<td><strong>S</strong></td>
</tr>
<tr>
<td><strong>SATS Elixia</strong></td>
</tr>
<tr>
<td><strong>See and Learn Saying More Words</strong></td>
</tr>
<tr>
<td><strong>SeeWord</strong></td>
</tr>
<tr>
<td><strong>Self Help for iPad</strong></td>
</tr>
<tr>
<td><strong>Seriously Good! Gluten Free Living</strong></td>
</tr>
<tr>
<td><strong>ShopWell – Diet and Food Scanner</strong></td>
</tr>
<tr>
<td><strong>ShoulderDoc</strong></td>
</tr>
<tr>
<td><strong>Sign 4 Me</strong></td>
</tr>
<tr>
<td><strong>Skill Tracker Pro</strong></td>
</tr>
<tr>
<td><strong>Skin S3D HD</strong></td>
</tr>
<tr>
<td><strong>Sleep Cycle Alarm Clock</strong></td>
</tr>
<tr>
<td><strong>SmallTalk Aphasia – Female</strong></td>
</tr>
<tr>
<td><strong>SmallTalk Intensive Care</strong></td>
</tr>
<tr>
<td><strong>SmallTalk Pain Scale</strong></td>
</tr>
<tr>
<td><strong>Smart Foods Organic Diet Buddy</strong></td>
</tr>
<tr>
<td><strong>Smoke Free – Quit smoking now and stop for good</strong></td>
</tr>
<tr>
<td><strong>Solve the Outbreak</strong></td>
</tr>
<tr>
<td><strong>Sorenson BuzzCards</strong></td>
</tr>
<tr>
<td><strong>Sorted: The daily organiser</strong></td>
</tr>
<tr>
<td><strong>Speak it! Text to Speech</strong></td>
</tr>
<tr>
<td><strong>Special Stories</strong></td>
</tr>
<tr>
<td><strong>Special Words</strong></td>
</tr>
<tr>
<td><strong>Speed Anatomy Lite (Quiz)</strong></td>
</tr>
<tr>
<td><strong>Splingo</strong></td>
</tr>
<tr>
<td><strong>Spot a Stroke F.A.S.T.</strong></td>
</tr>
<tr>
<td><strong>Stay Alive</strong></td>
</tr>
<tr>
<td><strong>Stress Tips</strong></td>
</tr>
<tr>
<td><strong>SUAS – Supporting and Understanding Ankylosing Spondylitis</strong></td>
</tr>
<tr>
<td><strong>Súlypont</strong></td>
</tr>
<tr>
<td><strong>SunSmart</strong></td>
</tr>
<tr>
<td><strong>Sussex Air</strong></td>
</tr>
<tr>
<td><strong>T</strong></td>
</tr>
<tr>
<td><strong>T2 Mood Tracker</strong></td>
</tr>
<tr>
<td><strong>Talkforme</strong></td>
</tr>
<tr>
<td><strong>Tap Tap</strong></td>
</tr>
<tr>
<td><strong>TapToTalk</strong></td>
</tr>
<tr>
<td><strong>Toahjälpen</strong></td>
</tr>
<tr>
<td><strong>Toilet Finder</strong></td>
</tr>
<tr>
<td><strong>Track3</strong></td>
</tr>
</tbody>
</table>
Traffic Light Food Tracker  page 276
Treatable-ID  page 277
Trygfonden Hjertestart [Tryg Foundation Heart Start]  page 278
uHear  page 279
Ulster County SPEAK  page 280
uMotif  page 281
UP  page 282
U-Turn (Opiate Overdose Response)  page 283
UV-Indeks  page 284
Vacunas 3.0  page 285
Verbal Victor  page 286
Verbally  page 287
Visual Anatomy Lite/Free  page 288
VizWiz  page 289
Vlieg App [Fly App]  page 290
Voice4u AAC Communication  page 291
WaterMinder  page 292
Wheelmate  page 294
WhQuestions  page 295
Workout Trainer  page 296
Zombies, Run!  page 299

BLACKBERRY

Angry Birds  page 15
Calorie Counter & Diet Tracker  page 44
Calorie Counter and KJ Counter PRO by MyNetDiary  page 45
First aid by British Red Cross  page 96
iRecordit Diabetes Sugar Glucose and Health Tracker

M
mediLexicon  page 162

S
Speed Anatomy Lite (Quiz)  page 259
Stress Tips  page 264

W
Workout Trainer  page 296

BROWSER

5 things to do before I die  page 3

A
About Herbs  page 4
AiC Mobile  page 7
Aidsmap news  page 8
airTEXT  page 9
AliveECG  page 11
Alphabet Tracing  page 12
Alzheimer App  page 13
Amber Homeless Helper  page 14
Angry Birds  page 15
App Paura di Volare? [Fear of Flying App]  page 18
Argus – Pedometer, Run, Cycle  page 19
AskSARA  page 21
Asthma Coach  page 22
Asthma-Info  page 23
AVC  page 25

B
Back to Action  page 26
Behavior Tracker Pro  page 28
Bellabeat  page 29
BIG Launcher  page 31
Big Picture Debates the Brain  page 32
Big White Wall  page 33
BrainyApp  page 37
Bribespot  page 39

C
C25K – 5K Trainer Free  page 42
Calico (Global)  page 43
Carb Counting with Lenny  page 48
Care4Today Mobile Health Manager and Medication Reminder  page 50
CareMonkey  page 51
INDEXES

<table>
<thead>
<tr>
<th>Application</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>CaringBridge</td>
<td>52</td>
</tr>
<tr>
<td>CatchMyPain – Pain Diary</td>
<td>53</td>
</tr>
<tr>
<td>CBT Keeper</td>
<td>54</td>
</tr>
<tr>
<td>CF MedCare</td>
<td>55</td>
</tr>
<tr>
<td>Charity Miles</td>
<td>56</td>
</tr>
<tr>
<td>Chatable</td>
<td>57</td>
</tr>
<tr>
<td>Chemo Brain Doc Notes Free</td>
<td>58</td>
</tr>
<tr>
<td>Child Feeding Guide</td>
<td>60</td>
</tr>
<tr>
<td>Clinical Trial Seek</td>
<td>61</td>
</tr>
<tr>
<td>Cochrane Library, The</td>
<td>62</td>
</tr>
<tr>
<td>coldAlert</td>
<td>64</td>
</tr>
<tr>
<td>Confederacion Autismo España [Autism Confederation Spain]</td>
<td>66</td>
</tr>
<tr>
<td>Contigo</td>
<td>67</td>
</tr>
<tr>
<td>DAF Assistant</td>
<td>71</td>
</tr>
<tr>
<td>Diabetes og kulhydratt</td>
<td>74</td>
</tr>
<tr>
<td>Diabetes Pilot</td>
<td>75</td>
</tr>
<tr>
<td>Doc Ready</td>
<td>76</td>
</tr>
<tr>
<td>Dr.Drin</td>
<td>79</td>
</tr>
<tr>
<td>E</td>
<td></td>
</tr>
<tr>
<td>Epilepsy Action</td>
<td>83</td>
</tr>
<tr>
<td>Epocrates</td>
<td>84</td>
</tr>
<tr>
<td>Eppy</td>
<td>85</td>
</tr>
<tr>
<td>Ernährung Pro</td>
<td>86</td>
</tr>
<tr>
<td>e-symptoms</td>
<td>87</td>
</tr>
<tr>
<td>eTangram</td>
<td>88</td>
</tr>
<tr>
<td>European Health Insurance Card (EHIC)</td>
<td>89</td>
</tr>
<tr>
<td>Exsmokers iCoach</td>
<td>92</td>
</tr>
<tr>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Fear of Flying App</td>
<td>93</td>
</tr>
<tr>
<td>Fertility Friend Ovulation</td>
<td>94</td>
</tr>
<tr>
<td>Find Me Gluten Free</td>
<td>95</td>
</tr>
<tr>
<td>First aid by British Red Cross</td>
<td>96</td>
</tr>
<tr>
<td>Focus on Lymphoma</td>
<td>98</td>
</tr>
<tr>
<td>Fodspor [Footprints]</td>
<td>99</td>
</tr>
<tr>
<td>FoodSwitch</td>
<td>100</td>
</tr>
<tr>
<td>FoodSwitch New Zealand</td>
<td>101</td>
</tr>
<tr>
<td>FoodSwitch UK</td>
<td>102</td>
</tr>
<tr>
<td>Fooducate</td>
<td>103</td>
</tr>
<tr>
<td>G</td>
<td></td>
</tr>
<tr>
<td>Gi BodyGuard from the CDHF</td>
<td>104</td>
</tr>
<tr>
<td>GI Buddy</td>
<td>105</td>
</tr>
<tr>
<td>Global Corporate Challenge</td>
<td>106</td>
</tr>
<tr>
<td>GoMeals</td>
<td>109</td>
</tr>
<tr>
<td>H</td>
<td></td>
</tr>
<tr>
<td>HabitRPG</td>
<td>111</td>
</tr>
<tr>
<td>HAE Attack Tracker</td>
<td>112</td>
</tr>
<tr>
<td>Headache Diary (ecoHeadache)</td>
<td>113</td>
</tr>
<tr>
<td>Headache Diary Lite</td>
<td>114</td>
</tr>
<tr>
<td>Headspace (on-the-go)</td>
<td>115</td>
</tr>
<tr>
<td>Healthsome G for Glucose</td>
<td>116</td>
</tr>
<tr>
<td>Hearing-Check</td>
<td>117</td>
</tr>
<tr>
<td>HelpDiabetes</td>
<td>119</td>
</tr>
<tr>
<td>HelpTalk</td>
<td>120</td>
</tr>
<tr>
<td>HemaGo</td>
<td>121</td>
</tr>
<tr>
<td>HIV Health Tracker</td>
<td>122</td>
</tr>
<tr>
<td>I</td>
<td></td>
</tr>
<tr>
<td>iAdvocate</td>
<td>123</td>
</tr>
<tr>
<td>iCouch CBT</td>
<td>126</td>
</tr>
<tr>
<td>iHobo</td>
<td>127</td>
</tr>
<tr>
<td>iMood Journal</td>
<td>129</td>
</tr>
<tr>
<td>Impf-Uhr [Vaccination Clock]</td>
<td>130</td>
</tr>
<tr>
<td>Iron tracker-Hemochromatosis</td>
<td>132</td>
</tr>
<tr>
<td>iStayHealthy</td>
<td>135</td>
</tr>
<tr>
<td>ITP Support App</td>
<td>136</td>
</tr>
<tr>
<td>ItsaMANTHING – Prostate Cancer</td>
<td>137</td>
</tr>
<tr>
<td>J</td>
<td></td>
</tr>
<tr>
<td>Jointly</td>
<td>138</td>
</tr>
<tr>
<td>Journals of the American Diabetes Association</td>
<td>139</td>
</tr>
<tr>
<td>L</td>
<td></td>
</tr>
<tr>
<td>La Mia Voce</td>
<td>141</td>
</tr>
<tr>
<td>Lab Tests Online</td>
<td>142</td>
</tr>
<tr>
<td>Lifesaver Mobile</td>
<td>144</td>
</tr>
<tr>
<td>Lift Pulse</td>
<td>146</td>
</tr>
<tr>
<td>Liv med Kræft [Life with Cancer]</td>
<td>147</td>
</tr>
<tr>
<td>Liverpool HIV iChart</td>
<td>150</td>
</tr>
<tr>
<td>Lockitron</td>
<td>153</td>
</tr>
<tr>
<td>Lumosity</td>
<td>156</td>
</tr>
<tr>
<td>M</td>
<td></td>
</tr>
<tr>
<td>Manage My Pain Lite</td>
<td>158</td>
</tr>
<tr>
<td>MappyHealth</td>
<td>159</td>
</tr>
<tr>
<td>Med Helper – Pill Reminder and Medication Tracker</td>
<td>160</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder</td>
<td>163</td>
</tr>
<tr>
<td>Medo de Voar App [Fear of Flying App]</td>
<td>164</td>
</tr>
<tr>
<td>MedTracker</td>
<td>166</td>
</tr>
<tr>
<td>MindShift</td>
<td>167</td>
</tr>
</tbody>
</table>
**INDEXES**

<table>
<thead>
<tr>
<th>Application</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>mobiCeliac [XL]</td>
<td>168</td>
</tr>
<tr>
<td>Mobilplanforalle</td>
<td>169</td>
</tr>
<tr>
<td>Moje Leczenie [My Treatment]</td>
<td>171</td>
</tr>
<tr>
<td>MoodKit</td>
<td>172</td>
</tr>
<tr>
<td>Moodometer</td>
<td>173</td>
</tr>
<tr>
<td>My DisabledGo London</td>
<td>174</td>
</tr>
<tr>
<td>My Lupus Log</td>
<td>176</td>
</tr>
<tr>
<td>My Medication Passport</td>
<td>177</td>
</tr>
<tr>
<td>MyFactor</td>
<td>181</td>
</tr>
<tr>
<td>myIBD</td>
<td>183</td>
</tr>
<tr>
<td>MyMedRec</td>
<td>184</td>
</tr>
<tr>
<td>MyPlate Calorie Tracker</td>
<td>185</td>
</tr>
<tr>
<td>mySugr Diabetes Logbook</td>
<td>186</td>
</tr>
<tr>
<td>MyTalkTools Mobile</td>
<td>187</td>
</tr>
<tr>
<td>National Public Toilet Map</td>
<td>188</td>
</tr>
<tr>
<td>NCT Babychange</td>
<td>189</td>
</tr>
<tr>
<td>NHS Health and Symptom Checker</td>
<td>191</td>
</tr>
<tr>
<td>OATBook</td>
<td>195</td>
</tr>
<tr>
<td>Pact</td>
<td>198</td>
</tr>
<tr>
<td>Parkinson's EasyCall</td>
<td>201</td>
</tr>
<tr>
<td>Pauseboogie fra Gigterforeningen [Pause Boogie from the Rheumatism Association]</td>
<td>203</td>
</tr>
<tr>
<td>PD Life</td>
<td>204</td>
</tr>
<tr>
<td>Period Tracker</td>
<td>206</td>
</tr>
<tr>
<td>Personality Profile Quizzes</td>
<td>207</td>
</tr>
<tr>
<td>Pictello</td>
<td>208</td>
</tr>
<tr>
<td>Pillbox</td>
<td>210</td>
</tr>
<tr>
<td>Plague Inc.</td>
<td>212</td>
</tr>
<tr>
<td>Platemate</td>
<td>213</td>
</tr>
<tr>
<td>Play to Cure: Genes in Space</td>
<td>214</td>
</tr>
<tr>
<td>Pollen-News</td>
<td>215</td>
</tr>
<tr>
<td>Pollenvarsel</td>
<td>216</td>
</tr>
<tr>
<td>Proloquo4Text</td>
<td>220</td>
</tr>
<tr>
<td>Propeller Health</td>
<td>221</td>
</tr>
<tr>
<td>Qcard</td>
<td>222</td>
</tr>
<tr>
<td>QuitSTART</td>
<td>223</td>
</tr>
<tr>
<td>Rädda Liv [Save Life]</td>
<td>224</td>
</tr>
<tr>
<td>Rally Round – organise jobs and helpers</td>
<td>225</td>
</tr>
<tr>
<td>Recovery Record</td>
<td>227</td>
</tr>
<tr>
<td>Reverse the Odds</td>
<td>229</td>
</tr>
<tr>
<td>RheumaBuddy</td>
<td>230</td>
</tr>
<tr>
<td>Runtastic Pro</td>
<td>233</td>
</tr>
<tr>
<td>SATS Elixia</td>
<td>236</td>
</tr>
<tr>
<td>SeeWord</td>
<td>238</td>
</tr>
<tr>
<td>Self Help for iPad</td>
<td>239</td>
</tr>
<tr>
<td>Seriously Good! Gluten Free Living</td>
<td>240</td>
</tr>
<tr>
<td>Shifting Perspectives</td>
<td>241</td>
</tr>
<tr>
<td>ShopWell – Diet and Food Scanner</td>
<td>242</td>
</tr>
<tr>
<td>ShoulderDoc</td>
<td>243</td>
</tr>
<tr>
<td>Skill Tracker Pro</td>
<td>245</td>
</tr>
<tr>
<td>SmallTalk Aphasia – Female</td>
<td>248</td>
</tr>
<tr>
<td>SmallTalk Intensive Care</td>
<td>249</td>
</tr>
<tr>
<td>Smart Foods Organic Diet Buddy</td>
<td>251</td>
</tr>
<tr>
<td>Smoke Free – Quit smoking now and stop for good</td>
<td>252</td>
</tr>
<tr>
<td>Solve the Outbreak</td>
<td>253</td>
</tr>
<tr>
<td>Sorted: The daily organiser</td>
<td>255</td>
</tr>
<tr>
<td>Special Stories</td>
<td>257</td>
</tr>
<tr>
<td>Special Words</td>
<td>258</td>
</tr>
<tr>
<td>Spot a Stroke F.A.S.T.</td>
<td>261</td>
</tr>
<tr>
<td>Stay Alive</td>
<td>262</td>
</tr>
<tr>
<td>Stress Tips</td>
<td>264</td>
</tr>
<tr>
<td>SUAS – Supporting and Understanding Ankylosing Spondylitis</td>
<td>265</td>
</tr>
<tr>
<td>Súlypont</td>
<td>266</td>
</tr>
<tr>
<td>SunSmart</td>
<td>267</td>
</tr>
<tr>
<td>Tap Tap</td>
<td>271</td>
</tr>
<tr>
<td>Toahjälpen</td>
<td>273</td>
</tr>
<tr>
<td>Track3</td>
<td>275</td>
</tr>
<tr>
<td>Treatable-ID</td>
<td>277</td>
</tr>
<tr>
<td>Trygfonden Hjertestart [Tryg Foundation Heart Start]</td>
<td>278</td>
</tr>
<tr>
<td>uHear</td>
<td>279</td>
</tr>
<tr>
<td>Ulster County SPEAK</td>
<td>280</td>
</tr>
<tr>
<td>uMotif</td>
<td>281</td>
</tr>
<tr>
<td>UP</td>
<td>282</td>
</tr>
<tr>
<td>U-Turn (Opiate Overdose Response)</td>
<td>283</td>
</tr>
<tr>
<td>UV-Indeks</td>
<td>284</td>
</tr>
<tr>
<td>Vacunas 3.0</td>
<td>285</td>
</tr>
<tr>
<td>Visual Anatomy Lite/Free</td>
<td>288</td>
</tr>
</tbody>
</table>
**INDEXES**

VizWiz  page 289  
Vlieg App [Fly App]  page 290

<table>
<thead>
<tr>
<th>INDEX</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>V</td>
<td>Visual Anatomy Lite/Free  page 288</td>
</tr>
<tr>
<td>Z</td>
<td>Zombies, Run!  page 299</td>
</tr>
</tbody>
</table>

**NOKIA**

Vacunas 3.0  page 285

**WINDOWS**

112 Iceland  page 1

<table>
<thead>
<tr>
<th>INDEX</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Apo-App  page 17</td>
</tr>
<tr>
<td></td>
<td>Artrite Reumatoide  page 20</td>
</tr>
<tr>
<td>C</td>
<td>Calorie Counter by FatSecret  page 46</td>
</tr>
<tr>
<td>D</td>
<td>Diabetes Pilot  page 75</td>
</tr>
<tr>
<td>E</td>
<td>European Health Insurance Card (EHIC)  page 89</td>
</tr>
<tr>
<td>H</td>
<td>Heart Decide  page 118</td>
</tr>
<tr>
<td></td>
<td>HIV Health Tracker  page 122</td>
</tr>
<tr>
<td>M</td>
<td>MyFitnessPal  page 182</td>
</tr>
<tr>
<td></td>
<td>MyPlate Calorie Tracker  page 185</td>
</tr>
<tr>
<td>N</td>
<td>NeuroMind  page 190</td>
</tr>
<tr>
<td>P</td>
<td>Patient.co.uk  page 202</td>
</tr>
<tr>
<td></td>
<td>Period Tracker  page 206</td>
</tr>
<tr>
<td>R</td>
<td>Röda Korset Första hjälp [Red Cross First Aid]  page 232</td>
</tr>
<tr>
<td></td>
<td>Runtastic Pro  page 233</td>
</tr>
<tr>
<td>S</td>
<td>SATS Elixia  page 236</td>
</tr>
<tr>
<td></td>
<td>See and Learn Saying More Words  page 237</td>
</tr>
<tr>
<td>T</td>
<td>Toilet Finder  page 274</td>
</tr>
</tbody>
</table>
List of apps by language

The majority of apps in this Directory are in English. Below is a list of apps available in languages other than English.

**ALBANIAN**
- Special Words page 258

**ARABIC**
- BIG Launcher page 31
- Dragon Dictation page 80
- Dragon Search page 81
- MediSafe Meds and Pill Reminder page 163
- Wheelmap page 293

**BASQUE**
- eTangram page 88
- Traffic Light Food Tracker page 276
- World Child Cancer page 297

**BOKMÅL**
- Lifesum “Lifestyle Tracker and Calorie Counter” page 145
- LookTel Money Reader page 154
- Prizmo page 218
- SATS Elixia page 236
- Wheelmap page 293

**BULGARIAN**
- European Health Insurance Card (EHIC) page 89
- Special Words page 258
- Wheelmap page 293

**CATALAN**
- mobiCeliac [XL] page 168
- Special Stories page 257
- Special Words page 258

**CHINESE**
- Afa-MICI page 6
- Angry Birds page 15
- BIG Launcher page 31
- Blood Pressure Log page 34
- Calorie Counter by FatSecret page 46
- Dragon Dictation page 80
- Dragon Search page 81
- Healthsome G for Glucose page 116
- Hearing-Check page 117
- LookTel Money Reader page 154
- MediSafe Meds and Pill Reminder page 163
- MyTalkTools Mobile page 187
- Nike+ Running page 192
- Period Tracker page 206
- Runtastic Pro page 233
- Traffic Light Food Tracker page 276
- UP page 282
- WaterMinder page 292
- World Child Cancer page 297

**CROATIAN**
- BIG Launcher page 31
- Special Stories page 257
- Special Words page 258

**CZECH**
- Afa-MICI page 6
- BIG Launcher page 31
- Dragon Dictation page 80
- Dragon Search page 81
- European Health Insurance Card (EHIC) page 89
- Hearing-Check page 117
- Runtastic Pro page 233
- Talkforme page 270
### INDEXES

<table>
<thead>
<tr>
<th>App/Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trygfonden Hjertestart [Tryg Foundation Heart Start]</td>
<td>278</td>
</tr>
<tr>
<td>UV-Indeks</td>
<td>284</td>
</tr>
<tr>
<td>Wheelmap</td>
<td>293</td>
</tr>
<tr>
<td><strong>DUTCH</strong></td>
<td></td>
</tr>
<tr>
<td>Afa-MICI</td>
<td>6</td>
</tr>
<tr>
<td>Asthma Coach</td>
<td>22</td>
</tr>
<tr>
<td>BIG Launcher</td>
<td>31</td>
</tr>
<tr>
<td>Blood Pressure Log</td>
<td>34</td>
</tr>
<tr>
<td>Calorie Counter by FatSecret</td>
<td>46</td>
</tr>
<tr>
<td>CatchMyPain – Pain Diary</td>
<td>53</td>
</tr>
<tr>
<td>Dragon Dictation</td>
<td>80</td>
</tr>
<tr>
<td>Dragon Search</td>
<td>81</td>
</tr>
<tr>
<td>Eppy</td>
<td>85</td>
</tr>
<tr>
<td>European Health Insurance Card (EHIC)</td>
<td>89</td>
</tr>
<tr>
<td>GlutenVrij [GlutenFree]</td>
<td>108</td>
</tr>
<tr>
<td>Hearing-Check</td>
<td>117</td>
</tr>
<tr>
<td>HelpDiabetes</td>
<td>119</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder</td>
<td>163</td>
</tr>
<tr>
<td>mySugr Diabetes Logbook</td>
<td>186</td>
</tr>
<tr>
<td>MyTalkTools Mobile</td>
<td>187</td>
</tr>
<tr>
<td>Pedometer</td>
<td>205</td>
</tr>
<tr>
<td>Period Tracker</td>
<td>206</td>
</tr>
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<td>Pictello</td>
<td>208</td>
</tr>
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<td>Platemate</td>
<td>213</td>
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<td>218</td>
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<tr>
<td>Proloquo4Text</td>
<td>220</td>
</tr>
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<td>Runtastic Pro</td>
<td>233</td>
</tr>
<tr>
<td>Special Stories</td>
<td>257</td>
</tr>
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<td>Special Words</td>
<td>258</td>
</tr>
<tr>
<td>Toilet Finder</td>
<td>274</td>
</tr>
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<td>Traffic Light Food Tracker</td>
<td>276</td>
</tr>
<tr>
<td>UP</td>
<td>282</td>
</tr>
<tr>
<td>Vlieg App [Fly App]</td>
<td>290</td>
</tr>
<tr>
<td>World Child Cancer</td>
<td>297</td>
</tr>
<tr>
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</tr>
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<td>BIG Launcher</td>
<td>31</td>
</tr>
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<td>89</td>
</tr>
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<td><strong>FINNISH</strong></td>
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<td>31</td>
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<td>Dragon Search</td>
<td>81</td>
</tr>
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<td>European Health Insurance Card (EHIC)</td>
<td>89</td>
</tr>
<tr>
<td>LookTel Money Reader</td>
<td>154</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder</td>
<td>163</td>
</tr>
<tr>
<td><strong>FRENCH</strong></td>
<td></td>
</tr>
<tr>
<td>Afa-MICI</td>
<td>6</td>
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<td>Angry Birds</td>
<td>15</td>
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<tr>
<td>Asthma Coach</td>
<td>22</td>
</tr>
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<td>Asthma-Info</td>
<td>23</td>
</tr>
<tr>
<td>AsthmaTrack</td>
<td>24</td>
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<td>25</td>
</tr>
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<td>31</td>
</tr>
<tr>
<td>Blood Pressure Log</td>
<td>34</td>
</tr>
<tr>
<td>Calorie Counter by FatSecret</td>
<td>46</td>
</tr>
<tr>
<td>Care4Today Mobile Health Manager and Medication Reminder</td>
<td>50</td>
</tr>
<tr>
<td>CatchMyPain – Pain Diary</td>
<td>53</td>
</tr>
<tr>
<td>CF MedCare</td>
<td>55</td>
</tr>
<tr>
<td>Dosecast</td>
<td>77</td>
</tr>
<tr>
<td>Dragon Dictation</td>
<td>80</td>
</tr>
<tr>
<td>Dragon Search</td>
<td>81</td>
</tr>
<tr>
<td>e-symptoms</td>
<td>87</td>
</tr>
<tr>
<td>European Health Insurance Card (EHIC)</td>
<td>89</td>
</tr>
<tr>
<td>Global Corporate Challenge</td>
<td>106</td>
</tr>
<tr>
<td>Headache Diary (ecoHeadache)</td>
<td>113</td>
</tr>
<tr>
<td>Headache Diary Lite</td>
<td>114</td>
</tr>
<tr>
<td>Healthsome G for Glucose</td>
<td>116</td>
</tr>
<tr>
<td>Hearing-Check</td>
<td>117</td>
</tr>
<tr>
<td>HelpDiabetes</td>
<td>119</td>
</tr>
<tr>
<td>IMood Journal</td>
<td>129</td>
</tr>
<tr>
<td>LookTel Money Reader</td>
<td>154</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder</td>
<td>163</td>
</tr>
<tr>
<td>My NET Manager</td>
<td>178</td>
</tr>
<tr>
<td>MyMedRec</td>
<td>184</td>
</tr>
<tr>
<td>mySugr Diabetes Logbook</td>
<td>186</td>
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<td>187</td>
</tr>
<tr>
<td>Nike+ Running</td>
<td>192</td>
</tr>
<tr>
<td>Orphanet, the mobile portal for rare diseases</td>
<td>197</td>
</tr>
<tr>
<td>Period Tracker</td>
<td>205</td>
</tr>
<tr>
<td>Pedometer</td>
<td>206</td>
</tr>
</tbody>
</table>

© PatientView 2015
INDEXES

Pictello page 208
Pillboxie page 211
Plague Inc. page 212
Platemate page 213
Pollen-News page 215
Prizmo page 218
Proloquo4Text page 220
RheumaTrack page 231
Runtastic Pro page 233
Speak it! Text to Speech page 256
Special Stories page 257
Special Words page 258
Speed Anatomy Lite (Quiz) page 259
Toilet Finder page 274
Traffic Light Food Tracker page 276
Trygfonden Hjertestart [Tryg Foundation Heart Start] page 278
uHear page 279
UP page 282
WaterMinder page 292
Wheelmap page 293
Wheelmate page 294
Workout Trainer page 296
World Child Cancer page 297

GERMAN
Afa-MICI page 6
Angry Birds page 15
Apo-App page 17
Asthma Coach page 22
Asthma-Info page 23
AsthmaTrack page 24
Behavior Tracker Pro page 28
BIG Launcher page 31
Blood Pressure Log page 34
Calorie Counter by FatSecret page 46
Care4Today Mobile Health Manager and Medication Reminder page 50
CatchMyPain – Pain Diary page 53
CF MedCare page 55
Dosecast page 77
Dragon Dictation page 80
Dragon Search page 81
Ernährung Pro page 86
e-symptoms page 87
European Health Insurance Card (EHIC) page 89
Fertility Friend Ovulation page 94
Global Corporate Challenge page 106
HabitRPG page 111
Headache Diary (ecoHeadache) page 113
Headache Diary Lite page 114
Healthsome G for Glucose page 116
Hearing-Check page 117
iCouch CBT page 126
Impf-Uhr [Vaccination Clock] page 130
iStayHealthy page 135
Libra – Weight Manager page 143
Lifesum “Lifestyle Tracker and Calorie Counter” page 145
LookTel Money Reader page 154
MediSafe Meds and Pill Reminder page 163
mySugr Diabetes Logbook page 186
Nike+ Running page 192
Orphanet, the mobile portal for rare diseases page 197
Pedometer page 205
Period Tracker page 206
Pictello page 208
Plague Inc. page 212
Pollen-News page 215
Prizmo page 218
Proloquo4Text page 220
RheumaTrack page 231
Runtastic Pro page 233
Skill Tracker Pro page 245
Speak it! Text to Speech page 256
Special Stories page 257
Special Words page 258
Speed Anatomy Lite (Quiz) page 259
Toilet Finder page 274
Traffic Light Food Tracker page 276
Trygfonden Hjertestart [Tryg Foundation Heart Start] page 278
uHear page 279
UP page 282
Vacunas 3.0 page 285
WaterMinder page 292
Wheelmap page 293
Wheelmate page 294
Workout Trainer page 296
World Child Cancer page 297
<table>
<thead>
<tr>
<th>INDEXES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GREEK</strong></td>
<td>BIG Launcher page 31</td>
</tr>
<tr>
<td></td>
<td>Dragon Dictation page 80</td>
</tr>
<tr>
<td></td>
<td>Dragon Search page 81</td>
</tr>
<tr>
<td></td>
<td>European Health Insurance Card (EHIC) page 89</td>
</tr>
<tr>
<td></td>
<td>LookTel Money Reader page 154</td>
</tr>
<tr>
<td></td>
<td>Pillboxie page 211</td>
</tr>
<tr>
<td></td>
<td>Wheelmap page 293</td>
</tr>
<tr>
<td><strong>HEBREW</strong></td>
<td>BIG Launcher page 31</td>
</tr>
<tr>
<td></td>
<td>MediSafe Meds and Pill Reminder page 163</td>
</tr>
<tr>
<td></td>
<td>MyTalkTools Mobile page 187</td>
</tr>
<tr>
<td><strong>HINDI</strong></td>
<td>BIG Launcher page 31</td>
</tr>
<tr>
<td></td>
<td>Bribespot page 39</td>
</tr>
<tr>
<td></td>
<td>Special Words page 258</td>
</tr>
<tr>
<td><strong>HUNGARIAN</strong></td>
<td>BIG Launcher page 31</td>
</tr>
<tr>
<td></td>
<td>Blood Pressure Log page 34</td>
</tr>
<tr>
<td></td>
<td>Dragon Dictation page 80</td>
</tr>
<tr>
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<td>Dragon Search page 81</td>
</tr>
<tr>
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<td>European Health Insurance Card (EHIC) page 89</td>
</tr>
<tr>
<td></td>
<td>LookTel Money Reader page 154</td>
</tr>
<tr>
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<td>Súlypon page 266</td>
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<tr>
<td><strong>ICELANDIC</strong></td>
<td>112 Iceland page 1</td>
</tr>
<tr>
<td></td>
<td>Wheelmap page 293</td>
</tr>
<tr>
<td><strong>INDONESIAN</strong></td>
<td>BIG Launcher page 31</td>
</tr>
<tr>
<td></td>
<td>Bribespot page 39</td>
</tr>
<tr>
<td></td>
<td>Calorie Counter by FatSecret page 46</td>
</tr>
<tr>
<td></td>
<td>Dragon Dictation page 80</td>
</tr>
<tr>
<td></td>
<td>Dragon Search page 81</td>
</tr>
<tr>
<td><strong>ITALIAN</strong></td>
<td>Afa-MICI page 6</td>
</tr>
<tr>
<td></td>
<td>AiC Mobile page 7</td>
</tr>
<tr>
<td></td>
<td>Alzheimer App page 13</td>
</tr>
<tr>
<td></td>
<td>Angry Birds page 15</td>
</tr>
<tr>
<td></td>
<td>App Paura di Volare? [Fear of Flying App] page 18</td>
</tr>
<tr>
<td></td>
<td>Artrite Reumatoide page 20</td>
</tr>
<tr>
<td></td>
<td>Asthma Coach page 22</td>
</tr>
<tr>
<td></td>
<td>Asthma-Info page 23</td>
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<td>AsthmaTrack page 24</td>
</tr>
<tr>
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<td>BIG Launcher page 31</td>
</tr>
<tr>
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<td>Blood Pressure Log page 34</td>
</tr>
<tr>
<td></td>
<td>Calorie Counter by FatSecret page 46</td>
</tr>
<tr>
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<td>Dr.DRIN page 79</td>
</tr>
<tr>
<td></td>
<td>Dragon Dictation page 80</td>
</tr>
<tr>
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<td>Dragon Search page 81</td>
</tr>
<tr>
<td></td>
<td>e-symptoms page 87</td>
</tr>
<tr>
<td></td>
<td>European Health Insurance Card (EHIC) page 89</td>
</tr>
<tr>
<td></td>
<td>Headache Diary (ecoHeadache) page 113</td>
</tr>
<tr>
<td></td>
<td>Headache Diary Lite page 114</td>
</tr>
<tr>
<td></td>
<td>Hearing-Check page 117</td>
</tr>
<tr>
<td></td>
<td>HelpDiabetes page 119</td>
</tr>
<tr>
<td></td>
<td>Iron tracker-Hemochromatosis page 132</td>
</tr>
<tr>
<td></td>
<td>La Mia Voce page 141</td>
</tr>
<tr>
<td></td>
<td>Lifesum “Lifestyle Tracker and Calorie Counter” page 145</td>
</tr>
<tr>
<td></td>
<td>LookTel Money Reader page 154</td>
</tr>
<tr>
<td></td>
<td>MediSafe Meds and Pill Reminder page 163</td>
</tr>
<tr>
<td></td>
<td>mySuGr Diabetes Logbook page 186</td>
</tr>
<tr>
<td></td>
<td>MyTalkDiabetes page 187</td>
</tr>
<tr>
<td></td>
<td>Nike+ Running page 192</td>
</tr>
<tr>
<td></td>
<td>Orphanet, the mobile portal for rare diseases page 197</td>
</tr>
<tr>
<td></td>
<td>Pedometer page 205</td>
</tr>
<tr>
<td></td>
<td>Period Tracker page 206</td>
</tr>
<tr>
<td></td>
<td>PluggPage page 211</td>
</tr>
<tr>
<td></td>
<td>Pollen-News page 215</td>
</tr>
<tr>
<td></td>
<td>Prizmo page 218</td>
</tr>
<tr>
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<td>Proloquo4Text page 220</td>
</tr>
<tr>
<td></td>
<td>Runtastic Pro page 233</td>
</tr>
<tr>
<td></td>
<td>Speak it! Text to Speech page 256</td>
</tr>
<tr>
<td></td>
<td>Special Stories page 257</td>
</tr>
<tr>
<td></td>
<td>Special Words page 258</td>
</tr>
<tr>
<td></td>
<td>Speed Anatomy Lite (Quiz) page 259</td>
</tr>
<tr>
<td></td>
<td>Trygfonden Hjertestart [Tryg Foundation Heart Start] page 278</td>
</tr>
<tr>
<td></td>
<td>UP page 282</td>
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<tr>
<td></td>
<td>WaterMinder page 292</td>
</tr>
<tr>
<td></td>
<td>Wheelmap page 293</td>
</tr>
<tr>
<td></td>
<td>Workout Trainer page 296</td>
</tr>
<tr>
<td><strong>JAPANESE</strong></td>
<td>Afa-MICI page 6</td>
</tr>
<tr>
<td></td>
<td>Angry Birds page 15</td>
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<td>Asthma Coach page 22</td>
</tr>
<tr>
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<td>BIG Launcher page 31</td>
</tr>
</tbody>
</table>

© PatientView 2015
<table>
<thead>
<tr>
<th>INDEXES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PORTUGUESE</strong></td>
</tr>
<tr>
<td>Afa-MICI</td>
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<tr>
<td>Asthma Coach</td>
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<td>Blood Pressure Log</td>
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<td>Bribespot</td>
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<td>Calorie Counter by FatSecret</td>
</tr>
<tr>
<td>Dragon Dictation</td>
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<td>Dragon Search</td>
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<td>European Health Insurance Card (EHIC)</td>
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<td>Hearing-Check</td>
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<td>MediSafe Meds and Pill Reminder</td>
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<td>Nike+ Running</td>
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<td>BIG Launcher</td>
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<td>Bribespot</td>
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</tr>
<tr>
<td>European Health Insurance Card (EHIC)</td>
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<td>HelpDiabetes</td>
</tr>
<tr>
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<tr>
<td>Afa-MICI</td>
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<td>Afa-MICI</td>
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<td>BrainyApp</td>
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<td>CatchMyPain – Pain Diary</td>
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<td>Confederacion Autismo España [Autism Confederation Spain]</td>
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<td>Contigo</td>
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<td>Dragon Dictation</td>
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<tr>
<td>Dragon Search</td>
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<td>European Health Insurance Card (EHIC)</td>
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<td>Headache Diary (ecoHeadache)</td>
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<td>Headache Diary Lite</td>
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<td>HelpDiabetes</td>
</tr>
<tr>
<td>iCouch CBT</td>
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<tr>
<td>iStayHealthy</td>
</tr>
<tr>
<td>Libra – Weight Manager</td>
</tr>
<tr>
<td>Lifesum “Lifestyle Tracker and Calorie Counter”</td>
</tr>
<tr>
<td>LookTel Money Reader</td>
</tr>
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<td>App Name</td>
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<tr>
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<td>MediSafe Meds and Pill Reminder</td>
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<td>MyAsthma</td>
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<tr>
<td>mySugr Diabetes Logbook</td>
</tr>
<tr>
<td>MyTalkTools Mobile</td>
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<tr>
<td>Nike+ Running</td>
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<td>Orphanet, the mobile portal for rare diseases</td>
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<td>Prizmo</td>
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<tr>
<td>Proloquo4Text</td>
</tr>
<tr>
<td>Propeller Health</td>
</tr>
<tr>
<td>RCP Asfixia [CPR Choking in English-language version]</td>
</tr>
<tr>
<td>RheumaTrack</td>
</tr>
<tr>
<td>Runtastic Pro</td>
</tr>
<tr>
<td>Skin S3D HD</td>
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<tr>
<td>Speak it! Text to Speech</td>
</tr>
<tr>
<td>Special Stories</td>
</tr>
<tr>
<td>Special Words</td>
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<tr>
<td>Spot a Stroke F.A.S.T.</td>
</tr>
<tr>
<td>Toilet Finder</td>
</tr>
<tr>
<td>Trygfonden Hjertestart [Tryg Foundation Heart Start]</td>
</tr>
<tr>
<td>UP</td>
</tr>
<tr>
<td>Vacunas 3.0</td>
</tr>
<tr>
<td>WaterMinder</td>
</tr>
<tr>
<td>Workout Trainer</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afa-MICI</td>
<td>6</td>
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<tr>
<td>Asthma Coach</td>
<td>22</td>
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<tr>
<td>BIG Launcher</td>
<td>31</td>
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<td>Calorie Counter by FatSecret</td>
<td>46</td>
</tr>
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<td>Dragon Dictation</td>
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</tr>
<tr>
<td>Dragon Search</td>
<td>81</td>
</tr>
<tr>
<td>European Health Insurance Card (EHIC)</td>
<td>89</td>
</tr>
<tr>
<td>Hearing-Check</td>
<td>117</td>
</tr>
<tr>
<td>Lifesum “Lifestyle Tracker and Calorie Counter”</td>
<td>145</td>
</tr>
<tr>
<td>LookTel Money Reader</td>
<td>154</td>
</tr>
<tr>
<td>mySugr Diabetes Logbook</td>
<td>186</td>
</tr>
<tr>
<td>Pedometer</td>
<td>205</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period Tracker</td>
<td>206</td>
</tr>
<tr>
<td>Proloquo4Text</td>
<td>220</td>
</tr>
<tr>
<td>Rädda Liv [Save Life]</td>
<td>224</td>
</tr>
<tr>
<td>Röda Korset Första hjälpen [Red Cross First Aid]</td>
<td>232</td>
</tr>
<tr>
<td>SATS Elixia</td>
<td>236</td>
</tr>
<tr>
<td>Special Words</td>
<td>258</td>
</tr>
<tr>
<td>Toahjälpen</td>
<td>273</td>
</tr>
<tr>
<td>Wheelmap</td>
<td>293</td>
</tr>
</tbody>
</table>

**Tamil**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bribespot</td>
<td>39</td>
</tr>
</tbody>
</table>

**Thai**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIG Launcher</td>
<td>31</td>
</tr>
</tbody>
</table>

**Turkish**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afa-MICI</td>
<td>6</td>
</tr>
<tr>
<td>BIG Launcher</td>
<td>31</td>
</tr>
<tr>
<td>Dragon Dictation</td>
<td>80</td>
</tr>
<tr>
<td>Dragon Search</td>
<td>81</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder</td>
<td>163</td>
</tr>
<tr>
<td>Period Tracker</td>
<td>206</td>
</tr>
<tr>
<td>Pictello</td>
<td>208</td>
</tr>
<tr>
<td>RheumaTrack</td>
<td>231</td>
</tr>
<tr>
<td>Runtastic Pro</td>
<td>233</td>
</tr>
<tr>
<td>Special Stories</td>
<td>257</td>
</tr>
<tr>
<td>Special Words</td>
<td>258</td>
</tr>
<tr>
<td>WaterMinder</td>
<td>292</td>
</tr>
</tbody>
</table>

**Ukrainian**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period Tracker</td>
<td>206</td>
</tr>
</tbody>
</table>

**Urdu**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bribespot</td>
<td>39</td>
</tr>
</tbody>
</table>

**Vietnamese**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIG Launcher</td>
<td>31</td>
</tr>
<tr>
<td>Dragon Dictation</td>
<td>80</td>
</tr>
<tr>
<td>Dragon Search</td>
<td>81</td>
</tr>
<tr>
<td>Traffic Light Food Tracker</td>
<td>276</td>
</tr>
<tr>
<td>World Child Cancer</td>
<td>297</td>
</tr>
</tbody>
</table>

**Welsh**

<table>
<thead>
<tr>
<th>App Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Words</td>
<td>258</td>
</tr>
</tbody>
</table>
INDEXES

List of apps by category

DISABILITY

CANCER
Chemo Brain Doc Notes Free page 58
La Mia Voce page 141
SeeWord page 238

CARERS, FAMILY, FRIENDS
Behavior Tracker Pro page 28
Body Language – Expressions page 35
CPTOYS page 69
iAdvocate page 123
iPrompts page 133
Lockitron page 153
See and Learn Saying More Words page 237
Verbal Victor page 286
Voice4u AAC Communication page 291

HEART, CIRCULATION AND BLOOD
SmallTalk Aphasia – Female page 248

ME AND MY DOCTOR
Chemo Brain Doc Notes Free page 58

MENTAL HEALTH
HelpTalk page 120

NERVOUS SYSTEM AND BRAIN
My Pain Diary: Chronic Pain Management page 179
Parkinson’s EasyCall page 201
Proloquo4Text page 220
SmallTalk Pain Scale page 250

OLDER PEOPLE
AskSARA page 21
BIG Launcher page 31
Zoom Plus Video Magnifier page 300

OTHER LONG TERM CONDITIONS
CPTOYS page 69
Treatable-ID page 277

STAYING HEALTHY
AskSARA page 21
Behavior Tracker Pro page 28
Confederacion Autismo Espana [Autism Confederation Spain] page 66
Everyday Skills page 91
HelpTalk page 120
iAdvocate page 123
iMean page 128
Living Safely page 151
Locabulary Lite page 152
Model Me Going Places 2 page 170
Proloquo4Text page 220
Shifting Perspectives page 241
Skill Tracker Pro page 245
SmallTalk Intensive Care page 249
Sorenson BuzzCards page 254
uHear page 279

STOMACH, BOWEL AND CONTINENCE PROBLEMS
National Public Toilet Map page 188
Toahjälpen page 273
Toilet Finder page 274
Wheelmate page 294

SUPPORT FOR SENSES, MOBILITY AND LEARNING
Alphabet Tracing page 12
Behavior Tracker Pro page 28
BIG Launcher page 31
Body Language – Expressions page 35
British Sign Language – Finger Spelling page 40
Chatable page 57
Color ID (Free) page 65
Confederacion Autismo Espana [Autism Confederation Spain] page 66
DAF Assistant page 71
Dragon Dictation page 80
Dragon Search page 81
Everyday BSL Dictionary page 90
Everyday Skills page 91
Grace – Picture Exchange for Non-Verbal People page 110
HelpTalk page 120
iAdvocate page 123
iMean page 128
iPrompts page 133
<table>
<thead>
<tr>
<th>INDEXES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEALTH, WELLNESS &amp; CARE IN THE COMMUNITY</strong></td>
</tr>
<tr>
<td><strong>BONES AND MUSCLES</strong></td>
</tr>
<tr>
<td>Artrite Reumatoide</td>
</tr>
<tr>
<td>Back to Action</td>
</tr>
<tr>
<td>iAnkylosing Spondylitis</td>
</tr>
<tr>
<td>Pauseboogie fra Gigtforeningen [Pause Boogie from the Rheumatism Association]</td>
</tr>
<tr>
<td>RheumaBuddy</td>
</tr>
<tr>
<td>RheumaTrack</td>
</tr>
<tr>
<td>ShoulderDoc</td>
</tr>
<tr>
<td>SUAS – Supporting and Understanding Ankylosing Spondylitis</td>
</tr>
<tr>
<td><strong>BREATHING AND LUNGS</strong></td>
</tr>
<tr>
<td>airTEXT</td>
</tr>
<tr>
<td>Asthma Coach</td>
</tr>
<tr>
<td>Asthma-Info</td>
</tr>
<tr>
<td>AsthmaTrack</td>
</tr>
<tr>
<td>e-symptoms</td>
</tr>
<tr>
<td>MyAsthma</td>
</tr>
<tr>
<td>Pollen-News</td>
</tr>
<tr>
<td>Pollenvarsel</td>
</tr>
<tr>
<td>Propeller Health</td>
</tr>
<tr>
<td>Sussex Air</td>
</tr>
<tr>
<td><strong>CANCER</strong></td>
</tr>
<tr>
<td>BreastAware</td>
</tr>
<tr>
<td>Clinical Trial Seek</td>
</tr>
<tr>
<td>Contigo</td>
</tr>
<tr>
<td>Focus on Lymphoma</td>
</tr>
<tr>
<td>ItsaMANTHING – Prostate Cancer</td>
</tr>
<tr>
<td>Liv med Kræft [Life with Cancer]</td>
</tr>
<tr>
<td>My NET Manager</td>
</tr>
<tr>
<td>Reverse the Odds</td>
</tr>
<tr>
<td>World Child Cancer</td>
</tr>
<tr>
<td><strong>CARERS, FAMILY, FRIENDS</strong></td>
</tr>
<tr>
<td>5 things to do before I die</td>
</tr>
<tr>
<td>Alzheimer App</td>
</tr>
<tr>
<td>Bellabeat</td>
</tr>
<tr>
<td><strong>TRAVELLING</strong></td>
</tr>
<tr>
<td>LookTel Money Reader</td>
</tr>
<tr>
<td>My DisabledGo London</td>
</tr>
<tr>
<td>National Public Toilet Map</td>
</tr>
<tr>
<td>Prizmo</td>
</tr>
<tr>
<td>Toilet Finder</td>
</tr>
<tr>
<td>VizWiz</td>
</tr>
<tr>
<td>Wheelmap</td>
</tr>
<tr>
<td>Wheelmate</td>
</tr>
<tr>
<td>INDEXES</td>
</tr>
<tr>
<td>----------------------------------</td>
</tr>
<tr>
<td>BrainyApp  page 37</td>
</tr>
<tr>
<td>Carb Counting with Lenny  page 48</td>
</tr>
<tr>
<td>Care4Today Mobile Health Manager and Medication Reminder  page 50</td>
</tr>
<tr>
<td>CareMonkey page 51</td>
</tr>
<tr>
<td>CaringBridge page 52</td>
</tr>
<tr>
<td>Charity Miles page 56</td>
</tr>
<tr>
<td>Crisis Card page 70</td>
</tr>
<tr>
<td>Eppy page 85</td>
</tr>
<tr>
<td>Fodspor [Footprints] page 99</td>
</tr>
<tr>
<td>Healthsome G for Glucose page 116</td>
</tr>
<tr>
<td>Jointly page 138</td>
</tr>
<tr>
<td>Lifesaver Mobile page 144</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder page 163</td>
</tr>
<tr>
<td>MedTracker page 166</td>
</tr>
<tr>
<td>MyMedRec page 184</td>
</tr>
<tr>
<td>PD Life page 204</td>
</tr>
<tr>
<td>Rally Round – organise jobs and helpers page 225</td>
</tr>
<tr>
<td>RheumaBuddy page 230</td>
</tr>
<tr>
<td>Self Help for iPad page 239</td>
</tr>
<tr>
<td>Spot a Stroke F.A.S.T. page 261</td>
</tr>
<tr>
<td>Trygfonden Hjertestart [Tryg Foundation Heart Start] page 278</td>
</tr>
<tr>
<td>U-Turn (Opiate Overdose Response) page 283</td>
</tr>
<tr>
<td>WhQuestions page 295</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DIABETES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carb Counting with Lenny page 48</td>
</tr>
<tr>
<td>Cook &amp; Count page 68</td>
</tr>
<tr>
<td>Diabetes App – blood sugar control, glucose tracker and carb counter page 73</td>
</tr>
<tr>
<td>Diabetes og kulhydratt page 74</td>
</tr>
<tr>
<td>Diabetes Pilot page 75</td>
</tr>
<tr>
<td>EndoGoddess page 82</td>
</tr>
<tr>
<td>Fooducate page 103</td>
</tr>
<tr>
<td>Glucose Companion Free page 107</td>
</tr>
<tr>
<td>GoMeals page 109</td>
</tr>
<tr>
<td>Healthsome G for Glucose page 116</td>
</tr>
<tr>
<td>HelpDiabetes page 119</td>
</tr>
<tr>
<td>iRecordit Diabetes Sugar Glucose and Health Tracker page 134</td>
</tr>
<tr>
<td>Journals of the American Diabetes Association page 139</td>
</tr>
<tr>
<td>mySugr Diabetes Logbook page 186</td>
</tr>
<tr>
<td>Numera Social page 194</td>
</tr>
<tr>
<td>Track3 page 275</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HEART, CIRCULATION AND BLOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>AliveECG page 11</td>
</tr>
<tr>
<td>AVC page 25</td>
</tr>
<tr>
<td>Bellabeat page 29</td>
</tr>
<tr>
<td>BHF PocketCPR page 30</td>
</tr>
<tr>
<td>Blood Pressure Log page 34</td>
</tr>
<tr>
<td>First aid by British Red Cross page 96</td>
</tr>
<tr>
<td>FoodSwitch page 100</td>
</tr>
<tr>
<td>FoodSwitch New Zealand page 101</td>
</tr>
<tr>
<td>FoodSwitch UK page 102</td>
</tr>
<tr>
<td>HAE Attack Tracker page 112</td>
</tr>
<tr>
<td>Heart Decide page 118</td>
</tr>
<tr>
<td>HemaGo page 121</td>
</tr>
<tr>
<td>iBP Blood Pressure page 125</td>
</tr>
<tr>
<td>Instant Heart Rate page 131</td>
</tr>
<tr>
<td>Iron tracker-Hemochromatosis page 132</td>
</tr>
<tr>
<td>ITP Support App page 136</td>
</tr>
<tr>
<td>Lifesaver Mobile page 144</td>
</tr>
<tr>
<td>MyFactor page 181</td>
</tr>
<tr>
<td>OATBook page 195</td>
</tr>
<tr>
<td>Rädda Liv [Save Life] page 224</td>
</tr>
<tr>
<td>RCP Asfixia [CPR Choking in English-language version] page 226</td>
</tr>
<tr>
<td>Röda Korset Första hjälpen [Red Cross First Aid] page 232</td>
</tr>
<tr>
<td>Spot a Stroke F.A.S.T. page 261</td>
</tr>
<tr>
<td>Trygfonden Hjertestart [Tryg Foundation Heart Start] page 278</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HIV/AIDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aidsmap news page 8</td>
</tr>
<tr>
<td>HIV Health Tracker page 122</td>
</tr>
<tr>
<td>iStayHealthy page 135</td>
</tr>
<tr>
<td>Open Drug Discovery Teams page 196</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KIDNEY</th>
</tr>
</thead>
<tbody>
<tr>
<td>FoodSwitch page 100</td>
</tr>
<tr>
<td>FoodSwitch New Zealand page 101</td>
</tr>
<tr>
<td>FoodSwitch UK page 102</td>
</tr>
<tr>
<td>KidneyDiet page 140</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ME AND MY DOCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>ActiveME page 5</td>
</tr>
<tr>
<td>Apo-App page 17</td>
</tr>
<tr>
<td>Asthma-Info page 23</td>
</tr>
<tr>
<td>AsthmaTrack page 24</td>
</tr>
<tr>
<td>Bribespot page 39</td>
</tr>
<tr>
<td>CareMonkey page 51</td>
</tr>
<tr>
<td>CatchMyPain – Pain Diary page 53</td>
</tr>
<tr>
<td>INDEXES</td>
</tr>
<tr>
<td>----------</td>
</tr>
<tr>
<td>Clinical Trial Seek</td>
</tr>
<tr>
<td>Diabetes Pilot</td>
</tr>
<tr>
<td>Doc Ready</td>
</tr>
<tr>
<td>Dosecast</td>
</tr>
<tr>
<td>Dr.DRIN</td>
</tr>
<tr>
<td>EndoGoddess</td>
</tr>
<tr>
<td>Epilepsy Action</td>
</tr>
<tr>
<td>Epocrates</td>
</tr>
<tr>
<td>Eppy</td>
</tr>
<tr>
<td>e-symptoms</td>
</tr>
<tr>
<td>European Health Insurance Card (EHIC)</td>
</tr>
<tr>
<td>Fodspor [Footprints]</td>
</tr>
<tr>
<td>Gi BodyGuard from the CDHF</td>
</tr>
<tr>
<td>GoMeals</td>
</tr>
<tr>
<td>HAE Attack Tracker</td>
</tr>
<tr>
<td>Healthsome G for Glucose</td>
</tr>
<tr>
<td>HemaGo</td>
</tr>
<tr>
<td>iCouch CBT</td>
</tr>
<tr>
<td>iMood Journal</td>
</tr>
<tr>
<td>iRecordit Diabetes Sugar Glucose and Health Tracker</td>
</tr>
<tr>
<td>iStayHealthy</td>
</tr>
<tr>
<td>Lab Tests Online</td>
</tr>
<tr>
<td>Lift Pulse</td>
</tr>
<tr>
<td>Liverpool HEP iChart</td>
</tr>
<tr>
<td>Liverpool HIV iChart</td>
</tr>
<tr>
<td>Manage My Pain Lite</td>
</tr>
<tr>
<td>Med Helper – Pill Reminder and Medication Tracker</td>
</tr>
<tr>
<td>Med Minder</td>
</tr>
<tr>
<td>mediLexicon</td>
</tr>
<tr>
<td>Mobilplanforalle</td>
</tr>
<tr>
<td>Moje Leczenie [My Treatment]</td>
</tr>
<tr>
<td>My Lupus Log</td>
</tr>
<tr>
<td>My Medication Passport</td>
</tr>
<tr>
<td>My NET Manager</td>
</tr>
<tr>
<td>MyAsthma</td>
</tr>
<tr>
<td>MyFactor</td>
</tr>
<tr>
<td>MyMedRec</td>
</tr>
<tr>
<td>NHS Health and Symptom Checker</td>
</tr>
<tr>
<td>Numera Social</td>
</tr>
<tr>
<td>Open Drug Discovery Teams</td>
</tr>
<tr>
<td>Pain Care</td>
</tr>
<tr>
<td>Patient.co.uk</td>
</tr>
<tr>
<td>Period Tracker</td>
</tr>
<tr>
<td>Pill Reminder Pro (Push Notification)</td>
</tr>
<tr>
<td>Pillbox</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEDICAL RESEARCH (CLINICAL TRIALS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Trial Seek</td>
</tr>
<tr>
<td>Cochrane Library, The</td>
</tr>
<tr>
<td>Play to Cure: Genes in Space</td>
</tr>
<tr>
<td>Reverse the Odds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEDICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>About Herbs</td>
</tr>
<tr>
<td>Artrite Reumatoide</td>
</tr>
<tr>
<td>Care4Today Mobile Health Manager and Medication Reminder</td>
</tr>
<tr>
<td>CF MedCare</td>
</tr>
<tr>
<td>Dosecast</td>
</tr>
<tr>
<td>Dr.DRIN</td>
</tr>
<tr>
<td>Epilepsy Action</td>
</tr>
<tr>
<td>Epocrates</td>
</tr>
<tr>
<td>Gi BodyGuard from the CDHF</td>
</tr>
<tr>
<td>HIV Health Tracker</td>
</tr>
<tr>
<td>Impf-Uhr [Vaccination Clock]</td>
</tr>
<tr>
<td>iStayHealthy</td>
</tr>
<tr>
<td>Liverpool HEP iChart</td>
</tr>
<tr>
<td>Liverpool HIV iChart</td>
</tr>
<tr>
<td>Med Helper – Pill Reminder and Medication Tracker</td>
</tr>
<tr>
<td>Med Minder</td>
</tr>
<tr>
<td>MediSafe Meds and Pill Reminder</td>
</tr>
<tr>
<td>MedSimple</td>
</tr>
<tr>
<td>MedTracker</td>
</tr>
<tr>
<td>Mobilplanforalle</td>
</tr>
<tr>
<td>Moje Leczenie [My Treatment]</td>
</tr>
<tr>
<td>My Medication Passport</td>
</tr>
<tr>
<td>MyFactor</td>
</tr>
<tr>
<td>MyMedRec</td>
</tr>
<tr>
<td>OATBook</td>
</tr>
<tr>
<td>Pain Care</td>
</tr>
<tr>
<td>Pill Reminder Pro (Push Notification)</td>
</tr>
<tr>
<td>Pillbox</td>
</tr>
<tr>
<td>Pillboxie</td>
</tr>
<tr>
<td>RxmindMe Prescription</td>
</tr>
</tbody>
</table>
SKIN
Skin S3D HD  page 246
SunSmart  page 267
UV-Indeks  page 284

STAYING HEALTHY
112 Iceland  page 1
25 Tips to Surviving with Adult AD/HD by Maren Angelotti  page 2
About Herbs  page 4
AiC Mobile  page 7
airTEXT  page 9
AlcoDroid Alcohol Tracker  page 10
AliveECG  page 11
Amber Homeless Helper  page 14
Angry Birds  page 15
Argus – Pedometer, Run, Cycle  page 19
Asthma-Info  page 23
Back to Action  page 26
Bellabeat  page 29
BHF PocketCPR  page 30
Blood Pressure Log  page 34
BrainyApp  page 37
BreastAware  page 38
Brush DJ  page 41
C25K – 5K Trainer Free  page 42
Calico (Global)  page 43
Calorie Counter & Diet Tracker  page 44
Calorie Counter and KJ Counter PRO by MyNetDiary  page 45
Calorie Counter by FatSecret  page 46
CalorieKing Australia Calorie Counter  page 47
Carb Counting with Lenny  page 48
Carbs & Cals  page 49
CaringBridge  page 52
CBT Keeper  page 54
Charity Miles  page 56
Chest PT  page 59
Child Feeding Guide  page 60
Cochrane Library, The  page 62
coldAlert  page 64
Cook & Count  page 68
Diabetes App – blood sugar control, glucose tracker and carb counter  page 73
Diabetes og kulhydratt  page 74
Diabetes Pilot  page 75
Dr. McDougall Mobile Cookbook  page 78
EndoGoddess  page 82

Eppy  page 85
Ernährung Pro  page 86
e-symptoms  page 87
eTangram  page 88
Exsmokers iCoach  page 92
Find Me Gluten Free  page 95
First aid by British Red Cross  page 96
FitDay Mobile  page 97
FoodSwitch  page 100
FoodSwitch New Zealand  page 101
FoodSwitch UK  page 102
Fooducate  page 103
Gi BodyGuard from the CDHF  page 104
Global Corporate Challenge  page 106
GlutenVrij [GlutenFree]  page 108
GoMeals  page 109
HabitRPG  page 111
Headspace (on-the-go)  page 115
Healthsome G for Glucose  page 116
Hearing-Check  page 117
HelpDiabetes  page 119
iAnkylosing Spondylitis  page 124
iCouch CBT  page 126
iHobo  page 127
Impf-Uhr [Vaccination Clock]  page 130
iRecordit Diabetes Sugar Glucose and Health Tracker  page 134
KidneyDiet  page 140
Libra – Weight Manager  page 143
Lifesaver Mobile  page 144
Lifesum “Lifestyle Tracker and Calorie Counter”  page 145
Liv med Kræft [Life with Cancer]  page 147
Live OCD Free  page 148
Lose It!  page 155
Macleans Nurdle Time  page 157
Manage My Pain Lite  page 158
mediLexicon  page 162
mobiCeliac [XL]  page 168
MoodKit  page 172
Moodometer  page 173
NCT Babychange  page 176
My Lupus Log  page 176
MyFitnessPal  page 182
MyPlate Calorie Tracker  page 185
mySugr Diabetes Logbook  page 186
NCT Babychange  page 189
NHS Health and Symptom Checker  page 191
# A-Z of developers by country

## AUSTRIA
- Blue Source Mobile Solutions page 17
- mySuGr GmbH page 186

## AUSTRALIA
- Alzheimer’s Australia page 37
- Anatomate-Apps (now Human Media Pty) page 124
- Boosted Human page 267
- Calico Global Pty Ltd page 43
- CalorieKing Wellness Solutions Inc page 47
- CPtoys page 69
- George Institute for Global Health page 102
- George Institute for Global Health; Bupa Australia page 100, 101, 102
- Helsinki Agency Pty Ltd page 106
- Human Solutions Pty Ltd page 188
- Peak Connection Pty Ltd page 51
- Secret Industries Pty Ltd page 46
- Tamara Haig page 72
- Wasabi Digital Pty Ltd [no longer in existence] page 157

## BELGIUM
- Blue Crowbar Software; Saatchi & Saatchi Brussels page 92
- Creaceed SPRL page 218
- Emakina page 89
- Geert Egghe, Sweetbee bvba page 213

## BRAZIL
- TungLabs page 16

## CANADA
- Benoit Essiambre page 259
- Communiteq Systems Inc page 134
- Creative B’stro Inc page 167
- University of Guelph and Mount Allison University page 132
- Earth Flare, Inc page 160
- iDeaWORKS, Mohawk College page 222
- Institute for Safe Medication Practices Canada (ISMP) page 184
- Jeff Sheckter; and Pivot Design Group page 104
- Karen Frost; Dr. Johan Van Limbergen; Meaghan Wright (and Ritchie Hwang) page 183
- ManagingLife page 158
- Molecular Materials Informatics Inc page 196
- NetFunctional Inc page 142
- Roderick Houben of Health2Media page 277
- Tamtri Web Services Inc page 94
- TokiiLab-Wearable Therapy page 207
- Zeitguys Inc. page 279

## CZECH REPUBLIC
- Cofis CZ, sro page 31
- Myrecek page 10
- Ndemic creations page 212

## DENMARK
- Advance page 294
- Bo Thinggaard, Unpossible Systems I/S page 99
- Daman page 230
- Kræftens Bekæmpelse [Cancer Society] pages 147, 284
- Miljøstyrelsen [Environmental Protection Agency] page 284
- Plant ApS page 203
- Pragmasoft A/S page 74
- Sundhedsstyrelsen [Danish Health and Medicines Authority] page 284
- TrygFonden [Tryg Foundation] page 284
- UVdata A/S page 169
- Valtech Danmark/Lasse Rasch page 278

## FINLAND
- Rovio page 15

## FRANCE
- BeTomorrow page 274
- Franck Touboul, Ylly page 6
- INSERM page 197
- Tekneio S.A.S. page 25

## GERMANY
- Daniel Cachapa page 143
- Sanawork page 130
- ecoTouchMedia (Jae-Ung Yi) page 113
- Froggyware GmbH page 114
- Nicole Derouaux of Mutterelbe Medical UG page 231
- Raul Krauthausen page 293
- Runtastic GmbH page 233
- Simon Kleine Softwareentwicklung page 86
<table>
<thead>
<tr>
<th>INDEXES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GREECE</strong></td>
</tr>
<tr>
<td>Anadelta Information and Medical Systems</td>
</tr>
<tr>
<td>M-Data SA</td>
</tr>
<tr>
<td><strong>HUNGARY</strong></td>
</tr>
<tr>
<td>Pharmapromo Kft</td>
</tr>
<tr>
<td><strong>ICELAND</strong></td>
</tr>
<tr>
<td>Stokkur Software ehf</td>
</tr>
<tr>
<td><strong>IRELAND</strong></td>
</tr>
<tr>
<td>Eighty Twenty/4D</td>
</tr>
<tr>
<td>High Caffeine Content</td>
</tr>
<tr>
<td>iWord Ltd</td>
</tr>
<tr>
<td>Lukasz Szmit</td>
</tr>
<tr>
<td>Publicis D Healthcare</td>
</tr>
<tr>
<td><strong>INDIA</strong></td>
</tr>
<tr>
<td>Total Wireless Solutions Limited</td>
</tr>
<tr>
<td>Twistsoft</td>
</tr>
<tr>
<td><strong>ISRAEL</strong></td>
</tr>
<tr>
<td>MediSafe Project Ltd</td>
</tr>
<tr>
<td><strong>ITALY</strong></td>
</tr>
<tr>
<td>BioCareProvider Group</td>
</tr>
<tr>
<td>Zadig Srl</td>
</tr>
<tr>
<td>Lorenzo Pino</td>
</tr>
<tr>
<td>SB Soft Srl</td>
</tr>
<tr>
<td><strong>LITHUANIA</strong></td>
</tr>
<tr>
<td>Utopus</td>
</tr>
<tr>
<td><strong>NETHERLANDS</strong></td>
</tr>
<tr>
<td>AssistiveWare BV</td>
</tr>
<tr>
<td>Johan Degraeve</td>
</tr>
<tr>
<td>Joost van Doorn</td>
</tr>
<tr>
<td>Pieter Kubben, MD/DigitalNeurosurgeon.com</td>
</tr>
<tr>
<td>Togetar (formerly Zyncadia BV)</td>
</tr>
<tr>
<td><strong>NORWAY</strong></td>
</tr>
<tr>
<td>Tight</td>
</tr>
<tr>
<td>Divensis</td>
</tr>
<tr>
<td><strong>POLAND</strong></td>
</tr>
<tr>
<td>Connectmedica Sp. z o.o.</td>
</tr>
<tr>
<td><strong>PORTUGAL</strong></td>
</tr>
<tr>
<td>1000 Empresas</td>
</tr>
<tr>
<td><strong>RUSSIA</strong></td>
</tr>
<tr>
<td>Inexika Inc</td>
</tr>
<tr>
<td><strong>SPAIN</strong></td>
</tr>
<tr>
<td>Aram Julhakyan</td>
</tr>
<tr>
<td>Bilbomática</td>
</tr>
<tr>
<td>Centro de Imagen y Tecnologia del Conocimiento Biomedico, s.l. (CITEC-B)</td>
</tr>
<tr>
<td>Equalter Sistemas Slns</td>
</tr>
<tr>
<td>Everyware Technologies</td>
</tr>
<tr>
<td>Wake App Health SL</td>
</tr>
<tr>
<td><strong>SWEDEN</strong></td>
</tr>
<tr>
<td>Bumblebee Studios</td>
</tr>
<tr>
<td>Hjärt-Lungfonden (patient group) with AFA-Försäkring and Bliwa Livförsäkring. (two health insurers)</td>
</tr>
<tr>
<td>Maciek Drejak Labs AB</td>
</tr>
<tr>
<td>ShapeUp Club AB/Lifesum</td>
</tr>
<tr>
<td>XLENT Consulting Group</td>
</tr>
<tr>
<td><strong>SWITZERLAND</strong></td>
</tr>
<tr>
<td>Getunik</td>
</tr>
<tr>
<td>Instituts für Informatik, Universität Zürich</td>
</tr>
<tr>
<td>Sanovation AG</td>
</tr>
<tr>
<td>Software Evolution and Architecture Lab (SEAL) Gruppe</td>
</tr>
<tr>
<td>swiss:smart:media</td>
</tr>
<tr>
<td><strong>UK</strong></td>
</tr>
<tr>
<td>232 Studios</td>
</tr>
<tr>
<td>28b</td>
</tr>
<tr>
<td>3 Sided Cube Ltd</td>
</tr>
<tr>
<td>Action on Hearing Loss (RNID)</td>
</tr>
<tr>
<td>Apache Solutions Ltd</td>
</tr>
<tr>
<td>Appware Ltd</td>
</tr>
<tr>
<td>Aurora Healthcare Communications</td>
</tr>
<tr>
<td>Axon Publishing</td>
</tr>
<tr>
<td>Big White Wall</td>
</tr>
<tr>
<td>Bright Machine</td>
</tr>
<tr>
<td>Cambridge Environmental Research Consultants (CERC) Limited</td>
</tr>
<tr>
<td>Chello Publishing</td>
</tr>
<tr>
<td>Chris Mayer</td>
</tr>
<tr>
<td>Cimex E-learning Ltd (now closed down)</td>
</tr>
<tr>
<td>Consensus Action on Salt and Health (CASH); Medical Research Council (MRC); Human Nutrition Research (HNR); British Heart Foundation (BHF) Health Promotion Research Group; Nuffield Department of Population Health, University of Oxford</td>
</tr>
<tr>
<td>David Crane</td>
</tr>
</tbody>
</table>
Digital Accessibility Centre (DAC) page 300
Disabled Living Foundation (DLF) page 21
DisabledGo page 174
Down Syndrome Education Enterprises CIC page 237
Duchy Software Ltd page 40
Education Mobile (Dr YingLiang Ma, CEO) page 288
Edugame Technology Ltd page 260
Egton Medical Information Systems Ltd page 202
eMedFusion pages 149, 150
emotive page 180
Encore page 264
Environmental Research Group (ERG), King’s College London pages 64, 268
Epilepsy Action page 83
Guerrilla Tea Games page 214
Headspace Meditation Limited page 115
Health2Works Ltd page 225
Ian Hamilton Design and Consultancy Ltd page 300
Imperial College Healthcare NHS Trust page 177
Indigo Multimedia Ltd page 5
Innovation Labs initiative, Neontribe, Social Spider, FutureGov, Enabled by Design page 76
iQo Solutions Inc, USA and UK; designer: Daniel Pidcock page 68
Jane Anderson-Hawkes page 27
Loughborough University Centre for Research into Eating Disorders page 60
Lukasz Szmit, Ireland page 34
Mat Ryer page 204
Mobikats page 191
Mobile IQ page 62
Mubaloo page 173
Multiplatform team, Maverick TV; Chunk Digital; Zooniverse page 229
Nail Soup Ltd page 14
Netready Limited page 137
Nev Watson page 136
Northumberland, Tyne and Wear NHS Foundation Trust page 239
OKO Media [formerly Active Media (NI) Ltd] page 283
Peter Baum, while at AS&K Mercury Healthcare Communications page 112
Peter Schmidt page 135
Publicis London page 127
Rob Cleaton page 195
Ronnie Davies (AppDoc) page 243
SanGen Systems page 297
Sidekick Studios page 138
Signers Republic page 90
Six to Start page 299
Special iApps pages 257, 258
Spots Consulting Ltd page 240
Switchplane page 262
Tecmark page 201
Therapy Box Limited pages 57, 217
Thomas Paterson page 8
Twentysix Mobile page 127
uMotif Limited page 281
Unit 9 page 144
User Computing Services, GlaxoSmithKline page 176

USA
2nd Half Enterprises LLC page 187
AbleLink Technologies Inc pages 91, 151
Ad Council; and Grey New York page 261
Alan Foley, School of Education, Syracuse University page 123
AliveCor Inc page 11
Andrew Kandels of CaringBridge.org page 52
Anupam Godbole page 109
Apigy Inc page 153
Apps for the Greater Good LLC page 286
Artefact LLC page 71
Assistyx LLC page 272
Azumio Inc pages 19, 131
BHI Technologies Inc page 73
Bio-Detek Inc page 30
BioRX LLC page 181
CDM Princeton (CDMP) page 121
Certatim Digital Agency page 59
Charity Miles LLC page 56
Coheso Inc page 275
Community Health Network e-Business team page 210
Damon Lynn page 179
dangerDown LLC page 24
Data Makes the Difference LLC pages 28, 245
Demand Media page 185
Designs in Blue page 271
INDEXES

Digital Altitudes LLC  page 75
Digital Media Branch, Centers for Disease Control and Prevention (CDC)  page 253
Digital Sport, Nike Inc  page 192
Epocrates, Inc (owned by Athena Health)  page 84
eProximiti; Duet Health LLC, both USA  page 82
Euthymic Labs LLC  page 54
Excel At Life LLC  page 63
Excel At Life  page 263
Fairwinds Software  page 166
FitNow Inc  page 155
Fooducate Ltd  page 103
Funn Media LLC; Smolka Design  page 292
Future Apps Inc  page 256
Garland Systems  page 161
Gelia advertising agency  page 59
Gluten Free Classes, LLC (Jason Elmore)  page 95
GP Apps/GP International LLC  page 206
GreenGar; Chirag Mehta  page 65
Handhold Adaptive LLC  page 133
Harold Smith III  page 234
HyperIQ  page 52
iCouch Inc  page 126
Intouch Solutions  page 105
Intuary Inc  page 287
Ipplex Holdings Corporation  page 154
iQo Solutions Inc  page 68
Janssen Healthcare Innovation (Janssen Research and Development, LLC)  page 50
Jared Sinclair  page 211
Jawbone (formerly Aliphcom Inc/Aliph Inc)  page 282
Jim Determan  page 97
Jon Carroll  page 228
Kick App Productions, Inc  page 238
Leading Edge Apps LLC  page 125
Lift Labs/Lynx Design  page 146
Lingraphicare America Inc  pages 248, 249, 250
Luminant Software Inc  page 205
Lumos Labs Inc/Lumosity  page 156
Marz Consulting Inc  pages 28, 245
Maxwell Software  page 107
Mazuza  page 35
McDougall Media  page 78
Medtronic Inc  page 48
Michael Bergmann and associates  page 128
Migrate2Mobile  page 98
MMG Inc  page 223
Model Me Kids LLC  page 170
Montuno Software LLC  page 77
My Diabetes Home LLC  page 165
Myfitnesspal LLC  page 182
MyNetDiary Inc  page 45
National Center for Telehealth and Technology (T2)  page 269
National Parkinson Foundation (NPF)  page 200
Neuron Softech LLC  page 58
Noble Applications  page 221
Noom Inc  page 193
Nuance Communications Inc  pages 80, 81
Numera Inc  page 194
OCDevel LLC (Tyler Renelle)  page 111
Oncilla Technologies Inc  page 12
Orca Health Inc  page 118
Pact  page 198
Performance Champions Inc  page 166
Pivot Communication LLC  page 140
Rebel Vine Studios LLC  page 148
Recovery Record, Inc  page 227
Red Mountain Labs Inc  page 152
Ringful Health  page 199
Rochester Human Computer Interaction (ROC HCI)  page 289
Saagara LLC  page 251
Sandro Mur, BabyWatch Inc  page 29
Sheridan Technology Lab, Sheridan Group  page 139
Six Voices LLC  page 2
Skimble Inc  page 296
Smarty Ears LLC  page 295
SocialHealth Insights LLC/Mappy Health  page 159
Sombrero Mobile  page 298
Sorenson Communications Inc  page 254
SparkPeople Inc  page 44
Spectrum Visions Global Inc  page 291
Stone Meadow Development LLC  page 226
Taconic System LLC  page 116
Take 2 Ventures LLC/PicPocket Books LLC  page 175
The Mac Works Inc  page 280
Thriveport LLC  page 172
Tri-Tech Skills Center in Kennewick, Washington  
page 235
Vcom3D  page 244
Vogel Farina LLC  page 61, 178
Winkpass Creations Inc  page 209
Yomaco  page 273
YottaMark, Inc  page 242
Zen Labs LLC (Michael Moon, Bradley Duong)  
page 42
Welcome
Dee O’Sullivan, director of myhealthapps.net, October 2015

Welcome to the myhealthapps directory. This is the latest in a series of publications and research initiatives from PatientView which aim to help patients, carers and the public make informed choices about the best health apps available for their needs, and to improve the quality and relevance of apps.

Each app in this directory is recommended by healthcare communities from all over the world, including:

- empowered consumers (who are active in advocacy)
- patients
- carers
- patient groups
- charities and other not-for-profit organisations.

At myhealthapps we also work together with developers and commissioners of apps, clinicians, regulators and the mobile health tech industry to:

- highlight best practice in health app development
- identify the unmet needs of the public, patients and carers to app developers
- bridge the gap between the public, patients and carers with app developers to improve the relevance, quality and health impact of apps.

About this directory

The apps in this directory – all of which are featured on the myhealthapps.net website – have been classified to make it easier for users to find the app that suits their personal needs and raise awareness among users that different apps carry with them different risks.

There are many ways to classify apps, but from the perspective of how people use health apps, and their perception of risk, here are three classes (note that some apps may fall into more than one class):

- **Disability** — health apps that enable people to cope with daily living and provide support to people with any type of disability, including physical, mental and sensory impairment. For example, text-to-speech apps that help people who have speaking difficulties or limited verbal abilities, to augment their communication skills.
Health, wellness and care in the community are health apps that allow us to manage our health and healthcare without the necessity for medical assistance, and which do not result in clinical decision-making by the user, or require input from a health professional. These apps include the bulk of lifestyle health apps (diet, exercise, stopping smoking etc), many informational apps, and those that enable people to gain support from carers, family, or friends. Also included here are simple pill reminders, since in the normal course of events people cannot consult on a daily basis their doctors or pharmacists when to take their medication. (Although these latter reminders do need to follow clinical recommendations, and as such users should assure themselves that the app has been produced with medical advice.) Apps not included in this class are ones that provide information to help people decide whether they should go and visit their doctor, which are classified as medical apps—in that the person is making a medical decision based on the information received. Also not included are most of the health apps that support glucose monitoring in diabetes (unless they provide diet or nutritional advice), since the results generated by these apps do result in a clinical decision being made by the patient as to whether they should take their diabetes medication.

Medical apps. These are health apps that lead to any sort of clinical decision-making, diagnosis or treatment. Health apps that work alongside medical devices are included in this class as well.

Generally speaking, medical apps will pose more safety risks to the public and patients because they involve clinical decision-making processes (though for some patients, say with renal disease, the food they eat can mean the difference between life and death).

The above definitions hold no legal context but are drawn up as a result of the research already undertaken by myhealthapps with users and other stakeholders. They represent the users’ perspective only, for example the patients and carers who use health apps. However, we expect the definitions to evolve with time.

This directory focuses on the first two classes of apps (300 in all). A further directory of medical apps will follow in 2016.

The myhealthapps directory follows on from our first health app guide: the European Directory of Health Apps 2012-2013 but now, like the myhealthapps.net website, has a global reach. It also updates and adds the latest available information on the health apps featured. A review of the myhealthapps database of 450 health apps found that since the launch of myhealthapps.net at the end of 2013:

- 20 health apps had changed their name
- 58 of the health apps had been removed from the market
- 120 of the health apps had changed their price, of which 37 were now being offered for free instead of at cost
- 14 had been removed from the Android platform
- 16 had been added or relaunched to the Android platform
- 13 had been removed from the Apple Store
- 11 had been added or relaunched to the Apple Store
75 had changed their icon images
78 had changed their screenshots

If these figures are translated to the total health app market, then as many as 12,900 health apps will have been withdrawn in the past year. These statistics reveal the difficulty of keeping a handle on even good health apps and the importance of focusing on a few, rather than the estimated entire body of 100,000 health apps.

Sustainability of health apps is important to users and it is interesting that myhealthapps’ most viewed app “Know Your Heart Rhythm” in 2014 is the same in 2015. The app is developed by UK-based Nitro Digital in collaboration with Arrhythmia Alliance (A-A), a UK patient group.

Key milestones for myhealthapps since 2012

- Launch of the European Directory of Health Apps, October 2012
- What do patients want from health apps? Survey, seminar and white paper, October 2013
- Launch of the myhealthapps.net website in November 2013
- Health apps: Where do they make sense?, White paper March 2014
- Launch of Health apps – towards a balanced life (toolkit), October 2014
- What do patients and carers need in health apps – but are not getting? Survey, workshop and white paper, June 2015

For more information about myhealthapps research and data go to the PatientView website (www.patient-view.com) or the following link:

Later in 2015 myhealthapps will produce a white paper publishing the results of a survey of 50 health app developers, which explains what information they need to know from users to improve the quality of their apps. New surveys will also be undertaken among patients/consumers to broaden understanding of how to respond to app developers, as well as define health professional, app commissioner and publisher needs. The eventual goal is to draft a set of user guidelines to help app developers improve the quality of their health apps, which should also be published in late 2015/early 2016.
Words of thanks

Myhealthapps.net (PatientView) would like to thank the many individuals and organisations that have helped in the creation of this directory, including:

- the many consumer, disability and patient groups providing both support and time
- our partners*: App Quality Alliance • Digital Health and Care Alliance (DHACA) • European Connected Health Alliance (ECHAlliance) • Global Accessibility Reporting Initiative (GARI) • GSK • Health 2.0 • Janssen • NHS Health Apps Library • Research2Guidance • Telefonica • TICBioMed
- our media partners, the European Health Forum Gastein
- Pēteris Zilgalvis and his team in the Health and Wellbeing Unit, DG CONNECT, at the European Commission, for their encouragement
- Tony Newbold for all his insight and input into this directory
- Henry Nead, who spent his gap year conducting the desk research behind the directory
- Alexandra Wyke and Clive Nead of PatientView for their continued help.

I would also like to thank our designers, Mike Kenny and Rob Lomas and printer, James Sherratt, for turning the directory around so quickly.

*Our partners include those who have kindly provided financial support to help develop and improve the myhealthapps.net website, as well as those with whom we work on a collaborative, non-commercial basis.

About PatientView

A UK-based research, publishing and consultancy group, PatientView has been collecting and analysing the perspectives of tens of thousands of patients and patient groups since 2000 – having the capacity to reach out to 120,000 patients’ organisations worldwide, covering over 1,000 specialities. PatientView launched the myhealthapps.net website in November 2013 to provide an independent portal for patients, carers and health-conscious consumers to find apps that have been tried, tested and trusted by patient and health consumer groups. A full list of reviewers can be found on http://www.myhealthapps.net/reviewers. myhealthapps.net derives no income from app developers or app downloads.

The small print: myhealthapps.net (published by PatientView) does not warrant that the information we provide on the website will meet your health or medical requirements. Contact a health professional if you are concerned about your health. Nor can we guarantee that the information we provide will always be up to date or accurate. PatientView is providing details of apps recommended by consumer/disability/patient groups, though PatientView has not verified the accuracy of these reviews. As such, PatientView is not responsible for third-party content.
Key – the myhealthapps directory

There are two classes of app featured in this directory: Health, wellness & care in the community (below) and Disability (next page).

### HEALTH, WELLNESS & CARE IN THE COMMUNITY (PINK PAGES)

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>THERE ARE 21 CATEGORIES OF APP</th>
</tr>
</thead>
</table>

| APP ICON | |

| HOW IT HELPS | Who the app can help, and how |
| AVAILABLE ON | See if the app will work on your device |
| LANGUAGES | Which languages are supported by the app |
| FEATURES | What the app does. Is it a tracker? Does it provide information? Does it help with self-monitoring? etc |
| COST | How much you will be charged for the app, or if it is free |
| DEVELOPER | Who developed the app |
| FUNDER | Who commissioned, published or financed the app |
| MEDICAL ADVISER | Who has given medical input for the app, or medically reviewed it |
| APPROVED BY | See if the app is one of the few approved by the US Food and Drug Administration (FDA), NHS Health Apps Library, or whether it has a CE mark (the manufacturer’s declaration that the product meets the requirements of the applicable EC directives) |

| REVIEWS | See why patient or carer groups and charities have recommended this app |

For full information and reviews on each of the apps in this directory, plus many more, go to www.myhealthapps.net

© PatientView 2015
### DISABILITY

<table>
<thead>
<tr>
<th>Category</th>
<th>How it helps</th>
<th>Available on</th>
<th>Languages</th>
<th>Features</th>
<th>Cost</th>
<th>Developer</th>
<th>Funder</th>
<th>Medical Adviser</th>
<th>Approved By</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Who the app can help, and how</td>
<td>See if the app will work on your device</td>
<td>Which languages are supported by the app</td>
<td>What the app does. Is it a tracker? Does it provide information? Does it help with self-monitoring? etc</td>
<td>How much you will be charged for the app, or if it is free</td>
<td>Who developed the app</td>
<td>Who commissioned, published or financed the app</td>
<td>Who has given medical input for the app, or medically reviewed it</td>
<td>See if the app is one of the few approved by the US Food and Drug Administration (FDA), NHS Health Apps Library, or whether it has a CE mark (the manufacturer’s declaration that the product meets the requirements of the applicable EC directives)</td>
</tr>
</tbody>
</table>

For full information and reviews on each of the apps in this directory, plus many more, go to www.myhealthapps.net
# Introduction

*On how to get the best health app for you*

This guide focuses on two classes of health apps:

- **Health, wellness and care in the community**: Pink pages are for apps that help you look after your health, get support with day-to-day living, or can be used with healthcare professionals. There are 236 health apps belonging to this class of apps in this edition of the myhealthapps directory.

- **Disability**: Blue pages are for apps that support people with any type of disability, including physical, mental and sensory impairment. There are 64 health apps belonging to this class of apps in this edition of the myhealthapps directory.

You can use this directory several ways …

<table>
<thead>
<tr>
<th>Section</th>
<th>You can use this to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Find out how to get the most from this guide and each review</td>
</tr>
<tr>
<td></td>
<td>Get deeper information and more apps at <a href="http://www.myhealthapps.net">www.myhealthapps.net</a></td>
</tr>
<tr>
<td></td>
<td>Download a toolkit to help you find the apps you need and help you to make informed choices</td>
</tr>
<tr>
<td></td>
<td>Look ahead to actions planned to improve the relevance, quality and impact of health apps</td>
</tr>
<tr>
<td>App reviews</td>
<td>Browse detailed overviews of specific health apps recommended by patient and carer groups</td>
</tr>
<tr>
<td>Indexes</td>
<td>Search the guide for specific apps, including by:</td>
</tr>
<tr>
<td></td>
<td>- A-Z of entries</td>
</tr>
<tr>
<td></td>
<td>- Languages</td>
</tr>
<tr>
<td></td>
<td>- Platforms</td>
</tr>
<tr>
<td></td>
<td>- Categories of entries</td>
</tr>
<tr>
<td></td>
<td>- App developers, by country</td>
</tr>
</tbody>
</table>
Getting the most out of this guide

What do you want an app to help you with?
- Health, wellness and care in the community: Pink pages are for apps that help you look after your health, get support with day-to-day living, or can be used with healthcare professionals
- Disability: Blue pages are for apps that support people with any type of disability, including physical, mental and sensory impairment

What disease, condition or need do you want the app to help with?
- Use the category index to find apps that help with a specific need
- Or look for the category headings at the top corner of every page
- There are 21 categories: from bone and muscles to travelling

Do you know the name of the app you are looking for?
- Use the A-Z index to find apps listed in alphabetical order according to the platform on which the apps are available
- Or look for the name and logo of the app at the top of each page
- There are 300 apps to choose from

Do you want to browse the guide in other ways?
- You can also search apps by using the indexes
- Which platform do you need
- Which language you need
- In which country the app was developed

Do you want more detailed information about an app you are interested in?
- All the apps in this guide are featured on www.myhealthapps.net
- Just search for your chosen app online and you will find more reviews, a more detailed summary, and further information about the developer
Hints to finding the right app for you

Whatever your starting point, it can be challenging to make an informed choice and find the right healthcare app from more than 100,000 available. You may fall into one of the three types of users:

**NOVICE**
You may be ..:
- interested in using apps but feel a bit put off by the technology
- not sure where to start
- feel overwhelmed by the number of health apps available

**SOME EXPERIENCE, BUT WARVY**
You may have tried to use health apps before but:
- felt disappointed about the apps
- used the app a few times only to give up
- felt you chose the wrong apps

**CONFIDENT USER**
You may be a fairly regular user of health apps but have some concerns including:
- how to protect your privacy
- whether the support given in the app is safe and useful?
- what happens when software changes?
A toolkit to help you

You can download a toolkit to help you think through some of the key steps to finding an app right for you: [http://we.tl/cGgC7agO9Z](http://we.tl/cGgC7agO9Z)

or you can view the toolkit as an online flip book: [http://www.blastphotography.co.uk/patientview.html](http://www.blastphotography.co.uk/patientview.html)

myhealthapps’ toolkit helps you at each step of your journey to getting started with health apps. There are five sections.

<table>
<thead>
<tr>
<th>WHY</th>
<th>WHERE</th>
<th>WHAT</th>
<th>HOW</th>
<th>RESOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why use apps</td>
<td>Where to find apps</td>
<td>What do you need to know about an app?</td>
<td>How to download a health app</td>
<td>Useful links</td>
</tr>
<tr>
<td>How they can help</td>
<td>How to search for them</td>
<td>What do you need a health app to do?</td>
<td>How to update an app</td>
<td>Troubleshooting</td>
</tr>
<tr>
<td>Why making an informed choice is important, and what to look for</td>
<td>Where to download apps</td>
<td>What should you watch out for?</td>
<td>How to build the app into day-to-day health routines</td>
<td>What to do when things go wrong</td>
</tr>
<tr>
<td></td>
<td></td>
<td>What important questions to ask?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The apps, A – Z
**112 Iceland**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>REVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allows a user to send a telephone message, text message, and GPS location to the emergency services in Iceland</td>
<td>Iceland is not very densely populated, and it is quite frequent for callers in emergency situations to have no idea about their location. The app uses the GPS service available in most smartphones to assist the emergency call taker in locating the caller. The app’s ‘Emergency’ facility takes the current GPS position and sends it via SMS to the 112 Centre, and calls 112. The app’s ‘Leave a trail’ facility is for travelling in the back country, with a danger of avalanches, floods, or just simple falling, and where GSM coverage can be sketchy. When one presses the ‘Leave a trail’ button, the current GPS position is sent to the 112 centre, stored in a database, and can become the starting point of any search.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AVAILABLE ON</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Android, iOS, Windows</td>
<td></td>
</tr>
</tbody>
</table>

| LANGUAGES: | English, Icelandic |

| FEATURES | Support to deal with symptoms/disabilities, Trackers |

| COST | Free |

| DEVELOPER | Stokkur Software ehf, Iceland |

| FUNDER | Valitor [Iceland-based domestic electronic payment company] |

| MEDICAL ADVISER | Neydarlínan Hf [Iceland-based company running the Iceland 112 emergency hotline], and Slysavarnarfélاغið Landsbjörg (ICE-SAR) [Iceland-based association for search and rescue] |

| APPROVED BY | Not applicable |

Tomas Gislason, 112 Iceland
# 25 Tips to Surviving with Adult ADHD

**by Maren Angelotti**

## HOW IT HELPS
For adults with attention-deficit hyperactivity disorder (ADHD) (whether diagnosed or undiagnosed)

## AVAILABLE ON
![Apple Logo]

## LANGUAGES:
English

## FEATURES
Support to deal with symptoms/disabilities, Information

## COST
Free

## DEVELOPER
Six Voices LLC, USA

## FUNDER
Same as technical developer

## MEDICAL ADVISER
Maren Angelotti [USA-based language and dyslexia therapist and ADHD coach]

## REVIEW
As more phones have apps like these available to be downloaded and carried everywhere, more people will use them. The advantages of this app: it helps in managing the chaotic, and helps with structure and performance, providing reminders and key messages to maintain structure and organisation. The disadvantages of the app: apps with voice-active systems like this one need to have a British voice, rather than an American one, as this often puts our service users off their use, and often sound patronising.

ADD-vance, UK

**Shake To view the about screen**

![Six Voices Tapstack](image)
## 5 things to do before I die

**How It Helps**  
Interactive app on Facebook, intended to raise awareness of end-of-life issues

**Available On**  

**Languages:**  
English

**Features**  
Allows networking with other people like me/Family/Friends, Support to deal with symptoms/disabilities, Information

**Cost**  
Free

**Developer**  
No details available

**Funder**  
Dying Matters Coalition, UK

**Medical Adviser**  
Dying Matters Coalition, UK; National Council for Palliative Care, UK

**Approved By**  
Not applicable

**Review**  
It allows people to think about, and express, their wishes for the end of life.  
Dying Matters Coalition, National Council for Palliative Care, UK
About Herbs

**HOW IT HELPS**
Contains the contents of 200-plus articles on herbs and complementary therapies

**AVAILABLE ON**

- 🌟
- 📱

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
No details available

**FUNDER**
Memorial Sloan-Kettering Cancer Center (MSKCC), USA

**MEDICAL ADVISER**
Integrative Medicine Service, Memorial Sloan-Kettering Cancer Center

**APPROVED BY**
Not applicable

**REVIEWS**

A huge database of herbs and supplements from the Memorial Sloan-Kettering.

Cancer patient group, Canada

Information about herbs used in the treatment of cancer, including benefits and risks. Includes a searchable herbs’ database.

Breast Wishes, USA

From Memorial Sloan-Kettering Cancer Center, evidence-based information about herbs, botanicals, supplements, and more.

Colorado Breast Cancer Resources Directory, Colorado Cancer Coalition, USA
## ActiveME

**CATEGORY**

**ME AND MY DOCTOR**

**NERVOUS SYSTEM AND BRAIN**

### HOW IT HELPS

Intended to help people with chronic fatigue syndrome (CFS) track and monitor their daily activity levels

### AVAILABLE ON

Apple

### LANGUAGES:

English

### FEATURES

Self-monitoring, Trackers

### COST

£1.49 [approximately €2.15, $2.32]

### DEVELOPER

Indigo Multimedia Ltd, UK

### FUNDER

Northern CFSME Clinical Network [UK-based national healthcare system’s regional chronic fatigue syndrome services] and Royal National Hospital for Rheumatic Diseases NHS Foundation Trust [UK-based hospital management body]

### MEDICAL ADVISER

Northern CFSME Clinical Network [UK-based national healthcare system’s regional chronic fatigue syndrome services] and Royal National Hospital for Rheumatic Diseases NHS Foundation Trust [UK-based hospital management body]

### APPROVED BY

NHS Choices, UK

### REVIEW

The app has a very easy-to-use interface. At the end of the day, you have a chart that shows your activity intensity throughout that day. You can email daily or weekly reports to your own email address, or someone else’s (although that is not recommended for security reasons). However, the reports only provide a simple line graph of the high energy activity you have entered. Your data on sleep, deep rest, and low energy time is not shown in the graph report. Security for your data is basic. It is not synced to a server or cloud. One difficulty I have with this app is the definition of activity levels, which are just not sensitive enough in my opinion.

Occupy CFS blog, USA
### Afa-MICI

**How it Helps**
Provides information on inflammatory bowel disease (IBD), dieticians and hospitals, and on the activities of France-based patient group, Association François Aupetit (AFA).

**Available on**
- Android
- iOS

**Languages**
Chinese, Czech, Dutch, English, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**Features**
Allows networking with other people like me / Family / Friends, Information

**Cost**
Free

**Developer**
Franck Touboul, Ylly, France

**Funder**
Association François Aupetit (AFA), France

**Medical Adviser**
Association François Aupetit (AFA), France

**Approved by**
Not applicable

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### Review
Provides news and information on the diseases in which our Association specialises (maladies inflammatoires chroniques intestinales, or MICI), which are Crohn’s disease and ulcerative colitis. The app shows the location of toilets. It also allows networking between patients, through the forum.

Representative of the Association François Aupetit (AFA), France
**AiC Mobile**

**HOW IT HELPS**
List of gluten-free products for people with gluten intolerance

**AVAILABLE ON**
- Android
- Apple

**LANGUAGES:**
Italian

**FEATURES**
Information

**COST**
Free

**DEVELOPER**
Lorenzo Pino, Italy

**FUNDER**
Associazione Italiana Celiachia (AIC) Onlus
[Italy-based patient group specialising in coeliac disease]

**MEDICAL ADVISER**
Associazione Italiana Celiachia (AIC) Onlus
[Italy-based patient group specialising in coeliac disease]

**APPROVED BY**
Not applicable

**REVIEWS**
The main feature of our app is the ability to consult the database of gluten-free foods—which can be done either in an analytical way (looking for products by category, manufacturers, or brands), or by using keywords that will be searched on the full product descriptions. Searches are made without access to a network because the database is fully established in the memory of the smart phone. This way of consulting the database is novel, and gives immediate results.

Associazione Italiana Celiachia (AIC) [Italian Coeliac Association] Onlus, Italy

Ready access to information at the point of decision. The app is used by 1% of our members.

Gruppo Celiachia della Svizzera Italiana [Coeliac Group of Italian Switzerland], Switzerland
Aidspmap news

**HOW IT HELPS**
Offers latest daily news on the topic of HIV/AIDS

**AVAILABLE ON**
[Android], [Apple], [Mac]

**LANGUAGES**
English

**FEATURES**
Information

**COST**
Free

**DEVELOPER**
Thomas Paterson

**FUNDER**
NAM—the HIV Information Charity [UK-based patient group specialising in HIV/AIDS]

**MEDICAL ADVISER**
NAM—the HIV Information Charity [UK-based patient group specialising in HIV/AIDS]

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
Up-to-date, new information on HIV and treatments.
Positively UK
Recommended by AIDS Action Europe
HEALTH, WELLNESS & CARE IN THE COMMUNITY

**airTEXT**

**HOW IT HELPS**
Information about current and forthcoming air pollution, pollen, ultraviolet levels, plus temperature, for Greater London, England

**AVAILABLE ON**

- [Android](#)
- [Apple](#)
- [Web](#)

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Cambridge Environmental Research Consultants (CERC) Limited, UK

**FUNDER**
European Space Agency (ESA) PROtocol MONiToring for the GMES Service Element: Atmosphere (PROMOTE) project; European Commission 7th Framework Programme MyAir PASODOBLE project, UK Department for Environment, Food and Rural Affairs (DEFRA), Greater London Authority (GLA); 24 other Greater London agencies and local authorities (including London NHS bodies)

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Tourists and athletes can control the quality of London 2012 air thanks to the airText app.
Antonio Tajani, Vice-President of the European Commission responsible for Industry and Entrepreneurship
Recommended by David Hiles, Head of Health Promotion, Asthma UK

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
<table>
<thead>
<tr>
<th><strong>HEALTH, WELLNESS &amp; CARE IN THE COMMUNITY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CATEGORY</strong></td>
</tr>
<tr>
<td><strong>STAYING HEALTHY</strong></td>
</tr>
</tbody>
</table>

## AlcoDroid Alcohol Tracker

### HOW IT HELPS
Alcohol consumption tracker and drinks diary intended to help a user change drinking habits

### AVAILABLE ON

### LANGUAGES:
English

### FEATURES
Self-monitoring

### COST
Free; ‘ad-free’ version £2.69 [approximately €3.88, $4.20]

### DEVELOPER
Myrecek, Czech Republic

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEW
Very good app. But you should put in an option like 'Drank on full stomach'; 'on half-full stomach'; 'on empty stomach', so that it could be more accurate.

Empowered consumer, Facebook, Italy

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For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
### AliveECG

#### HOW IT HELPS
The AliveCor® Heart Monitor: Mobile ECG device that provides individuals with the ability to track heart health anywhere, anytime at an affordable cost. Available for purchase in the USA, Australia, India, Ireland, New Zealand and UK.

#### AVAILABLE ON
- Android
- iOS
- Desktop

#### LANGUAGES
English

#### FEATURES
Self-monitoring, Support to deal with symptoms/disabilities, Trackers

#### COST
Free, but the compulsory case costs £48.00 [approximately €68.78, $74.99]

#### DEVELOPER
AliveCor Inc, USA

#### FUNDER
Same as technical developer

#### MEDICAL ADVISER
Same as technical developer

#### APPROVED BY
CE-marked, US Food and Drug Administration (FDA)

#### REVIEW
The ‘AliveECG’ works in conjunction with the free AliveECG app and is designed for medical professionals, patients and health-conscious individuals to record, display, store and transfer single-channel electrocardiogram (ECG) readings. These recordings could be saved on the mobile device or shared with others (such as your doctor) via email. AliveCor’s Heart Monitor has been used in several clinical trials, and demonstrated accuracy and efficiency to produce a single-channel rate-and-rhythm assessment.

Arrhythmia Alliance (AA), UK
## Alphabet Tracing

**How it helps**
Displays letters of the alphabet, words and numbers which children (including those with learning disabilities) can trace over, to help in learning to write.

### Available On
- App
- Desktop

### Languages
English

### Features
Improving communication, Information, Support to deal with symptoms/disabilities

### Cost
Free

### Developer
Oncilla Technologies Inc, USA

### Funder
Same as technical developer

### Medical Adviser
Same as technical developer

### Approved by
Not applicable

**Review**
Another alphabet learning app that is easy for very young children to use, but has the same limited options common in these learning and tracing apps. Between 1-5% of our members are using this app.

Learning Disabilities Association of Niagara Region (LDANR), Canada
# Alzheimer App

## How It Helps
Aimed at the caregivers of people living with Alzheimer’s disease

## Available On
![Android](android.png), ![Apple](apple.png), ![Desktop](desktop.png)

## Languages
Italian

## Features
Support to deal with symptoms/disabilities, Information

## Cost
Free

## Developer
Federazione Alzheimer Italia (AI) [Italy-based patient group specialising in Alzheimer’s disease]

## Funder
Same as technical developer

## Medical Adviser
Same as technical developer

## Approved By
Not applicable

## Review 1
The Federazione Alzheimer Italia—which, for nearly 20 years, has provided support, information and advice to all requesting them—has created this new tool, the ‘Alzheimer App’, to help the growing number of people with Alzheimer’s (including young people), and their carers. The app is an information tool; it is interactive, user friendly, and is updated constantly.

Federazione Alzheimer Italia (AI) [Alzheimer’s Federation of Italy], Italy

The app is dedicated to the families of people with Alzheimer’s disease. It provides detailed information about Alzheimer’s disease, and about caring for people with the disease.

Alzheimer Europe (AE), Luxembourg

An interactive, user-friendly source of information for carers, as well as providing a direct link to the Federazione Alzheimer Italia’s ‘Pronto Alzheimer’ helpline service.

Alzheimer’s Disease International, UK
Amber Homeless Helper

HOW IT HELPS
Helps people in the UK who are homeless (and their providers of social care) to locate resources within a given geographical radius of their phone.

AVAILABLE ON
Apple, Android

LANGUAGES:
English

FEATURES
Trackers, Information

COST
Free

DEVELOPER
Nail Soup Ltd, UK

FUNDER
Amber Foundation [UK-based charity specialising in care for people who are homeless]

MEDICAL ADVISER
Amber Foundation [UK-based charity specialising in care for people who are homeless]

APPROVED BY
Not applicable

REVIEWS
We have often found that many homeless people (and the professionals working with them) are unaware of the many places offering support in the country today. As the majority of homeless people who Amber supports have mobile phones, we felt that a free app was an effective way of helping to signpost charities and other organisations offering services.
Charles Drew, CEO, Amber Foundation, UK [reported in local UK media]

The ‘Amber Homeless Helper’ is a free app providing information on many of the services available to young homeless people throughout the country. It is designed to provide as much information as possible to help people find the right support.
Young People’s Housing Advice Devon, UK
**Angry Birds**

**CATEGORY**
MENTAL HEALTH
STAYING HEALTHY

**HOW IT HELPS**
Game involving characters modelled on birds and pigs, and which is said to feature physics-based gameplay.

**AVAILABLE ON**

- [Android](#)
- [Apple](#)
- [Blackberry](#)

**LANGUAGES:**
Chinese, English, French, German, Italian, Japanese, Spanish

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
Free on Android; Apple £0.79 [approximately €1.14, $1.23]; Blackberry £3.50 [approximately €5.04, $5.46]

**DEVELOPER**
Rovio, Finland

**FUNDER**
Rovio, Finland

**MEDICAL ADVISER**
None

**APPROVED BY**
Not applicable

**REVIEWS**
It is a genius app, addictive in a healthy sense, and providing quality ‘mindfulness’ (in the current jargon). Very absorbing. Great for anxiety, in particular, but also for depression. There are probably some excellent self-management apps for people with mental illness, but I’m not aware of them. The scope is enormous in terms of social connection, information, and coping resources (for example, soothing, distracting, etc).

**Star Wards**
Angry Birds was designed by gamers—people who play games all the time, and appreciate how to grab, and hold, your attention.

Blogger on Prepared Patient Forum, USA
**Anti-stress Chromotherapy**

**CATEGORY**
MENTAL HEALTH

**HOW IT HELPS**
Chromotherapy app intended to reduce mental stress by demonstrating the therapeutic value of 256 shades of colour

**AVAILABLE ON**

**LANGUAGES:**
English

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
TungLabs, Brazil

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Recommended by Roger Gunnarsson, Sweden-based Director of the Board, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), Belgium

For more information visit: www.myhealthapps.net
**Apo-App**

**CATEGORY**
- ME AND MY DOCTOR
- TRAVELLING

**HOW IT HELPS**
GPS tracking allows the app to show the pharmacies in the user’s local area.

**AVAILABLE ON**
- Android
- iOS
- Windows

**LANGUAGES:**
German

**FEATURES**
Trackers, Information

**COST**
Free

**DEVELOPER**
Blue Source Mobile Solutions, Austria

**FUNDER**
Oesterreichische Apothekerkammer [Austria-based professional tradesbody representing pharmacists]

**MEDICAL ADVISER**
Oesterreichische Apothekerkammer [Austria-based professional tradesbody representing pharmacists]

**APPROVED BY**
Not applicable

**REVIEWS**

You can always find the nearest open pharmacy.

Wir Diabetiker Niederösterreich [We Diabetics of Lower Austria], Austria

Rapid and accurate information. You quickly find the nearest pharmacy. Provides opening times, and a detailed map of directions over the Internet. You can connect over the phone to the needed pharmacy. It shows the nearest pharmacies open in the near future. Night services are specially marked in blue.

Behindertenvertrauenspersonen [Disabled People’s Trust], Austria

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For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
# App Paura di Volare? [Fear of Flying App]

## HOW IT HELPS
Aims to help the user overcome fear of flying.

## AVAILABLE ON
![Android](android.png) ![Apple](apple.png) ![Desktop](desktop.png)

## LANGUAGES
Italian

## FEATURES
Support to deal with symptoms/disabilities, Information.

## COST
Android £3.04 [approximately €4.75, $4.22], Apple £2.84 [approximately €3.99, $4.43].

## DEVELOPER
Togetar (formerly Zyrcadia BV, Netherlands)

## FUNDER
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

## MEDICAL ADVISER
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

## APPROVED BY
Not applicable

## REVIEWS
This Italian ‘Fear of Flying’ app, the ‘Volare’ app, is based on a scientifically-proven treatment method. It is not therapy.

**VALK Foundation, Netherlands**

Aims to provide a general set of effective tools for managing the fear of flying, based on the latest techniques for treating specific phobias of the situational type. Has a psychoeducational information area on fear of flying, a flight area (a series of 3D videos, with the person following a structured path of virtual-exposure therapy), a relaxation area, with four virtual environments to practice relaxing practice, and a panic button that can be engaged in any ‘emergency’ when the person feels that their fear is increasing, and they are no longer able to maintain control.

**StopFear, Italy**
HEALTH, WELLNESS & CARE IN THE COMMUNITY

**Argus – Pedometer, Run, Cycle**

**HOW IT HELPS**
Health-and-fitness monitor for walking, running, cycling, sleeping, calorie and liquid intake, and heart rate.

**AVAILABLE ON**

- Android
- iOS
- Desktop

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
Azumio Inc, USA

**FUNDER**
Same as technical developer (via venture-capital funding of $2.5m from several investors, 2011-2014).

**MEDICAL ADVISER**
Same as technical developer, plus researchers at Stanford University and the University of California, San Francisco.

**APPROVED BY**
Not applicable

**REVIEW**

Argus is good, but takes a lot of battery life, and you have to leave it running constantly for it to be effective. I like the way it keeps the information in one place, and measures different things. But it takes time to input the data each day.

Person living with Ehlers-Danlos syndrome, UK

For more information visit: www.myhealthapps.net
**Artrite Reumatoide**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Diary and reminder to take medication for people with rheumatoid arthritis</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>Windows</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>Italian</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Reminders, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>SB Soft Srl with support of Associazione Persone con Malattie Reumatiche (APMAR), Italy</td>
</tr>
<tr>
<td>FUNDER</td>
<td>MSD Italia Srl</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Dr Marilena Serra, Rheumatologist, Ospedale Vito Fazzi di Lecce, Italy; and Dr Tiziana Nava, Presidente, GIS Reumatologia and Associazione Italiana Fisioterapisti (AIFI), Italy</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEW**

The Artrite Reumatoide app has a user-friendly diary interface that can, quickly and timely, advise to take all the planned steps, thus empowering the patient’s decisions. The app is downloadable, free of charge. News on rheumatic disease can be received as well, thanks to additional, integrated functionalities. The app is also able to recommend the nearest rheumatology centre in Italy by using a complex synchronisation interface with existing APMAR databases.

AGORA—Platform of Organisations of People with Rheumatic Diseases in Southern Europe, Cyprus
AskSARA

**HOW IT HELPS**
Provides information on how older people, and people with a disability, can find solutions to a wide range of activities in the home that might present them with problems.

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Disabled Living Foundation (DLF), UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
DLF provides AskSARA, an award-winning online self-help guide about equipment that can be licensed and adapted by other organisations. Foundation for Assistive Technology, UK

A national version of AskSARA is available, free for public use at www.asksara.org.uk. A number of local authorities have customised versions of these tools, to provide additional local information for their residents. Assitive Technology (AT) Alliance, UK
**Asthma Coach**

**How it helps**
Logs asthma activity, medicines, triggers, and peak-flow readings in diary and graph form

**Available on**
[Apple](#)  [Web](#)

**Languages**
Danish, Dutch, English, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish

**Features**
Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers, Information

**Cost**
Free

**Developer**
Eighty Twenty/4D, Ireland

**Funder**
Pfizer Health Investment Initiative; Dyson

**Medical Adviser**
Asthma Society of Ireland; healthcare professionals; patients

**Approved by**
Not applicable

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**Review**
To try and combat asthma’s sometimes devastating effects, the Asthma Society of Ireland has launched a free app called Asthma Coach. The app shows you how to administer your inhaler properly – there’s a technique to it. It also shows you how to deal with the symptoms of an asthma attack. The app can be a bit like a diary, it carries all the information and it can help you isolate the parts of your lifestyle that may be making your asthma worse.

*Blogger, Your Asthma Information, USA*
**Asthma-Info**

<table>
<thead>
<tr>
<th>Category</th>
<th>Breathing and Lungs</th>
<th>Me and My Doctor</th>
<th>Staying Healthy</th>
</tr>
</thead>
</table>

**How It Helps**
Diary that helps people with asthma discover how well they are controlling their condition.

**Available On**

- Android
- iOS
- Desktop

**Languages**
French, German, Italian

**Features**
Information, Improving communication, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**Cost**
Free

**Developer**
swiss:smart:media, Switzerland

**Funder**
MSD in Switzerland

**Medical Adviser**
aha! Allergiezentrum Schweiz, Switzerland; and MeteoSchweiz, the Bundesamt für Meteorologie und Klimatologie (Federal Office of Meteorology and Climatology), Switzerland; and the Christine Kühne Center for Allergy Research and Education (CK-CARE), Switzerland; and the Schweizerischen Gesellschaft für Aerobiologie (Swiss Society for Aerobiology) (SGA), Switzerland

**Approved By**
Not applicable

**Reviews**
So that you know how well your asthma is controlled.

Umweltnetz Schweiz, The Environmental Network (Switzerland)

With the app 'Asthma-Info', you will find out how well your asthma is controlled. Statistics illustrates your progress, and the diary will help you tell your doctor about your level of asthma control.

aha! Allergiezentrum Schweiz, Switzerland
AsthmaTrack

**How it helps**
Allows a user with asthma to record event information (such as environmental conditions, symptoms, treatments, and vital signs) that may be relevant to asthma.

**Available on**

**Languages:**
English, French, German, Italian, Spanish

**Features**
Support to deal with symptoms/disabilities, Trackers

**Cost**
£1.49 [approximately €2.15, $2.32]

**Developer**
dangerDown LLC, USA

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

**Review**
I’m using asthmaTrack. You can customise your zones, etc, but it does have an annoying quality—you have to put in ‘None’, ‘Light’, ‘Medium’, etc, for symptoms. I’d rather have a number rating, or something else, as, often, I don’t feel like this allows enough discrimination. Plus, you can’t add triggers (and it doesn’t have all of mine). But, otherwise, it is OK. It does have a proper chart that records your actual peak-flow (PF) readings, rather than weird estimates.

Asthma UK Forum, UK
AVC

**HOW IT HELPS**
Provides information on recognising signs of a stroke, and techniques of assistance

**AVAILABLE ON**

<p>| | |</p>
<table>
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<tbody>
<tr>
<td><img src="image" alt="Apple" /></td>
<td><img src="image" alt="Mac" /></td>
</tr>
</tbody>
</table>

**LANGUAGES**
English, French

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Tekneo S.A.S., France

**FUNDER**
France Accident Vasculaire Cérébral (AVC) [France Stroke], France

**MEDICAL ADVISER**
France Accident Vasculaire Cérébral (AVC) [France Stroke], France

**APPROVED BY**
Not applicable

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**REVIEWS**
On the occasion of World Stroke month, France Stroke and Tekneo offers to all citizens with a smartphone a stroke app. It raises awareness about this disease and how to intervene in cases of suspected stroke.

Secrétariat International des Infirmières et Infirmiers de l’Espace Francophone [International Secretariat of French-Speaking Nurses], France

Recommended by the Fédération des Réseaux de santé Gérontologiques d’Ile-de-France (FREGIF) [Federation of Gerontological Health Networks in Ile-de-France], France
### Back to Action

**CATEGORY**

- Bones and Muscles
- Staying Healthy

#### HOW IT HELPS
Displays exercises suitable for people with ankylosing spondylitis (AS)

#### AVAILABLE ON
- Android
- iOS
- Mac

#### LANGUAGES:
English

#### FEATURES
- Support to deal with symptoms/disabilities
- Information

#### COST
Free

#### DEVELOPER
Apache Solutions Ltd, UK

#### FUNDER
National Ankylosing Spondylitis Society (NASS) [UK-based patient group specialising in ankylosing spondylitis]

#### MEDICAL ADVISER
National Ankylosing Spondylitis Society (NASS) [UK-based patient group specialising in ankylosing spondylitis]

#### APPROVED BY
NHS Choices, UK

## REVIEWS
The exercises in this NASS app are all professionally recommended by expert physiotherapists.

National Ankylosing Spondylitis Society (NASS), Crewe branch, UK

NASS are delighted to announce that the new ‘Back to Action’ exercise app has had more than 900 downloads since it was launched two months ago, and is receiving some fabulous reviews.

Arthritis and Musculoskeletal Alliance (ARMA), UK
Beat Panic
[FullKontrol in Norwegian]

**HOW IT HELPS**
Designed to guide a user through a panic attack, or through an episode of raised anxiety

**AVAILABLE ON**

**LANGUAGES**
English, Norwegian

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
£0.79 [approximately €1.41, $1.23]

**DEVELOPER**
Jane Anderson-Hawkes, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Easy to use, and very effective. But it needs to be available on more platforms.

*West Sussex Wellbeing Initiatives, UK*

This is such a good idea. Just downloaded it. I really needed something for when I’m panicking on a train full of people or something, and I can’t just run around like a headless chicken. This is discreet, but feels like someone talking you through it. I haven’t used it in a panic attack yet, obviously, but watching it run through made me smile, because it’s exactly the kind of thing you need to think when in a panic.

*Blogger on No More Panic, UK*
### Behavior Tracker Pro

**HOW IT HELPS**
Allows carers, healthcare professionals, parents, and teachers to track the behaviour patterns of children, and to present them in graph form.

**AVAILABLE ON**
- Apple
- PC

**LANGUAGES**
English, German

**FEATURES**
Trackers

**COST**
£22.99 [approximately €32.49, $35.36]

**DEVELOPER**
Marz Consulting Inc/Data Makes the Difference LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Available in the Education and Utilities sections in iTunes. Just search for the word Autism or Behavior Tracker Pro. Behavior Tracker Pro is an iPhone/Ipod Touch app that allows Board-Certified Behavior Analysts (BCBAs), behavioral therapists, aides, teachers or parents to track behaviors and graph them. The app was designed to support the behavioral treatment plans for children with autism. However, it can be used to track behavior in any field.

- Autism Society of Minnesota, USA
- Recommended by ADAPT4Autism, USA
- Recommended by Mission for Educating Citizens with Autism (MECA), USA
Bellabeat

HOW IT HELPS
Records the heartbeat of an unborn baby, and allows the sound file to be shared online

AVAILABLE ON
Android, Apple, Windows

LANGUAGES
English

FEATURES
Allows networking with other people like me / Family / Friends, Improving communication, Information, Self-monitoring, Trackers

COST
App free on all platforms, requires the purchase of a small hand-held foetal Doppler device, at £82.82 [approximately €116.96, $129.00]

DEVELOPER
Sandro Mur, BabyWatch Inc, USA

FUNDER
Investors via 2013 Startupbootcamp Berlin; Semyon Dukach, SMTP Inc; INU, Croatia; DRAP, Croatia; crowdsourcing funding via a 2013 Indiegogo campaign

MEDICAL ADVISER
Dr Tanja Premru Sršen, Head of Department of Perinatology, UMC Ljubljana, Slovenia

APPROVED BY
CE-marked, US Food and Drug Administration (FDA)

REVIEWS
More opportunities to hear baby’s heartbeat ... have you seen this [app]?
MyMillsBaby is a professional blogger, who regularly networks with other mummy bloggers on various social media platforms
MyMillsBaby, UK
Recommended by Mom at Last (online community of mothers), USA
**BHF PocketCPR**

**CATEGORY**
HEART, CIRCULATION AND BLOOD

**HEALTH, WELLNESS & CARE IN THE COMMUNITY**

**HOW IT HELPS**
Provides real-time feedback, and visual and audio instructions, on how to learn and practise hands-only cardiopulmonary resuscitation (CPR)

**AVAILABLE ON**
[Android][iOS]

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Bio-Detek Inc, USA

**FUNDER**
Bio-Detek Inc [USA-based medical device company], and British Heart Foundation (BHF) [UK-based patient group specialising in heart conditions]

**MEDICAL ADVISER**
Bio-Detek parent company, Zoll Medical Corporation [USA-based medical device manufacturer], and British Heart Foundation (BHF) [UK-based patient group specialising in heart conditions]

**APPROVED BY**
Not applicable

**REVIEW**
This British Heart Foundation app teaches hands-only CPR. It has a training video, and also uses the technology in the phone to allow you to measure the rate and depth of your practising CPR with your phone on a cushion or bed. Between 31-40% of the patients with whom we are familiar use this app.

British Heart Foundation (BHF), UK
BIG Launcher

**HOW IT HELPS**
Simplified phone home screen for older people, and for people with visual impairment (and even for anyone who dislikes numerous phone icons)

**AVAILABLE ON**

**LANGUAGES:**
Arabic, Chinese, Croatian, Czech, Danish, Dutch, English, Estonian, Finnish, French, German, Greek, Hebrew, Hindi, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Swedish, Thai, Turkish, Vietnamese

**FEATURES**
Improving communication

**COST**
'demo' version free, £7.50 [approximately €10.81, $11.70]

**DEVELOPER**
Cofis CZ, sro, Czech Republic

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Providing an oversized, simplistic presentation style, ‘BIG Launcher’ increases the size of text, and places applications on the home screen in colourful square boxes. This app also supplies a large ‘SOS’ button, which allows the user to call a pre-determined phone number, or send an emergency text message with GPS coordinates. All functions can be customised for ideal visibility and use.

Living Well with Disability, USA

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation’s ‘Smart Accessibility’ competition
Big Picture Debates the Brain

**How it Helps**
Interactive quiz/debate about social and ethical issues relating to the brain

**Available on**
- Apple
- PC

**Languages**
English

**Features**
Information, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Cimex E-learning Ltd, UK (now closed down)

**Funder**
Wellcome Trust, UK

**Medical Adviser**
Same as funder

**Approved by**
Not applicable

**Review**
Is being in love just a chemical reaction? Is technology harming our brains? Is it OK to enhance brain function with cognitive enhancers or ‘smart drugs’? These are just some of the areas of debate presented in our free app, which explores social and ethical questions about the human brain. The app is designed to be interactive; students can vote, and share their view with peers. There is also an area for teachers, which gives suggestions for how it can be used in the classroom.

Wellcome Trust, UK

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For more information visit: www.myhealthapps.net

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## Big White Wall

### How It Helps
Provides advice helpful to people with anxiety, debt, stress, or work problems.

### Available On
- Android
- Apple
- Desktop

### Languages
English

### Features
- Allows networking with other people like me / Family / Friends
- Information
- Self-monitoring
- Support to deal with symptoms/disabilities

### Cost
Free (sign-up required)

### Developer
Big White Wall, UK

### Funder
Same as technical developer

### Medical Adviser
Clinical Director, Dr Simon Wilson

### Approved By
NHS Choices, UK

### Review
One of the best aspects was the wall itself – this allows you to express yourself visually when sometimes there aren’t the words to express how you’re feeling. Self-administered clinical tests, guides, tips and articles to improve wellbeing are also available, along with feedback suggesting next steps in self care and management of how you feel. 

TheSite.org (Youth Support Charity), UK
Blood Pressure Log

**How It Helps**
Allows blood pressure, pulse, and weight readings to be tracked.

**Available On**

**Languages:**
Chinese, Dutch, English, French, German, Hungarian, Italian, Polish, Portuguese, Spanish.

**Features**
Self-monitoring, Trackers

**Cost**
Free; ‘full’ version £1.29 [approximately €1.86, $1.56]

**Developer**
Lukasz Szmit, Ireland

**Funder**
Same as technical developer

**Medical Adviser**
Developed in conjunction with medical professional bodies

**Approved By**
Not applicable

**Reviews**
Records your own blood pressure monitoring, and the trends. Helps in measuring your own blood pressure, and in working out the trends.

Patient group specialising in autism-spectrum disorder, Spain

“Blood Pressure Monitoring itself, and the tendency.”
Patient group specialising in autism, Spain
**Body Language – Expressions**

**HOW IT HELPS**
Allows recognition training of fleeting facial expressions known as ‘micro-expressions’

**AVAILABLE ON**
Android

**LANGUAGES:**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Improving communication, Information

**COST**
Free

**DEVELOPER**
Mazuzu, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
This is a Body Language – Expressions quiz. It helps identify facial changes when people are showing emotions. Group specialising in learning disorders

For more information visit: www.myhealthapps.net
**Brain S3D HD**

**CATEGORY**
NERVOUS SYSTEM AND BRAIN

**HOW IT HELPS**
Tool for viewing the brain in 3D

**AVAILABLE ON**

![App Store Icon](image)

**LANGUAGES**
English, Spanish

**FEATURES**
Information

**COST**
£3.22 [approximately €4.55, $4.99]

**DEVELOPER**
Centro de Imagen y Tecnologia del Conocimiento Biomedico, s.l. (CITEC-B), Spain

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Spanish patient groups, healthcare professionals and academics

**APPROVED BY**
Not applicable

**REVIEW**
Recommended on Twitter by a number of individuals (including Antonio Sanchez)

Antonio Sanchez, physiotherapist and father
BrainyApp

**CATEGORY**
- Carers, Family, Friends
- Mental Health
- Nervous System and Brain
- Staying Healthy

**HOW IT HELPS**
A toolkit to help fight dementia, using changes in lifestyle

**AVAILABLE ON**
- Android
- iOS

**LANGUAGES**
English, Spanish

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Alzheimer’s Australia

**FUNDER**
Bupa Australia

**MEDICAL ADVISER**
Alzheimer’s Australia

**APPROVED BY**
Not applicable

**REVIEW**
Most people know how to reduce their risk of heart disease, diabetes and stroke but they don’t realise that the same healthy lifestyle choices may also lower the risk of developing Alzheimer’s disease and other kinds of dementia. The idea is that what is good for the heart is also good for the brain.

Jeremy Hughes, Chief Executive, Alzheimer’s Society, UK

[Image of the BrainyApp app interface]
<table>
<thead>
<tr>
<th><strong>CATEGORY</strong></th>
<th>CANCER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STAYING HEALTHY</strong></td>
<td>---------------------------------------------</td>
</tr>
</tbody>
</table>

**BreastAware**

**HOW IT HELPS**
Information on how to check breasts, and on lifestyle choices for decreasing the risk of breast cancer

**AVAILABLE ON**

- [Android](#)
- [iOS](#)

**LANGUAGES**
English

**FEATURES**
Information, Reminders, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Ioannis Demetrakopoulos, Anadelta Information and Medical Systems, Greece

**FUNDER**
Marks & Spencer PLC

**MEDICAL ADVISER**
Action Cancer, Northern Ireland

**APPROVED BY**
Not applicable

**REVIEWS**
The launch of a new app called Breast Aware, which shows women how to perform a self-breast examination. The app follows up with a discreet monthly reminder to [users] to check their breasts.

Breast Cancer Ireland
**Bribespot**

**HOW IT HELPS**
Allows the user to track and anonymously report examples of bribery. The app has a special category focusing on bribery in healthcare worldwide.

**AVAILABLE ON**

- Android
- iOS
- Web

**LANGUAGES**
English, Hindi, Indonesian, Javanese, Portuguese, Romanian, Russian, Spanish, Tamil, Urdu

**FEATURES**
Improving communication, Information

**COST**
Free

**DEVELOPER**
Utopus, Lithuania

**FUNDER**
Bribespot Vsi, Lithuania

**MEDICAL ADVISER**
Not relevant

**APPROVED BY**
Not applicable

**REVIEWS**
A mobile app that allows people to submit reports of corruption and bribes. People can also submit reports on a website, and instances are plotted on a map.

GlobalHealthHub.org

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the Vodafone Foundation Mobile for Good Europe Awards 2013.
## British Sign Language – Finger Spelling

**HOW IT HELPS**
Helps a user learn the British Sign Language (BSL) alphabet

**AVAILABLE ON**
Apple

**LANGUAGES**
English

**FEATURES**
Improving communication, Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Duchy Software Ltd, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

### REVIEW
Very simple to use, though not enough words are included.

*Carers Gloucestershire, UK*
### Brush DJ

<table>
<thead>
<tr>
<th><strong>How It Helps</strong></th>
<th>App intended to show the correct length of time when brushing teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available On</strong></td>
<td><img src="android.png" alt="Android" /> <img src="apple.png" alt="Apple" /></td>
</tr>
<tr>
<td><strong>Languages</strong></td>
<td>English</td>
</tr>
<tr>
<td><strong>Features</strong></td>
<td>Reminders</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>Free</td>
</tr>
<tr>
<td><strong>Developer</strong></td>
<td>Appware Ltd, UK</td>
</tr>
<tr>
<td><strong>Funder</strong></td>
<td>Benjamin Underwood, UK</td>
</tr>
<tr>
<td><strong>Medical Adviser</strong></td>
<td>Benjamin Underwood</td>
</tr>
<tr>
<td><strong>Approved By</strong></td>
<td>NHS Choices, UK</td>
</tr>
</tbody>
</table>

### Reviews

Brush DJ app makes brushing your teeth fun and effective. For those of you with iPhones or iPads — check out this great new app that makes sure you take enough time to brush your teeth. Brush DJ — it's free.

**Brandywine Health Foundation, USA**

This nifty little app gets fired up when it’s time to brush your teeth. It’ll randomly select a track from your music collection to enjoy while you brush, and also let’s know when you’ve been brushing for long enough. A great app to recommend to any patients you see playing with their smartphone in your waiting room.

**Blogger, Toothbrush Town (dental tips from a patient’s perspective), UK**
### C25K – 5K Trainer Free

**Category:** STAYING HEALTHY

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>REVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides training in how to run for five kilometres</td>
<td>C25K running app. As a carer, I find running can keep me fitter, and gives me a break, and makes me feel better mentally. Carer of a person living with frailty, UK</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AVAILABLE ON</th>
<th>LANGUAGES</th>
<th>FEATURES</th>
<th>COST</th>
<th>DEVELOPER</th>
<th>FUNDER</th>
<th>MEDICAL ADVISER</th>
<th>APPROVED BY</th>
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</thead>
<tbody>
<tr>
<td>📱, 📱, 📱</td>
<td>English</td>
<td>Self-monitoring, Support to deal with symptoms/disabilities, Trackers, Information</td>
<td>Free</td>
<td>Zen Labs LLC (Michael Moon, Bradley Duong), USA</td>
<td>No publicly-available information.</td>
<td>New York-based Breast Cancer Research Foundation (BCRF)</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

For more information visit: www.myhealthapps.net
### Calico (Global)

<table>
<thead>
<tr>
<th><strong>HOW IT HELPS</strong></th>
<th>Allows cycle rides, runs, and walks to be tracked</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVAILABLE ON</strong></td>
<td><img src="https://via.placeholder.com/15" alt="iOS" /> <img src="https://via.placeholder.com/15" alt="Mac" /></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
<td>English</td>
</tr>
<tr>
<td><strong>FEATURES</strong></td>
<td>Allows networking with other people like me / Family / Friends, Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>Free</td>
</tr>
<tr>
<td><strong>DEVELOPER</strong></td>
<td>Calico Global Pty Ltd, Australia</td>
</tr>
<tr>
<td><strong>FUNDER</strong></td>
<td>Same as technical developer</td>
</tr>
<tr>
<td><strong>MEDICAL ADVISER</strong></td>
<td>Diabetes Australia</td>
</tr>
<tr>
<td><strong>APPROVED BY</strong></td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEW**

Free app, with great GPS software that is very easy to use. Has a simple, daily activity target that connects with friends for extra motivation. The Australian version is testing ‘Burn&Earn’ software that rewards users by saving money at nearby retailers if they achieve their daily target. We at Diabetes Australia have just partnered with Calico (Calories In, Calories Out), and will be helping to promote the free app to a wider audience. iPhone only at the moment.

Diabetes Australia
Calorie Counter & Diet Tracker

**HOW IT HELPS**
Food and calorie tracker with a database of a million-plus foods

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
Free

**DEVELOPER**
SparkPeople Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
I use the SparkPeople website to track my food and exercise, and use the SparkPeople app because it links to my account there. It has a terrific database, and is easy to use.

Blogger on Low Carb Friends, USA

I like SparkPeople pretty well. It’s sort of obnoxious, taken at face value, because there’s a lot of emphasis on joining groups, and exercise plans, and meal plans, and all that over-involved stuff. I’m not interested in any of that, though, so I just use it for the calorie tracking. It tracks calories, protein, carbs, and fat. Their own internal database is so-so, but there’s a huge community-submitted database, from which I’ve yet to be able to find anything missing.

Blogger on the AskMetaFilter site, USA
**Calorie Counter and kJ Counter PRO by MyNetDiary**

**How it helps**
Weight- and nutrition-management app that allows dietary goals to be set.

**Available on**
- Android
- Apple
- Blackberry

**Languages**
- English
- French
- Russian

**Features**
- Information
- Self-monitoring

**Cost**
- Android: Free
- Apple: £2.99 ([approximately €4.28, $4.65](https://www.myhealthapps.net))
- Blackberry: Free, Pro Blackberry: £3.22 per month ([approximately €4.61, $5.00](https://www.myhealthapps.net))

**Developer**
MyNetDiary Inc, USA

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved by**
NHS Choices, UK

**Review**
Calorie Counter helped me keep a track of my food and fluid intake, including the nutritional value (not just calories), as well as the exercise undertaken. All of these are essential factors towards daily maintenance of my condition.

Person living with Ehlers-Danlos syndrome, UK
### Calorie Counter by FatSecret

**CATEGORY**

**STAYING HEALTHY**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Allows a user to find nutritional information about food, and to track meals, exercise and weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="android.png" alt="Android" /> <img src="ios.png" alt="iOS" /> <img src="windows.png" alt="Windows" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>Chinese, Dutch, English, French, German, Indonesian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Trackers, Information</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Secret Industries Pty Ltd, Australia</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

### REVIEWS

I've been using ‘FatSecret’ for about six months, with no problems. Things I like about it: good mobile app; can set nutrient tracker to show net carbs, instead of total carbs; has an iGoogle widget, so that I can make quick updates from my home page; large database of foods; easy to use. What I wish it could do. Better reporting. Would love to be able to view full nutritional data, so I could track vitamin and other nutrient intake, instead of just calories, fat, protein and carbohydrates.

*Blogger on the AskMetaFilter site, USA*

I had been using ‘FatSecret’, but the app kind of sucks for logging food that it doesn’t already know about.

*Blogger on the AskMetaFilter site, USA*
CalorieKing Australia
Calorie Counter

**How it helps**
Allows the calorie, carbohydrate, fat, and kilojoule content of foods to be checked

**Available on**

**Languages**
English

**Features**
Information

**Cost**
Free

**Developer**
CalorieKing Wellness Solutions Inc, Australia

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

**Review**
Good for carb counting. Used by 6-10% of the patients with whom we are familiar.
Patient group specialising in diabetes, Australia

For more information visit: www.myhealthapps.net
**Carb Counting with Lenny**

**CATEGORY**
Carers, Family, Friends
Diabetes
Staying Healthy

**HOW IT HELPS**
Carbohydrate-counting app intended to help children with diabetes gain the skills required to count carbohydrates

**AVAILABLE ON**
Android, Apple, PC

**LANGUAGES**
English

**FEATURES**
Information, Trackers

**COST**
Free

**DEVELOPER**
Medtronic Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

---

**REVIEW**
I downloaded the app, and I have to tell you-I really like it a lot. The app has a ‘Food guide’ divided by food groups that list the carbohydrate count and serving size when you touch the image on the screen. It doesn’t matter what brand of pump you use, or if you use multiple daily injections-the app is all about carb counting, and one of the things I really like about it is that it helps everyone. Not only is the app great for kids and adults with diabetes, but I think it’s a wonderful teaching tool for siblings and friends of children with diabetes, or children who have a parent with diabetes.

Diabetesaliciousness blog, USA
Carbs & Cals

HOW IT HELPS
Allows the user to count the amount of calories and carbohydrates contained in food and drink by consulting the app’s 1,400-plus photographs of food and drink items.

AVAILABLE ON
Android, iPhone

LANGUAGES
English

FEATURES
Trackers, Information

COST
£3.99 [approximately €5.63, $6.28]

DEVELOPER
Chello Publishing, UK

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
You look up the carbohydrate value of foods you are eating, so that you know how much insulin to inject. You can also keep a food diary, and track meals you have eaten.

Local patient group specialising in diabetes, UK

‘Carbs & Cals’ is really good (though quite steeply priced). But it’s all UK-based food, and has pictures of everything, so that you can judge your portion size. Most of the other carb databases I have used have all been centred around American food, so are not that relevant.

Blogger on Diabetes.co.uk
<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Reminder to take medications on time</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>English, French, German, Spanish</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td></td>
</tr>
<tr>
<td>FEATURES</td>
<td>Allows networking with other people like me / Family / Friends, Information, Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Janssen Healthcare Innovation (Janssen Research and Development, LLC), USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Janssen Healthcare Innovation (Janssen Research and Development, LLC), USA</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>US Food and Drug Administration (FDA) and NHS Choices, UK</td>
</tr>
</tbody>
</table>

**REVIEW**

Care4Today has a good and simple system which allows you to put in your medication requirements once, and then it will remind you to take them – which saves me having to think about exact timings of tablets all the time.

Person living with Ehlers-Danlos syndrome, UK
# CareMonkey

**How It Helps**
Allows a carer to track the contents of a person’s medical records.

**Available On**
- Android
- iOS
- Web

**Languages**
English

**Features**
Allows networking with other people like me / Family / Friends, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free

**Developer**
Peak Connection Pty Ltd, Australia

**Funder**
Same as technical developer

**Medical Adviser**
Asthma Australia

**Approved By**
Not applicable

## Reviews
Care Monkey looks easy to use, and quite straightforward to learn. It is something that consumers might find useful in managing chronic conditions or multiple medicines, particularly for those with children or who are carers.

_Our Health, Our Community (Consumers Health Forum of Australia), Australia_

CareMonkey solves the problem of how to keep others up to date by making care information available to all of a person's carers instantly. Permission to access a care profile can be assigned permanently (such as to a parent or sibling), or on an ad-hoc basis (such as to a teacher or family friend looking after a child for a weekend or a holiday). The app is also useful for travellers to share health and safety information among themselves, for siblings to manage the care of elderly parents, and for groups of friends, to be able to take care of each other when out and about.

_Cystic Fibrosis Queensland, Australia_
CaringBridge

**CATEGORY**
CARERS, FAMILY, FRIENDS
STAYING HEALTHY

**HOW IT HELPS**
A social network for people with an illness. Allows the user to connect with family, friends, carers.

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Reminders, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Andrew Kandels of CaringBridge.org; Hyper IQ, USA

**FUNDER**
CaringBridge.org, USA

**MEDICAL ADVISER**
CaringBridge.org, USA

**APPROVED BY**
Not applicable

**REVIEWS**
CaringBridge – ease of sharing information with friends and family.
Person living with adrenomyoneuropathy (AMN), USA

Offers personal, protected sites to easily stay connected during any type of health event. Family and friends can visit the site to stay informed, and leave supportive messages. SupportPlanner is a calendar that helps family and friends coordinate care and organize helpful tasks, like bringing a meal, offering rides, taking care of pets and other needs. Set up a SupportPlanner or join someone’s community. Amplifying love, hope and compassion through your health social network.
American Cancer Society, USA

For more information visit: www.myhealthapps.net
CatchMyPain – Pain Diary

**HOW IT HELPS**
A diary of pain felt by the user, to help explain the pain to doctors

**AVAILABLE ON**

**LANGUAGES**
English, Dutch, French, German, Spanish

**FEATURES**
Improving communication, Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free. Various in-app purchases

**DEVELOPER**
Sanovation AG; Software Evolution and Architecture Lab (SEAL) Gruppe, Instituts für Informatik, Universität Zürich, Switzerland

**FUNDER**
Örderagentur für Innovation des Bundes, Kommission für Technologie und Innovation (KTI), Switzerland; Hasler Stiftung, Switzerland

**MEDICAL ADVISER**
Klinikien Valens, Klinik für Rheumatologie und internistische Rehabilitation, Universität Zürich, Switzerland

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
I’ve found it to be incredibly useful in tracking possible cycles, and in remembering important days of pain (and possible causes). You can rate your pain, do colour-coded mapping on a human form to mark out where your pain is, and its severity, and detail specific things going on. They’ve also included a way now to send that information to your physician(s), if you so choose.

Living With Fibromyalgia – Online Support Group, USA

The makers hope that its use will lead to new insights in the pain field. An algorithm analyses the pain stories of different users around the world, to identify ‘clusters’ of similar patients, which could allow conclusions to be drawn about the most probable diagnosis and best treatment.

Pain UK
<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Relies on cognitive behavioural therapy (CBT) to help the user overcome anxiety and depression</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="android-icon.png" alt="Android and Mac icons" /> <img src="desktop-icon.png" alt="Desktop icon" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free, upgrade to remove ads costs £1.27 (approximately €1.81, $1.99)</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Euthymic Labs LLC, USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as technical developer (Jeff Clark, medical student and mental health advocate)</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEWS**

‘CBT Keeper’ is a mobile app that teaches simple techniques to help you overcome depression and anxiety. It’s built upon the principles of cognitive-behavioural therapy (CBT), a proven treatment for depression, anxiety, and many other mental illnesses. CBT works because it helps you change the negative thoughts and behaviours that drag you down.

*Self-injury.net, USA*

Recommended on Unsuicide, USA
**CF MedCare**

**HOW IT HELPS**
Treatment reminder to help people who have cystic fibrosis (CF) manage their medication regime.

**AVAILABLE ON**
Android, Apple, Mac

**LANGUAGES**
English, French, German

**FEATURES**
Allow networking with other people like me / Family / Friends, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
M-Data SA, Greece

**FUNDER**
Vertex Pharmaceuticals, USA

**MEDICAL ADVISER**
Same as funder

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
CF MedCare is a free app designed by Vertex Pharmaceuticals to help people with cystic fibrosis with their therapeutic regime. It sends you an alert when it’s time to take your medications and captures compliance data.

Cystic Fibrosis Ireland

Recommended by the European Cystic Fibrosis Society (ECFS)
<table>
<thead>
<tr>
<th><strong>Charity Miles</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How it helps</strong></td>
</tr>
<tr>
<td>Allows a user to pick a charity (from a provided list), and raise money for it by sponsored cycling, running, or walking</td>
</tr>
<tr>
<td><strong>Available on</strong></td>
</tr>
<tr>
<td>Android, iOS,</td>
</tr>
<tr>
<td><strong>Languages</strong></td>
</tr>
<tr>
<td>English</td>
</tr>
<tr>
<td><strong>Features</strong></td>
</tr>
<tr>
<td>Self-monitoring</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
</tr>
<tr>
<td>Free</td>
</tr>
<tr>
<td><strong>Developer</strong></td>
</tr>
<tr>
<td>Charity Miles LLC, USA</td>
</tr>
<tr>
<td><strong>Funder</strong></td>
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<tr>
<td>Same as technical developer</td>
</tr>
<tr>
<td><strong>Medical Adviser</strong></td>
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<tr>
<td>Same as technical developer</td>
</tr>
<tr>
<td><strong>Approved by</strong></td>
</tr>
<tr>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**Reviews**

When you’re out exercising, you can help us save lives a mile at a time. Charity Miles is a new app for iPhones and Android phones that enables people to earn money for charity simply by walking, running or biking. Donors have already committed an initial US$1 million to back every mile ‘earned’ with the Charity Miles app within a year. We think this is very cool.

Global Fund to Fight AIDS, Tuberculosis and Malaria

Recommended by Stand Up To Cancer, USA
Chatable

**HOW IT HELPS**
Chatable enable people to communicate using symbols and graphics

**AVAILABLE ON**
[Apple](#) [Computer](#)

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Improving communication, Information, Support to deal with symptoms/disabilities

**COST**
£49.99 [approximately €71.85, $78.12]

**DEVELOPER**
Therapy Box Limited, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
CE-marked, NHS Choices, UK

**REVIEW**
The main benefits are the great ease of use for people with disabilities (e.g. MS). Clear buttons and simple interface. Excellent for more elderly people as well who can use the well thought out interface to personalise the content. However it would be nice to be able to customise the size of the icons.

Walton-le-Dale Primary School in the UK
## Chemo Brain Doc Notes Free

### HOW IT HELPS
Recording tool to help patients gain the most from a visit to a doctor

### AVAILABLE ON
![Android](image), ![Apple](image), ![Desktop](image)

### LANGUAGES
English

### FEATURES
Allows networking with other people like me / Family / Friends, Improving communication, Support to deal with symptoms/disabilities

### COST
Free

### DEVELOPER
Neuron Softech LLC, USA

### FUNDER
CrowdCare Foundation Inc, USA

### MEDICAL ADVISER
Same as funder

### APPROVED BY
Not applicable

### REVIEWS
Cancer patients plagued by ‘chemo brain’ or other memory issues have a new tool to help them at the doctor’s office. With the app, recalling important information is never easier. - CrowdCare Foundation Inc, USA

Cancer survivor creates new app to help patients overcome chemo brain. ‘Chemo Brain Doc Notes’ is a new, free smartphone iOS and Android app, by a multiple myeloma survivor, wife, and mother of six. - Cancer Rehab Canada
## Chest PT

### HOW IT HELPS
Timer for parents who perform manual chest physiotherapy (PT) on a child who has cystic fibrosis

### AVAILABLE ON
Apple

### LANGUAGES
English

### FEATURES
Reminders Self-monitoring, Support to deal with symptoms/disabilities

### COST
Free

### DEVELOPER
Jason Phipps; Steve Spinney of Gelia advertising agency; Certatim Digital Agency, USA

### FUNDER
Jason Phipps; Certatim Digital Agency, UK (pro-bono work); Gelia advertising agency (pro-bono work)

### MEDICAL ADVISER
Jason Phipps is a parent of a child with cystic fibrosis

### APPROVED BY
Not applicable

### REVIEW
Chest PT (free): This is a timer app for manual chest physiotherapy (PT) that allows users to set total position, minutes per position, with alerts to let you know when to change positions. When all positions are completed, your child gets a good-job screen, which can be customised with your child’s name on it.

Cystic Fibrosis Newsletter 2013 [patient forum at Children’s Hospital of Michigan], USA
## Child Feeding Guide

**CATEGORY**

STAYING HEALTHY

**HOW IT HELPS**

A resource designed for parents and caregivers who want to understand why their child is ‘fussy’ and what they can do to improve mealtimes

**AVAILABLE ON**

[Android](#), [iOS](#), [Web](#)

**LANGUAGES**

English

**FEATURES**

Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**

Free

**DEVELOPER**

Loughborough University Centre for Research into Eating Disorders, UK

**FUNDER**

Same as technical developer

**MEDICAL ADVISER**

Same as technical developer

**APPROVED BY**

Not applicable

**REVIEWS**

It offers education on the science behind the behaviour, and provides real strategies and tools that can be used to help tackle fussiness in a positive way.

Redditch Early Help, UK

We found the questionnaires really made us think not just about the problems we were experiencing at mealtimes, but also how we and our children were feeling, something perhaps we overlook when we’re just trying to get our kids to eat. Created by three researchers and mums.

Facebook group: Meals Our Kids Love

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For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
### Clinical Trial Seek

**CATEGORY**
MEDICAL RESEARCH (CLINICAL TRIALS)
ME AND MY DOCTOR

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Searches the National Institutes of Health clinicaltrials.gov database for cancer clinical trials</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="android.png" alt="Android" /> <img src="apple.png" alt="iOS" /> <img src="desktop.png" alt="Desktop" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Vogel Farina LLC, USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Novartis Oncology, USA</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as funder</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

### REVIEWS
Novartis is a bit of an exception. They actually have an Android app ... ‘Clinical Trial Seek’ ... which does a reasonable job of accessing the ClinicalTrials.gov database, and therefore gives you ALL available clinical trial options, rather than only those related to their products (as most other drug company sites do).

‘Chaotically Precise: Life, Love, and Melanoma’ blog, USA

Interested in being able to search for clinical trials directly from your smartphone? Novartis has worked with a smartphone developer to release ‘Clinical Trial Seek’, so you can navigate and search for a clinical trial directly from your phone.

Northern California CarciNET Community (NorCal CarciNET Community), USA
# Cochrane Library, The

**CATEGORY**
- MEDICAL RESEARCH (CLINICAL TRIALS)
- STAYING HEALTHY

## HOW IT HELPS

Up-to-date healthcare information from the UK-based Cochrane Library

## AVAILABLE ON

![App Store](apple.png)  ![Mac App Store](mac_app.png)

## LANGUAGES

English

## FEATURES

Improving communication, Information, Support to deal with symptoms/disabilities

## COST

Free

## DEVELOPER

Mobile IQ, UK

## FUNDER

John Wiley & Sons, Ltd, UK

## MEDICAL ADVISER

Cochrane Collaboration, UK

## APPROVED BY

Not applicable

## REVIEWS

Allows you to view up-to-date medical evidence from the Cochrane Library in a convenient, easy-to-navigate format. Health Consumers New South Wales (HCNSW) – Consumers Shaping Health in NSW, Australia

Cochrane Reviews were envisioned to answer important questions about prevention, treatment, rehabilitation, and health. They are internationally recognised as the highest standard in evidence-based health care. Cochrane reviews look at all the evidence positive and negative on a topic and they publish the conclusions. There is even an app available for your iPad. It is free, and offers systematic reviews at your fingertips.

International Network for Knowledge about Wellbeing – Putting Patients at the Heart of Research, UK
Cognitive Diary
CBT Self-Help

**HOW IT HELPS**
Aims to teach the user self-help tools of cognitive-behavioral therapy (CBT) as a means of challenging irrational thinking that might otherwise lead to anger, anxiety, depression, relationship conflict, or stress.

**AVAILABLE ON**
Android

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring

**COST**
Free

**DEVELOPER**
Excel At Life LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
On the plus side it wonderfully walks individuals through a cognitive-behavioral therapy technique. It allows the user to create a record of their thoughts, and work through how they can challenge those thoughts, to come up with a better outcome. This therapy can be used to alleviate symptoms for several mental health issues. The down side of the app is that it does not connect with other apps, and only offers the one technique of addressing thinking patterns and challenging thoughts. There is not enough patient education. It would work much better in concert with web apps, such as ‘Beating the Blues’. Patient group specialising in helping patients navigate national healthcare policy, USA.
coldAlert warns vulnerable individuals of cold-weather events which can affect their health. The alerts inform people with reference to the UK Department of Health’s cold-weather-plan alert thresholds.

Sussex Air Quality Partnership (SAQP), UK
**Color ID (Free)**

**HOW IT HELPS**
When a user photographs an object, and then taps the on-screen image of the photographed object, the app will read aloud the object’s colour.

**AVAILABLE ON**
Android

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
GreenGar; Chirag Mehta, USA

**FUNDER**
GreenGar

**MEDICAL ADVISER**
Same as technical developers

**APPROVED BY**
Not applicable

**REVIEW**
Recommended by the Kent Association for the Blind (KAB), UK

Kent Association for the Blind (KAB), UK

For more information visit: www.myhealthapps.net
## Confederacion Autismo España

**[Autism Confederation Spain]**

### HOW IT HELPS
Provides access to, and allows users to participate in, the social networks of Autismo España [Autism Spain]

### AVAILABLE ON

<table>
<thead>
<tr>
<th>LANGUAGES:</th>
<th>Spanish</th>
</tr>
</thead>
</table>

### FEATURES
Allows networking with other people like me/Family/Friends, Information

### COST
Free

### DEVELOPER
No details available

### FUNDER
No details available

### MEDICAL ADVISER
Autismo España [Spain-based patient group specialising in autism-spectrum disorder]

### APPROVED BY
Not applicable

### REVIEWS
In a clear commitment to the use of new technologies, Autismo España presents its app—a new way to interact with the Confederation, completely free, and full of surprises. The menu is created with pictograms, to make navigation intuitive. Autismo España [Autism Spain]

Supplies a calendar and agenda of all of the activities of the Confederation of Autismo España.

Patient group specialising in autism-spectrum disorder, Spain

Recommended by the Federación Autismo Madrid (FAM) [Autism Federation of Madrid], Spain
# Contigo

**How it helps**
Provides information on how to cope with breast cancer and its treatment

**Available on**
Android, Apple, and Web

**Languages**
Spanish

**Features**
Information, Self-monitoring, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Wake App Health SL, Spain

**Funder**
Same as technical developer

**Medical Adviser**
Unidad de Mama del Centro Integral Oncológico Clara Campal, Madrid, Spain

**Approved by**
Not applicable

**Review**
Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the Vodafone Foundation’s Mobile for Good Europe Awards 2013.
**Cook & Count**

**Category**
- Diabetes
- Staying Healthy

**How it Helps**
Contains nutritional information on calories, fat, protein, fibre and sugars, as well as carbohydrate.

**Available on**
- Android
- iOS

**Languages**
English

**Features**
Information, Self-monitoring, Support to deal with symptoms/disabilities

**Cost**
£3.99 [approximately €5.68, $6.23]

**Developer**
iQo Solutions Inc, USA and UK; designer: Daniel Pidcock, UK

**Funder**
Health Apps Ltd, UK

**Medical Adviser**
Health psychologist Deborah Wilder, founder of Health Apps Ltd, UK

**Approved by**
NHS Choices, UK

**Review**
‘Cook & Count Carbs’ focuses on doing one thing well. It doesn’t fuss about with calories, or offer nutritional info about fats, proteins, or other micronutrients, but allows you to very quickly look up individual ingredients, or build complete recipes, and then work out carbs-per-portion for however many people you are dividing it between. Brilliantly, the app also allows you to define your own ‘custom’ ingredients from the food labels on the stuff that you actually buy (if that turns out to be missing, or significantly different from the predefined list).

‘Every Day Ups and Downs, a Diabetes Blog’, UK
**HOW IT HELPS**
Identifies toys as being potentially suitable for children with cerebral palsy (CP)

**AVAILABLE ON**
[Apple Store](https://www.myhealthapps.net)

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
CPtoys, Australia

**FUNDER**
CPtoys

**MEDICAL ADVISER**
Dr Brian Hoare, Advanced Paediatric Occupational Therapist, Monash Children’s Hospital, Melbourne, Australia

**APPROVED BY**
Not applicable

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**REVIEW**
Attention all parents of kids with cerebral palsy (CP), and therapists. Brian Hoare (occupational therapist at Monash Hospital) has launched his free new app. It matches toys with upper-limb goals. This will save us hours and hours of searching online and in store for the correct toys. Please show your support by downloading.

*Rye’s World: Life with Hemiplegic Cerebral Palsy, Australia*
**Crisis Card**

**CATEGORY**
Mental Health

**CARERS, FAMILY, FRIENDS**

**HOW IT HELPS**
In the event of a mental health crisis, the Crisis Card app provides a one-button-press ‘call for help’, to reach out to the user’s support network without having to face a phone call.

**AVAILABLE ON**

Android

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
28b, UK

**FUNDER**
Cambridgeshire and Peterborough CCG-NHS, UK

**MEDICAL ADVISER**
Sun Network, Mind UK, and Cambridgeshire and Peterborough CCG (NHS), UK

**APPROVED BY**
Not applicable

**REVIEW**
In the event of a health crisis, the Crisis Card mobile phone app provides a one-button-press ‘call for help’, so you can reach out to your support network without having to face a phone call, you can communicate your needs without having to talk, and share your location without having to know it yourself. The Crisis Card app also supports you in managing your health and wellbeing by providing information and signposting to the relevant resources available. For daily use, the app provides an area to easily record and track your state of wellbeing over time.

Sun Network, UK
### DAF Assistant

**How It Helps**
Helps people who have a stuttering problem to speak more fluently.

**Available On**
- Android
- Apple
- PC

**Languages**
English

**Features**
Improving communication, Support to deal with symptoms/disabilities

**Cost**
- Android £3.15 [approximately €4.45, $4.89]
- Apple £7.99 [approximately €11.29, $12.39]

**Developer**
Artefact LLC, USA

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved By**
Not applicable

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**Review**
DAF Assistant aids in implementing delayed auditory feedback (DAF) and frequency shifting auditory feedback (FAF) techniques known to help people with stuttering to speak more fluently.

Autism Queensland, Australia

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For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
**DevContacts**

**HOW IT HELPS**
App that aims to put a human face to worldwide aid and poverty statistics, and to demonstrate progress towards United Nations (UN) Millennium Development Goals (MDGs).

**AVAILABLE ON**

Apple

**LANGUAGES**

English

**FEATURES**

Allows networking with other people like me / Family / Friends, Improving communication, Information

**COST**

Free

**DEVELOPER**

Tamara Haig

**FUNDER**

Same as technical developer

**MEDICAL ADVISER**

Tamara Haig is an an aid and development consultant, working with clients all around the world

**APPROVED BY**

Not applicable

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**REVIEW 1**

I came across this little app called ‘DevContacts’. So, I downloaded it for free, and played around. The app creates a secondary contact list that randomly places contacts into different countries. You can see that I am ‘from Belize’, and can swipe over to see how the nation is progressing towards the MDGs. It is a clever way of seeing the challenges in each nation, and showing that a friend could have easily been born in that country.

Tom Murphy, aid and development blogger, and Editor, A View From The Cave, USA
**Diabetes App – blood sugar control, glucose tracker and carb counter**

**CATEGORY**
- DIABETES
- STAYING HEALTHY

### HOW IT HELPS
Diabetes data-management app that allows the user to log and track factors which influence blood-sugar level

### AVAILABLE ON
- Apple

### LANGUAGES
- English

### FEATURES
Allows networking with other people like me / Family / Friends, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

### COST
£4.44 [approximately €6.26, $6.99]

### DEVELOPER
BHI Technologies Inc, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEW
With most of the apps out there for diabetics, blood-sugar control and tracking are the most important features. Goes at it using a different approach-trying to help users manage their diabetes by tracking the factors that influence our blood-sugar levels. This app really comes across to me as a proactive type of app, and not just another logbook. Great app, overall.

**Free Diabetes Resources**
### Diabetes og kulhydratt

**HEALTH, WELLNESS & CARE IN THE COMMUNITY**

**CATEGORY**

- DIABETES
- STAYING HEALTH

---

#### HOW IT HELPS

Carbohydrate counter, insulin calculator, and food-nutrition-information app

#### AVAILABLE ON

- 📱
- 🍎
- 📱

#### LANGUAGES

Danish

#### FEATURES

- Information
- Self-monitoring
- Support to deal with symptoms/disabilities

#### COST

Free

#### DEVELOPER

Pragmasoft A/S, Denmark

#### FUNDER

Diabetesforeningen [Danish Diabetes Association], Denmark

#### MEDICAL ADVISER

Diabetesforeningen

#### APPROVED BY

Not applicable

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#### REVIEW

The app will help the user track the intake of carbohydrates. The app consists of a large database of food products that will allow the user to measure how many carbohydrates are in a meal. The user can add more products to this database. The app also has a calculator that will measure the needed amount of insulin, according to the amount of carbohydrates in a meal.

Diabetesforeningen [Danish Diabetes Association], Denmark
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DIABETES</th>
<th>ME AND MY DOCTOR</th>
<th>STAYING HEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diabetes Pilot</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>How it helps</strong></td>
<td>Diabetes management app for anyone with diabetes (whether taking insulin, other medications, or just involved with diet and exercise). Dietary advice and good information is provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Available on</strong></td>
<td><img src="image" alt="Apple" />, <img src="image" alt="Windows" />, <img src="image" alt="Browser" /></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Languages</strong></td>
<td>English</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Features</strong></td>
<td>Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>Apple £16.11 [approximately €23.02, $24.99], Windows/Browser £22.51 [approximately €32.23, $34.99]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Developer</strong></td>
<td>Mike Biewenga of Digital Altitudes LLC, USA</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Funder</strong></td>
<td>Same as technical developer</td>
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<tr>
<td><strong>Medical Adviser</strong></td>
<td>Same as technical developer</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Approved by</strong></td>
<td>Not applicable</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Reviews**

I am absolutely sold on ‘Diabetes Pilot’. It is great, and I can sync to the desktop, and always have the log with me. Great for recording food, and even for calculating insulin bolus. However-free, it is not. Great program for me, though, and having it with me on a mobile device makes it indispensable.

Blogger on DiabetesForum.com, USA

‘Diabetes Pilot’ is software for helping diabetics manage their diabetes though logging glucose readings, medications, weight, blood pressure and exercise, and analysing the data through log books, reports, and charts. Data can be entered through computer.

Diabetic Nerd blog, USA
**Doc Ready**

**HOW IT HELPS**
Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health.

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Improving communication, Information

**COST**
Free

**DEVELOPER**
Innovation Labs initiative in partnership with Neontribe, Social Spider, FutureGov, Enabled by Design, UK

**FUNDER**
Innovation Labs initiative, a joint project between Comic Relief, Nominet Trust and the Right Here initiative (Paul Hamlyn Foundation and the Mental Health Foundation), UK

**MEDICAL ADVISER**
Paul Hamlyn Foundation, Mental Health Foundation, Social Spider, UK

**APPROVED BY**
Not applicable

**REVIEW**

DocReady is something I’ve found really helpful to use before going to medical appointments as it helps me make a clear list of what I want to talk about which helps me during the appointment.

Person living with mental health issues, UK

When I talked to people about the Doc Ready idea their response ranged from ‘cool’ to erm…’. Some of them had plenty of opinions about how it might, or might not, work. However, as expected this didn’t really give us any solutions about how to make Doc Ready happen or what the final thing should actually be like. This is why it makes sense to co-produce and co-design.

New Mental Health, publishing arm of social enterprise Social Spider, UK
## Dosecast

### HOW IT HELPS
Reminder to take medications on time

### AVAILABLE ON
![Android](android.png) ![iOS](ios.png)

### LANGUAGES
English, French, German

### FEATURES
Reminders, Trackers, Information

### COST
Free

### DEVELOPER
Montuno Software LLC, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEWS
Helps patients on multiple medications to take their medications on time. More than half of the patients with whom we are familiar use the app.

*North Shore Prostate Support and Awareness (North Shore PSA), Canada*

The Dosecast app reminds me to take my medication, and track it.

*Person living with arthritis, UK*
## Dr. McDougall Mobile Cookbook

### HOW IT HELPS
Cookbook listing healthy foods

### AVAILABLE ON
![Android](android.png)  ![Apple](apple.png)

### LANGUAGES:
English

### FEATURES
Support to deal with symptoms/disabilities, Information

### COST
Android £3.99 [approximately €5.75, $6.23], Apple £3.19 [approximately €4.98, $4.60]

### DEVELOPER
McDougall Media, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEW
Very good tips for a healthy diet (vegan), and easy recipes for healthy meal.
Pro Homine, Austria
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>MEDICATION</th>
<th>ME AND MY DOCTOR</th>
</tr>
</thead>
</table>

**Dr.Drin**

**HOW IT HELPS**
Designed to help the user manage medication compliance

**AVAILABLE ON**
![Android, Apple, Mac]  

**LANGUAGES**
English, Italian

**FEATURES**
Reminders

**COST**
Free

**DEVELOPER**
BiocareProvider Group, Italy

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Associazione NeuroCare [NeuroCare Association] Onlus [Italy-based patient group specialising in neurodegenerative disorders]

**APPROVED BY**
Not applicable

**REVIEW**
Useful for everyone (especially the elderly) who have to take drugs, especially if the medicines are numerous, with complex dosing schedules. The app’s only drawback comes from the general difficulties related to the use of smartphones experienced by some people.  
NeuroCare Onlus, Italy
**DISABILITY**

**Dragon Dictation**

**CATEGORY**
SUPPORT FOR SENSES, MOBILITY AND LEARNING

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**HOW IT HELPS**
Voice-recognition app that turns spoken words into on-screen text, which can be used as notes or as email

**AVAILABLE ON**
Apple

**LANGUAGES**
Arabic, Chinese, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hungarian, Indonesian, Italian, Japanese, Malay, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Swedish, Turkish, Vietnamese

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Nuance Communications Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

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**REVIEWS**
This app’s voice-recognition technology listens, and then transcribes speech on to the phone’s touchscreen. How does it work? You need to record the speech first, and you can’t record for very long, but it is ideal for short notes, texts and emails. The app can recognise the context of some words, such as ‘where’ and ‘wear’, but its accuracy isn’t always spot on. You can always review the text, however, and edit it if necessary.

*Action on Hearing Loss, UK*
# Dragon Search

**How it Helps**
Speech-recognition app that allows the user to conduct Internet searches on the phone through voice commands

**Available On**
- Apple

**Languages:**
- Arabic, Chinese, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hungarian, Indonesian, Italian, Japanese, Malay, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Swedish, Turkish, Vietnamese

**Features**
Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Nuance Communications, USA

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

**Reviews**
Apps certainly have the potential to make life easier for deaf people—though very few products are addressing this market. This particular app can be very useful for deaf people in some situations. At present, though, it only seems to be available in Apple.

National Association of Deafened People (NADP), UK

A voice-input programme, and voice-input text-editor programme designed for use by older people, by individuals with spinal-cord injury, by people with an injury to the upper extremity, with vision deficiency, or with a learning disability.

Network of Care, Riverside County, USA
# EndoGoddess

**CATEGORY**  
ME AND MY DOCTOR  
STAYING HEALTHY  

**HOW IT HELPS**  
Diabetes-management journal for recording and tracking blood-glucose levels, carbohydrate intake, and insulin dosages – with reminders of when to test your blood glucose.

**AVAILABLE ON**  
Android

**LANGUAGES**  
English

**FEATURES**  
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**  
Free

**DEVELOPER**  
eProximiti; Duet Health LLC, both USA

**FUNDER**  
Dr Jennifer Dyer [USA-based healthcare professional specialising in paediatric endocrinology]

**MEDICAL ADVISER**  
Same as funder

**APPROVED BY**  
Not applicable

**REVIEW**  
Despite not being visible on the app, there are graphs you can share with your doctor or anyone else (a common feature in glucose-logging apps, these days). The app does also offer an educational component. This app seems quite useful for newly-diagnosed people with diabetes, Type-2 diabetics, or people who tend to test their blood sugar at the same, very specific, times of day (it’s not dynamic enough to handle the variety of life with Type-1 diabetes). The app itself is nicely designed and easy to read and use. The prospect of earning points for iTunes songs is a pretty tempting deal, though. Nice to see an endocrinologist getting into the apps game.

Diabetes Mine, USA
Epilepsy Action

**How It Helps**
Keeps a track of seizures. Can share the information with health professionals via the web version. Has medicines reminders for epilepsy medication and non-epilepsy medication.

**Available On**
- Android
- Apple
- Website

**Languages**
English

**Features**
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**Cost**
Free

**Developer**
Epilepsy Action, UK

**Funder**
Educational grant from Sanofi, UK

**Medical Adviser**
Epilepsy Action, UK

**Approved By**
Not applicable

**Reviews**
Free Epilepsy Action App lets you track and monitor seizures and medications.”
America’s Special Kidz (A.S.K.), USA
Very helpful App from Epilepsy Action for recording and monitoring seizure activity
Korky’s Crusade Community (Korky has Ehlers-Danlos Syndrome, gastroparesis, intestinal failure, brain tumour & epilepsy. And is fed intravenously), Facebook community
DEVELOPER
Epocrates, Inc (owned by Athena Health), USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEW
Epocrates helps me make sure my medicines don’t interact with each other. I’m on many medications. I have used many more health apps, but this one [and two others I have recommended to this PatientView survey] are the only ones I felt were worth the price, or I found myself using in the long run.
Person living with arthritis and Crohn’s disease, USA
Eppy

**How it helps**
Intended to help people with epilepsy manage their condition, together with relevant medical professionals.

**Available on**

Android, iPhone

**Languages:**
Dutch

**Features**
Reminders, improving communication, support to deal with symptoms/disabilities, self-monitoring, trackers

**Cost**
Free

**Developer**
No information available.

**Funder**
GSK [UK-based pharmaceutical company]

**Medical adviser**
Stichting Nationaal Epilepsie Fons [Netherlands-based patient group specialising in epilepsy] and Kempenhaeghe [Netherlands-based epilepsy treatment centre]

**Approved by**
Not applicable

**Review**
Tracks attacks, and what issues (such as fatigue or stress) may play a role in them. A person can enter their medication schedule, and see a message if the medication should be taken. ‘Eppy’ also has an alarm function, for when someone can feel an attack coming. The alarm alerts bystanders and rescue workers to what is wrong about the person, and to what they should (and should not) do. Bystanders can also easily contact people whom the user has selected on the app. And ‘Eppy’ has a ‘Follow-me’ feature (for walking or cycling, for example), allowing a partner, parent or other contact to always be able to check where the user is located.

Stichting Nationaal Epilepsie Fons [National Epilepsy Fund], Netherlands
Ernährung Pro

**HOW IT HELPS**
App that provides the details of the nutritional value of 1,000 foodstuffs.

**AVAILABLE ON**

Android, Apple, Mac

**LANGUAGES**
German

**FEATURES**
Information

**COST**
Android: £0.83 / $1.3 / €1.2; Apple: £0.63 / $0.99 / €0.89

**DEVELOPER**
Simon Kleine Softwareentwicklung, Germany

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Only one review for this app, as it is relatively new. Watch out for updates on myhealthapps.net
Recommended by a person living with a hormonal condition, UK
### e-symptoms

**How It Helps**
Diary that allows people with asthma or allergies to document their symptoms and potential environmental triggers

**Available On**
- Android
- Apple
- iPad

**Languages**
English, French, German, Italian

**Features**
- Information
- Improving communication
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**Cost**
Free

**Developer**
swiss:smart:media, Switzerland

**Funder**
- aha! Allergiezentrum Schweiz, Switzerland;
- MeteoSchweiz, the Bundesamt für Meteorologie und Klimatologie [Federal Office of Meteorology and Climatology], Switzerland;
- and the Christine Kühne Center for Allergy Research and Education (CK-CARE), Switzerland;
- and the Schweizerischen Gesellschaft für Aerobiologie [Swiss Society for Aerobiology] (SGA), Switzerland

**Medical Adviser**
As funder

**Approved By**
Not applicable

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**Reviews**
The aha! Allergiezentrum Schweiz, MeteoSchweiz, and CK-Care provide allergy sufferers, carers and any person who is interested with this app. It is a helpful tool that allows the user to get an accurate diagnosis.

aha! Allergiezentrum Schweiz, Switzerland

This allows you to track your symptoms daily.

Umweltnetz Schweiz, The Environmental Network (Switzerland)
**eTangram**

**HOW IT HELPS**
Utilises Tangram, a Chinese game in which several shapes can be assembled to make larger shapes, to teach a user how to make more complex shapes (such as a rabbit) in several levels of difficulty.

**AVAILABLE ON**

Apple, Linux

**LANGUAGES**
Basque, English, Spanish

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Bilbomática, Spain

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
The idea is sourced amongst the participants in the Consortium made up by Bilbomática www.bilbomatica.es, Zuentzat www.zuentzat.net and the DeustoTech-Life Unit of the University of Deusto http://www.deustotech.deusto.esq, in the framework of the research and development project “Technological Tool based on the Tangram game for psychic stimulation for the elderly”, subsidised by the Industry, Innovation, Trade and Tourism Department of the Basque Government and the SPRI (Business development agency belonging to the Basque Government).

**APPROVED BY**
Not applicable

**REVIEW**
The latest application has more to do with aging than with children. Tangram can significantly help to keep the mind active, so more and more initiatives practising this game in stimulation programs are being designed to tackle diseases like Alzheimer’s.

Serdonmas, not-for-profit community home help, Spain
## European Health Insurance Card (EHIC)

### HOW IT HELPS
Shows citizens of EU Member States how to apply for a European Health Insurance Card (EHIC).

### AVAILABLE ON
- Android
- Apple
- Windows
- Linux

### LANGUAGES
Bulgarian, Czech, Danish, Dutch, English, Estonian, Finnish, French, German, Greek, Hungarian, Italian, Latvian, Lithuanian, Maltese, Norwegian, Polish, Portuguese, Romanian, Slovak, Slovenian, Spanish, Swedish.

### FEATURES
- Information

### COST
Free

### DEVELOPER
Emakina, Belgium

### FUNDER
The European Commission Directorate General for Employment, Social Affairs and Inclusion

### MEDICAL ADVISER
The European Commission Directorate General for Employment, Social Affairs and Inclusion

### APPROVED BY
Not applicable

### REVIEWS
Anyone can download the app, which contains information about the card and who to contact to request it; how to use the phone numbers for emergency calls; what healthcare and expenses are covered by insurance; and the app explains the procedures for reimbursement.

Il Consiglio Nazionale dei Consumatori e degli Utenti (CNCU) [The National Council of Consumers and Users], Italy

Healthcare outside Italy could be a problem if you do not know the details of local laws and your rights as European citizens. To be informed of all matters related to healthcare within the EU today, get the free app called European Health Insurance Card, which was directly promoted by the Vice-President of the European Commission, Neelie Kroes.

Cittadinanzattiva, Italy
### Everyday BSL Dictionary

**How it helps**
- Dictionary of British Sign Language (BSL)

**Available on**
- iOS

**Languages:**
- English

**Features**
- Improving communication, Support to deal with symptoms/disabilities, Information

**Cost**
- £4.49 [approximately €6.47, $7.01]

**Developer**
- Signers Republic, UK; App Chefs, UK [latter now defunct]

**Funder**
- Signers Republic [UK-based individual app developer, bringing specialised subject awareness]

**Medical Adviser**
- DeafBooks [UK-based publisher of British Sign Language (BSL) material for adults and children]

**Approved by**
- Not applicable

### Reviews
Handy when out and about, this app has over 2,400 illustrated BSL signs with descriptions.

**Action on Hearing Loss, UK**

Are you interested in, or learning, BSL? Then have a look at this app. Based on the popular ‘Let’s Sign Dictionary’ by Cath Smith, this app is the dictionary in your pocket. Just open the app, and either scroll through the vast list of words, or enter the word you want to look up. The picture is then displayed with an explanation.

**Peterborough and District Deaf Children Support for Senses, Mobility and Learning**
Everyday Skills

**HOW IT HELPS**
Utilises images to teach social skills that can help a person function independently in the community (including how to prepare a meal, take care of pets, travel around, and behave in shops)

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
£29.99 [approximately €42.39, $46.51]

**DEVELOPER**
AbleLink Technologies Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Use this app to find self-directed learning for students with autism and learning disabilities.
Disability Network Northern Michigan, USA
Recommended by Autism Speaks, USA
Recommended by the Friendship Circle of Michigan, USA
Exsmokers iCoach

**HOW IT HELPS**
Self-help, step-by-step programme for quitting smoking

**AVAILABLE ON**

![Android](android.png)  ![iOS](ios.png)  ![Mac](mac.png)

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring, Information

**COST**
Free

**DEVELOPER**
Blue Crowbar Software, Belgium; Saatchi & Saatchi Brussels, Belgium

**FUNDER**
European Commission Directorate-General for Health and Consumers (DG SANCO)

**MEDICAL ADVISER**
Dr Claudia Put, Clinical Psychologist and MD, BrandNewHealth, Belgium

**APPROVED BY**
Not applicable

**REVIEWS**
iCoach helps young people quit smoking for good, but at their own pace. iCoach guides the young smoker through a series of comprehensive interactive tools. It also provides tailored feedback, advice, techniques, tasks, as well as mini tests, and sends the user daily email-tips as reminders, and for motivation

Irish Cancer Society, Ireland

This app, developed by the European Commission, is for you if you want to give up nicotine. Smokers are unstoppable, says the app’s publicity. After an initial questionnaire, the app helps you curb the habit by mapping the so-called ‘dangerous places’, that is, places where smoking costs you more. The user is allowed to push the so-called ‘panic button’. Finally, you can call a helpline at the price of a local call.”

Foro de la Asociación Nofumadores.org, Spain
# Fear of Flying App

**How It Helps**
Aims to help the user overcome fear of flying

**Available On**
- [Android](#)
- [Apple](#)

**Languages**
English

**Features**
Support to deal with symptoms/disabilities, Information

**Cost**
- Android: £3.04 [approximately €4.75, $4.22]
- Apple: £2.99 [approximately €1.41, $4.67]

**Developer**
Togetar (formerly Zyrcadia BV, Netherlands)

**Funder**
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

**Medical Adviser**
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

**Approved By**
Not applicable

## Review
The ‘Fear of Flying’ app is based on a scientifically-proofed treatment method. The main objective is to provide fearful flyers with a simple tool in anticipation, for before and during the flight. The app informs about the following aerodynamics; cruise flight; flight safety; sounds and sensations during take-off and landing; and turbulence. Practical audio exercises help to lower stress. When the flight stress reaches a panic level, users of the app can push on the special ‘panic button’ control. This button helps (in audio and written form) to decrease the stress level immediately. The app is a help-not a substitute for treatment. Fear of flying can be composed of different, underlying complaints which, not seldom, need psycho-therapeutic treatment.

VALK Foundation, Netherlands
Fertility Friend

**Ovulation**

**CATEGORY**

Sexual Health

**HOW IT HELPS**

Intended to improve the chances of conception

**AVAILABLE ON**

Android, iPhone, iPad

**LANGUAGES:**

English, German

**FEATURES**

Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**

Free

**DEVELOPER**

Tamtris Web Services Inc, Canada

**FUNDER**

Fertility Friend

**MEDICAL ADVISER**

Fertility Friend

**APPROVED BY**

Not applicable

**REVIEWS**

To support self management, not to fully self-manage.

Infertility Network UK

Fertility Friend when planning to get pregnant. Gives great information, it is free, and a website teaches you how to track symptoms and signals of fertility.

Person living with migraine, USA

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For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
Find Me Gluten Free

HOW IT HELPS
Lists gluten-free restaurants, fast-food stores, chain stores, pizzerias, bakeries, etc (USA only)

AVAILABLE ON
Android, iPhone, iPad

LANGUAGES
English

FEATURES
Information, Support to deal with symptoms/disabilities

COST
Free

DEVELOPER
Gluten Free Classes, LLC (Jason Elmore), USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
‘Find Me Gluten Free’ helps me find restaurants with gluten-free menus (but is not always accurate).
Person living with coeliac disease, USA

This is an app for local gluten free places. Including reviews by customers!! Trust me! You want this.
Person with coeliac, USA
# First aid by British Red Cross

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>STAYING HEALTHY</th>
</tr>
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</table>

## HOW IT HELPS
Provides simple advice on how to perform first aid

## AVAILABLE ON

Languages: English

## FEATURES
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

## COST
Free

## DEVELOPER
3 Sided Cube Ltd, UK

## FUNDER
British Red Cross, UK

## MEDICAL ADVISER
British Red Cross, UK

## APPROVED BY
Not applicable

## REVIEW
The British Red Cross has launched a new, free, mobile-phone app with videos, interactive quizzes, and simple, step-by-step advice on 18 everyday first-aid scenarios. Has tips on how to prepare for emergencies.

Patient Information Forum (PIF), UK
## FitDay Mobile

**CATEGORY**

**STAYING HEALTHY**

**HOW IT HELPS**
Diet and weight-loss journal that offers an online account to track food consumption and exercise levels

**AVAILABLE ON**

- [Android](https://play.google.com)
- [iOS](https://apps.apple.com)

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
Free

**DEVELOPER**
Jim Determan, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

### REVIEWS

I just use the ‘FitDay’ app because it’s tied into my FitDay account. Not sure it’s the best, but it works for me. It’s free, of course.

**Blogger on Low Carb Friends, USA**

I’ve been using ‘FitDay’. It doesn’t seem to have quite the database of some other sites, but I like the app, and it’s easy to create custom foods.

**Blogger on Real Jock**

‘FitDay’. It’s simple and free. Lets you add customised foods that you often eat, and has graphs representing nutritional breakdown. So, if you are doing low fat or low carb, it’s easy to track.

**Blogger on the AskMetaFilter site, USA**
Focus on Lymphoma

**HOW IT HELPS**
Information to help a person with lymphoma understand the condition, and to manage their cancer treatment.

**AVAILABLE ON**
- iOS
- Android
- PC

**LANGUAGES**
English

**FEATURES**
- Improving communication
- Information
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**COST**
Free

**DEVELOPER**
Migrate2Mobile, USA

**FUNDER**
Lymphoma Research Foundation, USA

**MEDICAL ADVISER**
Lymphoma Research Foundation; Across Health, USA

**APPROVED BY**
Not applicable

**REVIEWS**
Authoritative. Excellent for lymphoma and blood cancers.
Cancer patient group, Canada

From the Lymphoma Research Foundation. It’s wonderful news. If you have a mobile device, please download, install, and try it out.
Got CLL – a Patients’ and Caregivers’ Guide, USA
# Fodspor [Footprints]

**How it helps**
Allows users to report their experiences in hospital.

**Available on**
- Android
- Desktop

**Languages**
Danish

**Features**
Information

**Cost**
Free

**Developer**
Bo Thinggaard, Unpossible Systems I/S, Denmark

**Funder**
Dansk Selskab for Patientsikkerhed [Denmark-based patient group specialising in patient safety] and Hvidovre Hospital [Denmark-based hospital]

**Medical Adviser**
Dansk Selskab for Patientsikkerhed [Denmark-based patient group specialising in patient safety] and Hvidovre Hospital [Denmark-based hospital]

**Approved by**
Not applicable

**Review**
The app makes it possible for patients and relatives to write their own health-experience ‘footprints’ on their phones. Everything can be recorded. Both patients and caregivers can download the app. Patients may note in the app their experiences, or add photos they have taken. The experiences are stamped with date, time and place.

Dansk Selskab for Patientsikkerhed [Danish Society for Patient Safety], Denmark
FoodSwitch

HOW IT HELPS
Scans the barcodes of supermarket food; supplies nutritional information, and suggests healthier alternatives. Especially useful for people with coeliac disease or gluten intolerance, high blood pressure, heart disease, or kidney disease.

AVAILABLE ON
Android, iOS, Mac

LANGUAGES
English

FEATURES
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

COST
Free

DEVELOPER
George Institute for Global Health, Australia; Bupa Australia

FUNDER
Bupa Australia

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEW
‘FoodSwitch’ allows users to scan the barcode of packaged foods using their iPhone camera and receive immediate, easy to understand nutritional advice and see healthier choices. Importantly, the app displays healthier choices based on the nutritional value of more than 20,000 packaged food products found in Australian supermarkets—the result of three years of research by pre-eminent food and health policy experts from The George Institute for Global Health, and launched thanks to a new partnership with Bupa, one of Australia’s leading healthcare organisations.

National Stroke Foundation, Australia
### FoodSwitch

**New Zealand**

**How it helps**
Scans the barcodes of supermarket food; supplies nutritional information, and suggests healthier alternatives. Especially useful for people with coeliac disease or gluten intolerance, high blood pressure, heart disease, or kidney disease.

**Available on**
- Android
- iOS
- PC

**Languages**
English

**Features**
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities.

**Cost**
Free

**Developer**
George Institute for Global Health, Australia; Bupa Care Services New Zealand; National Institute for Health Innovation (NIHI), University of Auckland, New Zealand

**Funder**
Bupa Care Services New Zealand

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

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**Review**

‘FoodSwitch’ is a new smartphone app that helps you make healthier food choices. FoodSwitch can help you find out what’s in the food you’re eating, so you can make simple switches to healthier options. With FoodSwitch, you can scan the barcode of packaged foods using your smartphone camera, and receive immediate, easy-to-understand nutritional advice, and a list of similar foods that are healthier choices.

Diabetes Live, New Zealand
# FoodSwitch UK

**CATEGORY**
- HEART, CIRCULATION AND BLOOD
- KIDNEY
- STAYING HEALTHY
- STOMACH, BOWEL AND CONTINENCE PROBLEMS

## HOW IT HELPS
Scans the barcodes of supermarket food; supplies nutritional information, and suggests healthier alternatives. Especially useful for people with coeliac disease or gluten intolerance, high blood pressure, heart disease, or kidney disease.

## AVAILABLE ON
- [Android](#)
- [App Store](#)
- [Microsoft Store](#)

## LANGUAGES
English

## FEATURES
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

## COST
Free

## DEVELOPER
George Institute for Global Health; Consensus Action on Salt and Health (CASH); Medical Research Council (MRC) Human Nutrition Research (HNR); British Heart Foundation (BHF) Health Promotion Research Group; Nuffield Department of Population Health, University of Oxford, UK

## FUNDER
Medical Research Council (MRC), UK

## MEDICAL ADVISER
Same as technical developer

## APPROVED BY
NHS Choices, UK

## REVIEWS
Stroke Association supports the launch of the ‘FoodSwitch’ app, which helps people choose healthier food options. Foods can often be high in salt, fat, saturated fat and sugars, but many people struggle to understand nutrition labels on food packaging.

**Stroke Association, UK**

The majority of kidney patients have to be very careful with their dietary intake, particularly salt. But, on many processed foods, it’s not always clear what the product contains. This innovative app is an easy way for people to get a clear picture of what is in their food, allowing them better informed choices for a healthier diet.

**Kidney Research UK**
### Fooducate

**CATEGORY**
- DIABETES
- STAYING HEALTHY

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>REVIEW</th>
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<tr>
<td>Provides nutritional information on foods, with the aim of helping a user with diabetes to lose weight, and to manage diet.</td>
<td>This app could be your shopping companion on the next trip to the grocery store. You can scan barcodes, search for products, and browse categories to find foods you’re shopping for. By selecting a food, you’ll get a list of health pros (for instance, 100% whole grain), and cons (for instance, loaded with high-fructose corn syrup), and can compare it to similar products. Keep track of products you eat regularly by ‘liking’ a food. Then, next time you hit the store, you can pull up a ‘My likes’ list of foods you might want to buy again.</td>
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| AVAILABLE ON | 
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<th>LANGUAGES</th>
<th>English</th>
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<tr>
<th>FEATURES</th>
<th>Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</th>
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<tr>
<th>COST</th>
<th>Free</th>
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<tr>
<th>DEVELOPER</th>
<th>Fooducate Ltd, USA</th>
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<tr>
<th>FUNDER</th>
<th>Same as technical developer</th>
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<tr>
<th>MEDICAL ADVISER</th>
<th>Same as technical developer – has a scientific advisory board</th>
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<tr>
<th>APPROVED BY</th>
<th>Not applicable</th>
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Gi BodyGuard from the CDHF

**How it helps**
Allows people with a digestive disorder to record and track factors relevant to their intestinal health.

**Available on**

- Android
- PC

**Languages**
English

**Features**
Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free

**Developer**
Jeff Scheckter; and Pivot Design Group, Canada

**Funder**
Katz Group Canada Ltd/Rexall, Canada

**Medical adviser**
Canadian Digestive Health Foundation (CDHF), Canada

**Approved by**
Not applicable

**Reviews**
Positive: great layout; easy to navigate; visually appealing; the handy random factoids that appear on the bottom of the main screen are a plus. Overall: this would be my first choice in a list of helpful journal-keeping apps, even though it could use a few tweaks to the features already offered (such as the suggestion of putting nutritional information in with their database of food items).

Crohn’s Awareness Project (CAP), Canada
Recommended by Crohn’s & Colitis, Australia
Gi Buddy

**How it helps**
Health tracker for people with inflammatory bowel disease (IBD)

**Available on**

- 🍎
- 🍌

**Languages**
English

**Features**
Improving communication, Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free

**Developer**
Intouch Solutions, USA

**Funder**
Crohns and Colitis Foundation of America (CCFA), Inc

**Medical Adviser**
Crohns and Colitis Foundation of America, Inc with support from AbbVie and Janssen, USA

**Approved by**
Not applicable

**Review**
Have any of you ever used this? It’s a pretty cool app that helps you track your symptoms, food, and anything you think may be beneficial to know. It creates a file that you can present to your doctor, and it helps with those moments when you’re not 100% on the money with your memory. It’s sort of like Crohnsology, but it’s an app, and it’s not so much about finding a cure, but how to keep track of your health.

‘Thoughts from the Crohner’ blog, USA
Global Corporate Challenge

**HOW IT HELPS**
Designed to be used during the annual Global Corporate Challenge (GCC) walk, a virtual event intended to promote personal fitness and better health.

**AVAILABLE ON**
Apple, Android

**LANGUAGES**
English, French, German, Spanish

**FEATURES**
Self-monitoring, Trackers, Information

**COST**
Free

**DEVELOPER**
Helsinki Agency Pty Ltd, Australia

**FUNDER**
Global Corporate Challenge (GCC) [Australia-headquartered company running an annual health and well-being event]

**MEDICAL ADVISER**
Global Corporate Challenge (GCC) [Australia-headquartered company running an annual health and well-being event]

**APPROVED BY**
Not applicable

**REVIEW**
Tracks your daily steps to encourage you to walk 10,000 a day. The app makes it much easier to keep track of your walking. No downsides, except that the step count does not sometimes correlate with steps taken.

C3 Collaborating for Health, UK
Glucose Companion
Free

**HOW IT HELPS**
Blood-sugar and weight tracker

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
Free

**DEVELOPER**
Maxwell Software, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Simple, but very effective, way for people with diabetes to keep track of their blood-sugar reading. Great graphics.
North Shore Prostate Support and Awareness (North Shore PSA), Canada

Use an app called ‘Glucose Companion’ to track your blood sugar, and calculate the recommended dosage of fast-acting insulin.
Blogger on Diabetes Forums, USA
GlutenVrij [GlutenFree]

**HOW IT HELPS**
Allows the user to search for gluten-free food products in the Netherlands

**AVAILABLE ON**

**LANGUAGES**
Dutch

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Joost van Doorn, Netherlands

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Livaad is a database on the Internet, on which a lot of products are indicated as gluten-free, wheat free, and/or lactose free. The data from Livaad can be searched by the app by product name, or by using the camera of your phone that serves as a barcode scanner. A handy tool to help you find gluten-free products. But it is always important to read the label itself. Livaad works with people, and there may be mistakes made.

Nederlandse Coeliakie Vereniging (NCV) [Dutch Coeliac Disease Association], Netherlands

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
### GoMeals

**How it helps**
App that aims to help a user manage blood-sugar levels through healthy eating

**Available on**
- Android
- Apple
- PC

**Languages**
English

**Features**
- Information
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**Cost**
Free

**Developer**
Anupam Godbole, USA

**Funder**
Sanofi US LLC [USA-based branch of France-headquartered pharmaceutical company]

**Medical Adviser**
CalorieKing Wellness Solutions Inc [USA-headquartered owner of the CalorieKing database on restaurant and food nutritional information, which is used for Sanofi’s GoMeals app]

**Approved by**
Not applicable

**Review**
I do not think you will get an app much better than ‘GoMeals’, even if you are willing to pay money. I have tons of carb-counting apps, and ‘GoMeals’ is about the best. It’s free, it’s bug free, it’s a professional app that’s nice to look at (not crappy and clunky, like some of the apps). Why don’t you add your commonly-eaten items to your ‘Favourites’, and this would cut down on your button pressing. Most apps that have to search databases are going to have you press a few buttons—but, really, how hard is that? I mean, it beats having to browse through a paperback book, using print so small you need a magnifier to see it.

Blogger on TuDiabetes, a social network of the Diabetes Hands Foundation (DHF), USA
Grace – Picture Exchange for Non-Verbal People

**HOW IT HELPS**
Non-speaking, simple, picture-exchange system that can allow people with autism to express their needs independently

**AVAILABLE ON**
Apple

**LANGUAGES:**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£22.99 [approximately €33.12, $35.90]

**DEVELOPER**
High Caffeine Content, Ireland

**FUNDER**
O2 Telefónica [UK-based telecommunications company]

**MEDICAL ADVISER**
Lisa Domican [Ireland-based parent of a child with autism]

**APPROVED BY**
Not applicable

**REVIEW**
A new app can now offer hope to autistic children who have difficulties with speech. The ‘Grace’ app was developed by Australian-born Lisa Domican to help her ten-year-old autistic daughter Grace communicate. A simple picture-exchange system.

Irish Autism Action, Ireland

For around a month now, I have been using the ‘Grace’ app. What the app is (in my own words): simply an electronic picture-communication board, or a sentence constructor. So far, we’re loving it. Here’s why: my kids were able to use it, first go; very easy to use; extra pictures can be easily added without having to print, laminate and velcro new pictures; you can use your own pictures, for familiarity; it is encouraging fine motor skill practice for my son.

http://candysfamily.com/
HabitRPG

HOW IT HELPS
Role-playing game (RPG) that offers the user ‘virtual’ rewards for having good personal habits.

AVAILABLE ON

LANGUAGES
English, German

FEATURES
Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

COST
Free

DEVELOPER
OCDeval LLC (Tyler Renelle), USA

FUNDER
Tyler Renelle, USA, via a successful 2013 Kickstarter campaign

MEDICAL ADVISER
Tyler Renelle, USA

APPROVED BY
Not applicable

REVIEW
HabitRPG is a productivity app in which you get to insert your own metrics to measure yourself against. So, for example, as I have a connective tissue disorder, I need to ensure that my joints don’t get stiff. So, regular stretching is one of my metrics. Eating a certain amount of fruit per week is another. I get role-playing game (RPG) videogame-style rewards (experience points; avatar upgrades) for successfully completing these metrics each day/week/month.

Person with Ehlers-Danlos syndrome, Norway.
HAE Attack Tracker

**How it helps**
Symptom and treatment diary for people with hereditary angioedema (HAE)

**Available on**
Apple, Mac

**Languages**
English

**Features**
Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free

**Developer**
Peter Baum, while at AS&K Mercury Healthcare Communications, UK

**Funder**
Dyax Corporation, USA

**Medical Adviser**
Patient-education specialists at Dyax, along with input from HAE patients

**Reviewed by**
Not applicable

**Review**
Understanding the frequency and severity of these attacks can be of real value to both patients and their treating physicians. ...Developed by a team of patient-education specialists at Dyax, along with input from HAE patients, the ‘HAE Attack Tracker’ is the first iPhone app designed specifically for HAE patients. ...The app provides a reference for patients and physicians, allowing them to monitor HAE attacks, and track a number of metrics that could help in the management of the condition.

US Hereditary Angioedema Association (HAEA), USA
**Headache Diary (ecoHeadache)**

**CATEGORY**
NERVOUS SYSTEM AND BRAIN

**HOW IT HELPS**
Diary for people who have headaches, migraine, or ENT (ear, nose or throat) pain.

**AVAILABLE ON**

**LANGUAGES**
English, French, German, Italian, Japanese, Korean, Spanish

**FEATURES**
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
£1.91 [approximately €2.37, $2.99]

**DEVELOPER**
ecoTouchMedia (Jae-Ung Yi), Germany

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer (some consultation with patients)

**APPROVED BY**
Not applicable

**REVIEW**
As far as actually learning something about your migraines, there is one called ‘ecoHeadache’ that so far blows away everything I have tried. It not only has extensive diary features, but a good medication and therapy database that you can easily update. It keeps track of the how well each medication and therapy worked for each attack, and creates stats on how well they are working. It also has a triggers section, symptoms, and pretty much everything else you can think of. Another big plus is it’s one of the few apps that allows you to input headache durations in days, not just hours.

Patient, writing on Migrainepage discussion forum, November 2011, USA
Headache Diary Lite

**HOW IT HELPS**
Diary for people who wish to record details linked to their headaches or migraines. The ‘Pro’ version is one of the three highest-scoring headache apps assessed in Huguet; Hundert; McGrath; Stinson; and Wheaton, ‘Commercially-available mobile-phone headache diary apps: a systematic review’, JMIR Mhealth and Uhealth, Aug 19th 2014; 2(3): e36

**AVAILABLE ON**

**LANGUAGES**
English, French, German, Italian, Spanish

**FEATURES**
Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Lite version free, Android full version: £1.99 [approximately €1.83; $1.99]

**DEVELOPER**
Froggyware GmbH, Germany

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
NHS Choices, UK (pro version)

**REVIEW**
Headache Diary helps me track my headache type, length, etc.
Person with Ehlers-Danlos syndrome, UK
# Headspace (on-the-go)

**How it helps**
Helps the user to learn meditation

**Features**
- Support to deal with symptoms/disabilities, Trackers

**Cost**
Free for first 10 days; thereafter subscription based, cheapest being £3.74 per month for 2 years [approximately €5.39, $5.84]

**Developer**
Headspace Meditation Limited, UK

**Funder**
Same as technical developer

**Medical Adviser**
Works with a number of voluntary groups with interests in mental health

**Approved by**
Not applicable

## Reviews
The advantage is that the app allows people to participate in meditation, at a time that suits them. The disadvantage is that ongoing cost may put some people off it.

Patient group specialising in mental health problems, UK

Connecting with nature has many benefits that can help lift your mood and reduce feelings of stress and tension. It’s so important to get out into nature, especially in a city. We believe parks are the best place to go and find some headspace. We’ve partnered with Headspace to create our very own walking meditation designed for the Royal Parks. It’s available as part of their free meditation app.

Royal Parks Foundation, UK
Healthsome G for Glucose

**HOW IT HELPS**
Tracks glucose, meal types, medication and weight

**AVAILABLE ON**
![Apple](apple.png) ![Mac](mac.png)

**LANGUAGES**
Chinese, English, French, German, Japanese, Korean, Spanish

**FEATURES**
Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
Taconic System LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Using Healthsome G provides daily results that help me stick to the plan I have worked out for me. No real National Health Service (NHS) support for what I am doing. When I suggested to my GP, I was told most people would not want to record like this, so it is not worth them offering anything. My Type-2 diabetes, my blood pressure, my cholesterol are all controlled. I did not take medications. I researched, and, using apps, have won.

Person living with post-polio syndrome and Type-2 diabetes, UK
# Hearing-Check

**Category:** Support for Senses, Mobility and Learning

**How it helps:**
Quick, simple, self-applied hearing test that does not require an appointment with a medical professional.

**Available on:**
- [App Store](https://apps.apple.com)
- [Website](https://www.actiononhearingloss.com)

**Languages:**
Chinese, Czech, Dutch, English, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish.

**Features:**
Support to deal with symptoms/disabilities, Self-monitoring.

**Cost:**
Free.

**Developer:**
Frank Shearar, Action on Hearing Loss (RNID), UK.

**Funder:**
Action on Hearing Loss (RNID) [UK-based patient group specialising in hearing loss].

**Medical Adviser:**
Frank Shearar [individual lead developer employed until 2010 by Action on Hearing Loss (RNID)]; Action on Hearing Loss (RNID) [UK-based patient group specialising in hearing loss].

**Approved by:**
Not applicable.

**Reviews:**
Measures a person's ability to hear someone speaking when there is background noise, similar to being in a crowded room. The app is free to download, and is a convenient way for people to check their hearing is within the normal range. Action on Hearing Loss Chief Executive, Jackie Ballard, said: This is a fantastic new way to encourage people to value their hearing, and check it regularly. It offers quick results, and confidential advice from anywhere with a decent phone signal.

Action on Hearing Loss, UK.

Recommended by the National Deaf Children’s Society (NDCS), UK.
### Heart Decide

**CATEGORY**
Heart, Circulation and Blood

**HOW IT HELPS**
Shows ‘3D’ animations of the heart, heart conditions, and heart treatments

**AVAILABLE ON**
- [iOS](#)
- [Android](#)

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Orca Health Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Orca Health, Inc; Harvard Health Publications (publishing arm of Harvard Medical School)

**APPROVED BY**
Not applicable

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**REVIEW**
Heart Decide’s animation of the conditions and procedures, and of the 3D beating heart, has helped me understand my condition in a way I had not in my 30-plus years of seeing my cardiologist.

Person with a heart condition, USA
**HelpDiabetes**

**CATEGORY**
- DIABETES
- STAYING HEALTHY

**HOW IT HELPS**
Carbohydrate counter with a food database

**AVAILABLE ON**
[Android][] [Desktop][]

**LANGUAGES**
Dutch, English, French, Italian, Romanian, Spanish

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
Free

**DEVELOPER**
Johan Degraeve, Netherlands

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**

The US food database is a bit too huge for my app. For this English-language app, I used an English version of the Norwegian food database. This fits on most devices. It would also be nice to have a database with foods in different proportions (for instance, an apple ‘per 100 gram’, or ‘per piece’). I know all that information is available in the US database, and I used that to make a more elaborated Dutch version.

The app developer, blogging on TuDiabetes, a social network of the Diabetes Hands Foundation (DHF)

I am Dutch (Type 2 since 24, with underactive thyroid, and hearing impaired), and I have the app on my phone (like its previous version). It is very handy, and works like a charm.

Blogger on Diabetesforum.be

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[1] [Android]:
[2] [Desktop]:

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## HelpTalk

**How it helps**
- Provides a list of phrases and images that can allow people who have trouble vocalising to communicate some of their needs and feelings.

**Available on**
- Android
- iOS

**Languages:**
- English

**Features**
- Improving communication
- Support to deal with symptoms/disabilities

**Cost**
- Free

**Developer**
- 1000 Empresas, Portugal

**Funder**
- Same as technical developer

**Medical Adviser**
- Same as technical developer

**Approved by**
- Not applicable

### Review

Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation’s ‘Smart Accessibility’ competition.
**HemaGo**

**CATEGORY**
HEART, CIRCULATION AND BLOOD
ME AND MY DOCTOR

**HOW IT HELPS**
Tool for recording and tracking the symptoms, treatment and experience of living with haemophilia

**AVAILABLE ON**

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<td>iOS</td>
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</table>

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
Free

**DEVELOPER**
CDM Princeton (CDMP), USA

**FUNDER**
Novo Nordisk Inc, USA

**MEDICAL ADVISER**
Same as funder; Novo Nordisk’s Consumer Council, USA

**APPROVED BY**
Not applicable

**REVIEW**
‘HemaGo’ is a mobile app to help individuals with hemophilia and their caregivers monitor the details of treatment, including medications, dosing, bleed information, and the impact of haemophilia on life events. Hemophilia Federation of America (HFA), USA
**HIV Health Tracker**

**CATEGORY**
- HIV/AIDS
- MEDICATION

**HOW IT HELPS**
Helps people living with HIV/AIDs to track their HIV results

**AVAILABLE ON**
- [Image of Windows and Mac icons]

**LANGUAGES**
- English – American

**FEATURES**
- Information, Reminders, Self-monitoring,
  Support to deal with symptoms/disabilities,
  Trackers

**COST**
Free

**DEVELOPER**
Chris Mayer, UK

**FUNDER**
Same as technical developer.

**MEDICAL ADVISER**
Same as technical developer.

**APPROVED BY**
Not applicable

**REVIEWS**
HIV Health Tracker helps me track my results, and is a medicines reminder
Person living with HIV/AIDs, Ireland

With my Health Tracker you can keep track of your lab results, upload or create a list of the medications that you are currently taking and create reports of the information in your Tracker. There is even a place to journal!
Among men, Virtual Gay community
### iAdvocate

#### HOW IT HELPS
Instructs parents on how to liaise with schools and educational facilities, with the aim of ensuring that a child's needs are met.

#### AVAILABLE ON
- Android
- iOS

#### LANGUAGES
- English

#### FEATURES
- Improving communication
- Information
- Support to deal with symptoms/disabilities

#### COST
- Free

#### DEVELOPER
Alan Foley, School of Education, Syracuse University, USA

#### FUNDER
Syracuse University

#### MEDICAL ADVISER
School of Education, Center on Human Policy, Law, and Disability Studies (CHPLDS), and Parent Advocacy Center (PAC), all at Syracuse University

#### APPROVED BY
Not applicable

#### REVIEWS
iAdvocate can provide immediate and specific responses during a CSE (Conditions for School Effectiveness) meeting when officials try to deny access to services. For example, during a district meeting when the school states the academic gap is too large for your child to be educated in a general educational setting, the app gives a specific response, such as according to the Individuals with Disabilities Education Act (IDEA), discrepancy in cognitive level cannot be the sole determining factor in placement.

*Down Syndrome Association Hudson Valley, USA*

Recommended by the Milestones Autism Organization, USA
# iAnkylosing Spondylitis

**CATEGORY**
- BONES AND MUSCLES
- STAYING HEALTHY

---

## HOW IT HELPS
Educational app about ankylosing spondylitis (AS)

## AVAILABLE ON
- 🍎

## LANGUAGES
- English

## FEATURES
- Information, Support to deal with symptoms/disabilities, Self-monitoring

## COST
- Free

## DEVELOPER
- Anatomate-Apps, Australia (now Human Media Pty, Australia)

## FUNDER
- Same as technical developer

## MEDICAL ADVISER
- Same as technical developer

## APPROVED BY
- Not applicable

---

## REVIEWS
There is a free version, and a ‘pro’ version for €19. If the app does what is promised in the description, the fact that it is free makes it a pretty cool thing.

**Blogger on the Deutsche Vereinigung Morbus Bechterew (DVMB) e.V. Forum, Germany**

Contains a lot of basic information about ankylosing spondylitis (AS). This free version feels like something a doctor would show a newly-diagnosed patient. Maybe that could help.

**Blogger on Ankylosing.org, USA**

Recommended by Arthritis New Zealand
## iBP Blood Pressure

### HOW IT HELPS
Blood pressure tracking-and-analysis tool

### AVAILABLE ON
- Android
- Apple

### LANGUAGES
English

### FEATURES
- Support to deal with symptoms/disabilities,
  Self-monitoring,
  Trackers

### COST
- Android: £0.62 [approximately €0.87, $0.98]
- Apple: £0.79 [approximately €1.11, $1.24]

### DEVELOPER
Leading Edge Apps LLC, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEW
Recommended by Age UK, North Yorkshire, UK
**iCouch CBT**

**CATEGORY**
- ME AND MY DOCTOR
- MENTAL HEALTH
- STAYING HEALTHY

### HOW IT HELPS
Allows people living with anger, anxiety, bipolar disorder, depression, or stress to record negative thoughts

### AVAILABLE ON
- Apple
- Android

### LANGUAGES
English, German, Spanish

### FEATURES
Information, Improving communication, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

### COST
£1.91 [approximately €2.37, $2.99]

### DEVELOPER
iCouch Inc (Brian Dear), USA

### FUNDER
iCouch Inc, via $20k seed funding

### MEDICAL ADVISER
iCouch Inc (Jessica Rios)

### APPROVED BY
Not applicable

### REVIEW
iCouch CBT walks me through a complex process. It provides attention to the specifics of my problem, while using a structured way to get out of the problem. Allows for complexities, but relies on simple steps to do it.

**Person living with mental health issues, Canada**

I just downloaded and tried the app “iCouch CBT”. It takes the user through an upsetting situation and helps train the brain to see things more realistically and positively. It’s $2 and a great way to keep your therapist in your pocket. (And you can forward your activity to your therapist to discuss further).

**Renee Bradford Garcia, USA (counsellor and therapist)**
IHOBBO

**HOW IT HELPS**
Educational app intended to show the user how the UK-based charity Depaul UK works with homeless young people, and to give the user an idea of a typical young homeless person’s daily activities and requirements.

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Information

**COST**
Free

**DEVELOPER**
Publicis with Twentysix Mobile, UK

**FUNDER**
Depaul UK [UK-based youth homeless charity]

**MEDICAL ADVISER**
Depaul UK [UK-based youth homeless charity]

**APPROVED BY**
Not applicable

**REVIEW**
‘iHobo’ is a controversial awareness-raising tool that highlights the issue of homelessness through a phone app. In the app, the homeless young person wears a hoodie, takes drugs, and throws litter, and has created controversy around such stereotyping of homeless people. Through the app, the Depaul charity is looking to attract a new generation of young, affluent donors to continue its work.

Philanthropy UK
**iMean**

**HOW IT HELPS**
Turns an iPad into a letterboard, with large, easy-to-read keys, and word suggestions to help a person with autism-spectrum disorder communicate thoughts

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£3.99 [approximately €5.64, $6.19]

**DEVELOPER**
Michael Bergmann, USA; Richie Meade-Miller, USA; Aram Julhakyan, Spain; Meredith Bergmann, USA

**FUNDER**
Michael Bergmann

**MEDICAL ADVISER**
Michael Bergmann

**APPROVED BY**
Not applicable

**REVIEWS**
This app has different keyboards, a QWERTY keyboard, ABC and number keyboard.
Alabama Ear Institute, USA

This app turns the device into a letterboard with large easy-to-read keys and word suggestions. It helps individuals with communication and formulating thoughts.
Vermont Family Network (VFN), USA

A tool to help autistic people communicate. Called iMean, it turns the entire iPad screen into a large-button keyboard, with text display and word prediction. It allows people who are speech-challenged to communicate their needs and ideas directly, distinctly and independently.
ADAPT4Autism, USA

Recommended by the Autism Society (Illinois Chapter), USA
IMood Journal

**HOW IT HELPS**
Diary for recording moods

**AVAILABLE ON**
Android, iPhone, iPad

**LANGUAGES**
English, French, Russian

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Android £0.82 [approximately €1.16, $1.55], Apple £1.49 [approximately €2.11, $2.31]

**DEVELOPER**
Inexika Inc, Russia

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
I have bipolar disorder, and this app has been extremely helpful in charting my moods, and the events surrounding them, so that I can better prepare for future events. It is an awesome app. I have recommended it to others, and they are using it, and getting benefit. My therapist is also using it. I print out a copy of my mood history, and my psychiatrist loves it. The app really helps him with managing my medications. Really great app. I have used it for several months, and I never last at anything that long. I don’t see any drawbacks or weaknesses with the app.

Person with bipolar disorder, USA
## Impf-Uhr
### [Vaccination Clock]

**How It Helps**
Diary scheduling due vaccination dates

**Available On**
Android, Desktop

**Languages**
German

**Features**
Information, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free

**Developer**
Dr. Ursula Kramer, a pharmacist at Sanawork, member of Präventions Partner, a collaboration of academics, universities, companies and other associations which aim to improve preventive medicine with technology, Germany

**Funder**
Präventions Partner with help from Sanofi Pasteur MSD, Germany

**Medical Adviser**
Dr. Ursula Kramer of Sanawork with Robert Koch Institut, Germany, which is the German federal institution responsible for disease control and prevention

**Approved By**
Not applicable

---

**Review**
Since February 2011, you can download an app about vaccination. It is a vaccine clock that informs the user about constantly-updated data from the Robert Koch Institut regarding the necessary vaccinations. A pharmacist has developed this app.

paradisi.de, fitness, health and nutrition information portal and online community, Germany
**Instant Heart Rate**

**CATEGORY**
HEART, CIRCULATION AND BLOOD

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Measures heart rate and pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="android.png" alt="Android" /> <img src="ios.png" alt="iOS" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Allows networking with other people like me / Family / Friends, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Azumio Inc</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Same as technical developer (via venture-capital funding of $2.5m from several investors, 2011-2014)</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as technical developer, plus researchers at Stanford University and the University of California, San Francisco.</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEWS**

Check your heart rate at any time of the day. Keep a record of every time you measure your pulse.
Poole Heart Support Group, UK

What is so useful about this app is its immediate response. 1% of the patients with whom we are familiar use the app.
Patient group specialising in heart conditions, USA

Maintaining a healthy heart rate is important for a wheelchair user. By holding up your index finger to the device’s camera for approximately 1 second, the app will get a reading on your heart rate, and compare it to the range you should be in based on your age. Your device needs to have a camera.
Paralysis Resource Center, Christopher & Dana Reeve Foundation, USA
Iron tracker - Hemochromatosis

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>The app helps people with hereditary haemochromatosis (the Canadians and US spell it hemochromatosis) track their test results and venesection treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>English, French, Italian</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Developed by faculty and students at two Canadian Universities led by Dr. G. Grewal of the University of Guelph, and Dr. A. Hamilton-Wright of Mount Allison University, Canada</td>
</tr>
<tr>
<td>FUNDER</td>
<td>University team worked on a voluntary basis</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Canadian Hemochromatosis Society</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

REVIEW

Bob Rogers, CEO of the Canadian Hemochromatosis Society

Iron Tracker is the first mobile app developed for patients with hemochromatosis. Developed in collaboration with the Canadian Hemochromatosis Society, the app has been downloaded in 38 countries, and allows patients to record and graph their ferritin and hemoglobin values, track the next arm to be used for phlebotomy, and manage their appointments.

Poster presented by the university development team at the 6th Annual New Brunswick Health Research Conference, Canada
### iPrompts

**How it helps**
Utilises illustrations to give instructions or to ask questions, allowing a carer to converse more easily with people who have communicational difficulties.

**Available on**
- Android
- Apple

**Languages**
English

**Features**
Improving communication, Reminders

**Cost**
- Android £6.43 [approximately €9.06, $9.71],
- Apple £39.99 [approximately €56.36, $62.01]

**Developer**
Handhold Adaptive LLC, USA

**Funder**
US Department of Education, Institute of Education Sciences, Small Business Innovation Research Program

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

### Reviews
iPrompts is a mobile, visual support aid for the iPhone and iPod Touch. This app provides several picture-based prompting tools (no voice output) for caregivers to help individuals transition from one activity to the next, understand upcoming events, make choices, and focus on the task at hand.

**Autism Society of Illinois (ASI), USA**

iPrompts includes several easy-to-use, visual prompting templates (no audio prompts or voice output). Includes picture schedules, visual countdown timer, choice prompts, and an image library.

**Pathfinders for Autism, USA**

Recommended by Autism Speaks, USA
Recommended by the National Autism Association (NAA), USA
### iRecordit Diabetes
Sugar Glucose and Health Tracker

#### HOW IT HELPS
Diabetes-management and personal-health app that allows a user to record and track personal health-related information.

#### AVAILABLE ON

- **LANGUAGES**: English

#### FEATURES
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

#### COST
£4.00 [approximately €5.73, $6.22]

#### DEVELOPER
Communteq Systems Inc, Canada

#### FUNDER
Same as technical developer

#### MEDICAL ADVISER
Same as technical developer

#### APPROVED BY
Not applicable

---

#### REVIEW
Asks the user to input certain data about their blood sugar and general health, and allows the user access to the visual representation of that data on their BlackBerry, or via email to their PC or healthcare provider. This visual representation allows you to have a daily view of your glucose levels. What’s missing from apps such as this is Bluetooth integration with an insulin monitor. I would like to see the developer partner with some large healthcare institutions to bring this sort of functionality, because automating and avoiding data input will make this app even better, and more effective.

Reviewer on the Diabetic Village social network, USA, linking to comments on the BlackberryCool online community for BlackBerry users, Canada
## iStayHealthy

### How It Helps
Medication reminder aimed at people living with HIV/AIDS

### Available On
- Android
- iOS
- MacOS

### Languages
- English
- French
- German
- Spanish

### Features
- Support to deal with symptoms/disabilities,
- Self-monitoring,
- Trackers

### Cost
Free

### Developer
Peter Schmidt, UK

### Funder
Same as technical developer

### Medical Adviser
Same as technical developer

### Approved By
Not applicable

### Reviews

<table>
<thead>
<tr>
<th>Reviewer</th>
<th>USA</th>
<th>Details</th>
</tr>
</thead>
</table>
| Blogger on POZ Blogs | Provides not only a pill reminder, but also CD4 and viral-load charting. While not intuitive, there is a way to record missed doses, too. I like this app, because it’s made specifically for HIV, with a database of all the current drugs available, built in. Just pick your meds, set the time, and go. I recommend it to all my poz friends. | *
| Blogger on POZ Blogs | I like the way ‘iStayHealthy’ handles missed doses. For those who haven’t used it, ‘iStayHealthy’ uses an opt-in mechanism. You tell the app not when you successfully remember to take your meds, but rather when you do not. While this works for me, I can understand that it might not work for others who need to be constantly reminded of their meds, or those who just started (or switched) their regimen. Adherence is not a one-size-fits-all problem. Having multiple ways to record taken doses or missed doses, as well as a rewards mechanism can really help a person achieve adherence excellence. | *
# ITP Support App

**CATEGORY**
OTHER LONG TERM CONDITIONS
HEART, CIRCULATION AND BLOOD

**HOW IT HELPS**
Provides information about immune thrombocytopenia (ITP), a rare disorder, and the UK-based ITP Support Association

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Nev Watson, UK

**FUNDER**
ITP Support Association, UK

**MEDICAL ADVISER**
ITP Support Association, UK

**APPROVED BY**
Not applicable

**REVIEW**
It contains basic information about immune thrombocytopenia (ITP) for newly-diagnosed patients, and for parents of children with ITP. Carries a list of treatments, with information so that patients understand more about the treatment they are being offered, and information on what to do in various situations—nosebleeds, at the dentist, etc. Gives easily-accessible information in lay terminology, including information that can be shown to the dentist, or to Accident and Emergency (A&E) healthcare professionals in an emergency. It is the only mobile phone and tablet app for immune-thrombocytopenia sufferers and their families and health professionals to follow.

ITP Support Association, UK
### ItsaMANTHING – Prostate Cancer

<table>
<thead>
<tr>
<th>How It Helps</th>
<th>Provides information about prostate cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Available On</td>
<td><img src="image" alt="Android, Apple, Windows" /></td>
</tr>
<tr>
<td>Languages</td>
<td>English</td>
</tr>
<tr>
<td>Features</td>
<td>Information, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
<tr>
<td>Developer</td>
<td>Netready Limited, UK</td>
</tr>
<tr>
<td>Funder</td>
<td>PROSTaid, UK</td>
</tr>
<tr>
<td>Medical Adviser</td>
<td>PROSTaid, UK</td>
</tr>
<tr>
<td>Approved By</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**Review**

Gives clear information about the diagnosis and treatment of prostate cancer. It is written for patients, by patients.

PROSTaid, UK

Recommended by the Health Sciences Library (HSL) at the University of North Carolina, USA
**Jointly**

**HOW IT HELPS**
Allows a carer to list their network of important personal contacts, and to share information with the contacts

**AVAILABLE ON**
Android, Apple, Laptop

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Reminders

**COST**
Free

**DEVELOPER**
Sidekick Studios, UK

**FUNDER**
Carers UK

**MEDICAL ADVISER**
Carers UK

**APPROVED BY**
Not applicable

**REVIEWS**
It is well designed, and takes a person-centred approach to managing a circle of care. But it will not be useful to caregivers who are either not online at all, or who are not confident about using such e-tools.

Sara Dunn, formerly of Mind, UK

Carers UK is launching its very own care co-ordination app, Jointly. Jointly will help make caring just that little bit easier, through ‘on the go’ group messaging, tick-off task lists, a calendar which stands alone or integrates with your own, and profile pages that let you share essential information about the person you are caring for.

Carers UK
HOW IT HELPS
Allows immediate access to articles in four American Diabetes Association (ADA) journals: ‘Diabetes’, ‘Diabetes Care’, ‘Diabetes Spectrum’, and ‘Clinical Diabetes’

AVAILABLE ON
Android, iOS, Windows

LANGUAGES
English

FEATURES
Information

COST
Free

DEVELOPER
Sheridan Technology Lab, Sheridan Group, USA

FUNDER
Sheridan Group [USA-based publishing house]

MEDICAL ADVISER
American Diabetes Association (ADA) [USA-based patient group specialising in diabetes]

APPROVED BY
Not applicable

REVIEW
With ADA’s free journals mobile app, readers can stay updated on the latest diabetes research published in ADA’s scientific and medical journals. The app’s streamlined design provides one place on your mobile device for accessing, browsing, reading, and sharing full-text articles. In addition, users may cache article content for later reading, when no Internet connection is available.

American Diabetes Association (ADA), USA
**KidneyDiet**

### HOW IT HELPS
Helps people with chronic kidney disease (CKD) or end-stage renal disease (ESRD) make better decisions about diet.

### AVAILABLE ON
- [Android](#)

### LANGUAGES
- English

### FEATURES
- Information, Self-monitoring, Trackers

### COST
- Free

### DEVELOPER
- Pivot Communication LLC, USA

### FUNDER
- KidneyDiet/Pain Free Living Inc [USA-based manufacturer of products for people with kidney disease]

### MEDICAL ADVISER
- KidneyDiet/Pain Free Living Inc [USA-based manufacturer of products for people with kidney disease]

### APPROVED BY
- Not applicable

### REVIEW
3.5 stars. A food-analysis tool for people with kidney disease. It tracks potassium, phosphorus, protein, sodium and fluid levels in various foods. Listed as one of the 10 best health apps by Yahoo. With kidney disease as its primary focus, this app could be very useful for people in early-stage kidney failure. It can help educate on the good food, the bad food, and the ugly food that tempts us all day, every day. Though it is unlikely to be used every day, setting up a typical meal week will provide an excellent guide for healthy eating. Then again, others may well use it every day.

*Big D and Me dialysis blog, Australia*
# La Mia Voce

**How It Helps**
Aims to help people with a permanent or temporary speech impediment (as a result of neck cancer) communicate with family, friends and healthcare professionals

**Available On**
- Android
- iOS
- Desktop

**Languages**
Italian

**Features**
- Improving communication
- Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Bumblebee Studios, Sweden; and Zadig Srl, Italy

**Funder**
Merck Serono SpA, Italy

**Medical Adviser**
Dr Lisa Licitra, Assistant Professor, Department of Medical Oncology (Head and Neck), National Cancer Institute of Milan; and Dr Maurizio Magnani, President, Federazione Italiana delle Associazioni di Laringectomizzati e Pazienti Oncologici (FIALPO), Italy

**Approved By**
Not applicable

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**Reviews**
The app was built with advice from Dr Licitra of the Cancer Institute of Milan, with sponsorship from us, the Associazione Italiana Laringectomizzati (AILAR), and the Federazione Italiana delle Associazioni di Laringectomizzati e Pazienti Oncologici (FIALPO), and the Associazione Italiana di Oncologia Cervico-Cefalica (AIOCC). The app is an effective tool for patients with tumours of the head or neck, and also for people who have difficulty speaking. The app allows you to activate a voice synthesiser from a repertoire of phrases that best meet the basic needs of these types of patients. You can also write short sentences to be sent to the speech synthesiser, producing either a male or female voice.

Associazione Italiana Laringectomizzati (AILAR), Italy

Recommended by the Federazione Italiana delle Associazioni di Laringectomizzati e Pazienti Oncologici (FIALPO), Italy

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Lab Tests Online

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Helps users understand the results of their diagnostic tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>![Android, Apple, Desktop]</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Self-monitoring, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>NetFunctional Inc, Canada</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Health Foundation, UK; Department of Health, UK</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>American Association for Clinical Chemistry (AACC), USA; Association for Clinical Biochemistry and Laboratory Medicine (ACB), UK; Royal College of Pathologists (RCPath), UK; Institute of Biomedical Science (IBMS), UK</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>NHS Choices, UK</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REVIEWS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent. Peer-reviewed, and multinational. Cancer group, Canada</td>
</tr>
<tr>
<td>Provides information to patients about the clinical laboratory tests that are part of their care, and the contribution they make to treatment. Kidney Research UK</td>
</tr>
<tr>
<td>[Referring to the US Web-based version of the Lab Tests Online app:] The Endocrine Society has endorsed Lab Tests Online, and will encourage its members to help spread the word about this award-winning patient-education website. Endocrine Society, USA</td>
</tr>
</tbody>
</table>

For more information visit: www.myhealthapps.net
Libra – Weight Manager

**HOW IT HELPS**
Allows users to track their weight with a trend line recommended by the Hacker’s diet

**AVAILABLE ON**
Android

**LANGUAGES**
English, French, German, Spanish

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Daniel Cachapa, Germany

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Accessible, easy to use, provides correct information, and practical advice.
Headway East Lothian, UK

For more information visit: www.myhealthapps.net
**Lifesaver Mobile**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>CARERS, FAMILY, FRIENDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEART</td>
<td>HEART, CIRCULATION AND BLOOD</td>
</tr>
<tr>
<td>STAYING HEALTHY</td>
<td></td>
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</tbody>
</table>

**HOW IT HELPS**
Video-gaming style of instructing people in how to perform cardiopulmonary resuscitation (CPR)

**AVAILABLE ON**
- iOS
- Android

** LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Unit 9, UK

**FUNDER**
Resuscitation Council UK (50%); Technology Strategy Board, UK (50%)

**MEDICAL ADVISER**
Resuscitation Council UK (RCUK), UK, and Dr Jasmeet Soar, Consultant in Anaesthetics and Intensive Care Medicine, North Bristol NHS Trust, UK

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
Lifesaver is a live-action movie you play like a game. It just happens to show how to save someone’s life. It throws you into the heart of the action, changing what happens in movies, showing real people in real places.

Resuscitation Council UK (RCUK), UK

Not a replacement for getting great emergency life-support (ELS) training with us, but an excellent way of engaging young people.

Heartstart Cornwall, UK
Lifesum “Lifestyle Tracker and Calorie Counter”

HOW IT HELPS
Food and exercise diary aimed at European users

AVAILABLE ON
Android, iOS

LANGUAGES:
Bokmål, Danish, English, French, German, Italian, Norwegian, Spanish, Swedish

FEATURES
Trackers, Information

COST
Free, but has upgrades which range in cost

DEVELOPER
ShapeUp Club ABLifesum, Sweden

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEW
Recommended by Roger Gunnarsson, Sweden-based Director of the Board, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), Belgium

For more information visit: www.myhealthapps.net
**Lift Pulse**

**HOW IT HELPS**
Records the extent of a user's tremor via the smartphone’s accelerometer.

**AVAILABLE ON**
- [ ]

**LANGUAGES**
English

**FEATURES**
Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
Lift Labs/Lynx Design, USA

**FUNDER**
Lift Labs/Lynx Design, via angel funding and funding from the National Institutes of Health (NIH), USA

**MEDICAL ADVISER**
Lift Labs/Lynx Design, USA; International Essential Tremor Foundation (IETF), USA

**APPROVED BY**
Not applicable

**REVIEW**
Lift Pulse 2.0 includes a journal feature that measures and records tremors. It also records what medications you’re taking for tremor, and how you’re doing with sleep, exercise, and stress. The app stores your journal entries anonymously in Lift Lab’s private database. You have access to this data through your phone and computer, and Lift Lab analyses it to provide you with information on how different factors affect your tremor.

‘Tremor Talk’, International Essential Tremor Foundation (IETF) blog, USA
Liv med Kræft
[Life with Cancer]

**HOW IT HELPS**
Allows audio, images, and video relevant to cancer symptoms, and to life with cancer, to be stored in a logbook, and shared with carers, doctors, family, etc.

**AVAILABLE ON**
Android, iOS, Desktop

**LANGUAGES**
Danish, English

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Self-monitoring

**COST**
Free

**DEVELOPER**
Kræftens Bekæmpelse [Cancer Society], Denmark

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
A tool to overview your cancer treatment and your disease, and share the information with relatives. Allows near-by relevant events to be located and added to your own calendar and that of your relatives. A tool to manage checklists of questions to the doctor, the workplace, your relatives, etc. Has suggestions for common questions. It is necessary to be online to watch videos related to cancer treatment in the app.

Kræftens Bekæmpelse [Cancer Society], Denmark

Cancer.dk’s app ‘Liv med Kraeft’ relates to the cancer type I have.

Person living with chronic myeloid leukaemia (CML), Denmark
<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>REVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interactive app designed to guide adult and child users through evidence-based treatment, called exposure and response prevention (ERP), for obsessive-compulsive disorder (OCD)</td>
<td>Provides you with tools to help you fight your OCD symptoms at any moment, and much more. OCD Centre Manitoba Inc, Canada</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>AVAILABLE ON</th>
<th>REVIEW</th>
</tr>
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<tbody>
<tr>
<td>English</td>
<td>Ideally suited to help both individuals (adults and children) and professionals alike be more efficient, and achieve faster results. Helps children and adults gradually face their fears by creating a series of exercises or challenges to practice. Makes homework easier, holds patients accountable, and enables therapists to track and analyse their patient’s progress. If the OCD sufferer is working with a therapist, all the data stored in the app can be easily emailed to the therapist, thus enabling an even more fine-tuned treatment plan. Empowered consumer writing in OCD Kids, USA</td>
</tr>
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<table>
<thead>
<tr>
<th>LANGUAGES</th>
<th>REVIEW</th>
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<tbody>
<tr>
<td>English</td>
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<table>
<thead>
<tr>
<th>FEATURES</th>
<th>REVIEW</th>
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</thead>
<tbody>
<tr>
<td>Support to deal with symptoms/disabilities, Information</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>COST</th>
<th>REVIEW</th>
</tr>
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<tbody>
<tr>
<td>£19.00 [approximately €27 and $29.99]</td>
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<table>
<thead>
<tr>
<th>DEVELOPER</th>
<th>REVIEW</th>
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<tbody>
<tr>
<td>Rebel Vine Studios LLC, USA</td>
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<table>
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<tr>
<th>FUNDER</th>
<th>REVIEW</th>
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<tbody>
<tr>
<td>Pocket Therapist LLC / Cognitive Behavior Institute of Falmouth (Dr Kristen Mulcahy)</td>
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<tr>
<th>MEDICAL ADVISER</th>
<th>REVIEW</th>
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<tr>
<th>APPROVED BY</th>
<th>REVIEW</th>
</tr>
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<tbody>
<tr>
<td>Not applicable</td>
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</table>
# Liverpool HEP iChart

**How It Helps**
Provides people who have hepatitis B or C with up-to-date information on potential drug interactions between hepatitis drugs and other drugs that the individual may be prescribed (also covers over-the-counter, recreational, and alternative medications).

**Available On**
- Android
- Apple

**Languages**
English

**Features**
Information, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
eMedFusion, UK

**Funder**
University of Liverpool [UK-based university]

**Medical Adviser**
University of Liverpool [UK-based university]

**Approved By**
Not applicable

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**Review**
The University of Liverpool has launched an app, ‘HEP ichart’, that provides hepatitis patients with quick and easy access to the latest information about drug interactions. ‘HEP ichart’ is based on a website [http://www.hep-druginteractions.org] developed at the University. Professor Graham Foster, President of the British Association for the Study of the Liver (BASL), said: This new app, ‘HEP ichart’, is a timely and much-needed resource for HCV patients, as the number of new drugs which are available to treat hepatitis C increases.

World Hepatitis Alliance (WHA), UK
**Liverpool HIV iChart**

<table>
<thead>
<tr>
<th><strong>HOW IT HELPS</strong></th>
<th>Provides people with HIV/AIDS with up-to-date information on potential drug interactions between HIV drugs and other drugs that the individual may be prescribed (also covers over-the-counter, recreational, and alternative medications)</th>
</tr>
</thead>
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<tr>
<td><strong>AVAILABLE ON</strong></td>
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<tr>
<td><img src="android.png" alt="Android" /> <img src="ios.png" alt="iOS" /> <img src="mac.png" alt="Mac" /></td>
<td></td>
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<tr>
<td><strong>LANGUAGES</strong></td>
<td>English</td>
</tr>
<tr>
<td><strong>FEATURES</strong></td>
<td>Information, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>Free</td>
</tr>
<tr>
<td><strong>DEVELOPER</strong></td>
<td>eMedFusion, UK</td>
</tr>
<tr>
<td><strong>FUNDER</strong></td>
<td>eMedFusion [UK- and US-based app designer and advertising agency]</td>
</tr>
<tr>
<td><strong>MEDICAL ADVISER</strong></td>
<td>University of Liverpool [UK-based university]</td>
</tr>
<tr>
<td><strong>APPROVED BY</strong></td>
<td>Not applicable</td>
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</tbody>
</table>

**REVIEWS**

Up-to-date news on medications, treatment issues, etc. No drawbacks to it, to date.

*Eddie Surman Trust Positiveline, UK*

Enables people living with HIV to look for interactions between medications. 1-6% of our members use this app.

*HIV/AIDS patient group, UK*
## Living Safely

### HOW IT HELPS
Utilises illustrations to teach lessons about personal safety and home safety (such as cold weather safety, sport safety, electrical safety, and medicine cabinet safety). Good for people with autism

### AVAILABLE ON

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<tbody>
<tr>
<td>Apple</td>
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</table>

### LANGUAGES
English

### FEATURES
Information, Support to deal with symptoms/disabilities

### COST
£22.99 [approximately €32.49, $35.36]

### DEVELOPER
AbleLink Technologies Inc, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEWS
Living Safely can help students with autism and developmental disabilities practice self-directed learning.

Disability Network Northern Michigan, USA

Recommended by the Friendship Circle of Michigan, USA
**Locabulary Lite**

**How it helps**
Utilises the audio output of the phone to speak words, phrases, and sentences, whether for emergencies, everyday activities, pleasure, or teaching.

**Available on**

- Apple

**Languages**
English

**Features**
Allows networking with other people like me / Family / Friends, Improving communication, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Red Mountain Labs Inc, USA

**Funder**
Alabama Council for Developmental Disabilities (ACDD), USA; Alabama Department of Rehabilitation Services (ADRS), USA

**Medical Adviser**
Same as funder

**Approved by**
Not applicable

**Reviews**

Text-to-speech alternative-and-augmentative communication (AAC) app to formulate sentences with premade vocabulary. Can be edited.

**Alabama Ear Institute, USA**

This app has been well received by users with and without communication needs. Many would like to see a wider choice of categories, as well as images, but, overall, feel that Locabulary Lite is a novel concept. Has the potential to be an essential tool.

**Central Coast Children’s Foundation (CCCF), USA**

STAYING HEALTHY

SUPPORT FOR SENSES, MOBILITY AND LEARNING
Lockitron

**HOW IT HELPS**
Allows a door (when fitted with a Lockitron lock) to be unlocked without the need for a key

**AVAILABLE ON**
Android, Apple, Laptop

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Support to deal with symptoms/disabilities

**COST**
Free, the lock is £63.37 [approximately €90.14, $99.00]

**DEVELOPER**
Apigy Inc, USA

**FUNDER**
As technical developer, using open-source crowdfunding

**MEDICAL ADVISER**
As technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
“Knock, knock, who’s there? Sometimes it’s someone you’d like to let into your home – say a friend, family member or caregiver. But it’s tough to get to the door. Now there’s a gadget designed to make your life a little easier. It’s called a ‘smart lock’. Visitors can use their smartphones to gain access to your home. The ‘Lockitron’ goes right over the deadbolt on the inside of the door. It offers keyless entry. It can also provide keyless entry with the iPhone 4S or 5.”

ALS Association, USA

Recommended by Mouvement Citoyen Handicap-Québec (MCHQ), Canada
**LookTel Money Reader**

### How it Helps
Recognises currency, and speaks the denomination, enabling people with a visual impairment or blindness to identify and count banknotes.

### Available on
- ![App Store](apple-icon.png)

### Languages:
- Bokmål, Chinese, Danish, English, Finnish, French, German, Greek, Hungarian, Italian, Japanese, Korean, Norwegian, Polish, Russian, Spanish, Swedish

### Features
- Improving communication, Support to deal with symptoms/disabilities

### Cost
£7.99 [approximately €8.90, $12.48]

### Developer
Ipplex Holdings Corporation, USA

### Funder
Same as technical developer

### Medical Adviser
Same as technical developer

### Approved By
Not applicable

### Reviews
Scans money of a wide range of different currencies, and it will tell you the value of each note.

Royal National Institute of the Blind (RNIB), UK

‘LookTel Money Reader’ is absolutely ideal for recognising the money. A healthy voice to it when recognising notes, and a vibrating touch. But not an app to use when you’re in the checkout, and you have to pay.

Elena Esauriente, empowered consumer [quoted by RAI], Italy
**Lose It!**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>REVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allows a user to set weight-loss goals, establish a daily calorie budget to meet them, and to record food consumption and exercise levels.</td>
<td>I started using this food app called ‘Lose It!’ to measure food. The interface is really handy, and almost makes it fun to track. The little modes of entering data that it uses to track food are very easy to use; it uses the camera to scan bar codes; has little wheels to track serving size, so that if you eat half a doughnut, it’s easy to enter in. The database isn’t totally comprehensive; I’ve found a few things not included. But, perhaps using my experience, I’ve found things that seem close. So far, I’ve found the app very compatible with my lifestyle.</td>
</tr>
</tbody>
</table>

**AVAILABLE ON**

- **LANGUAGES**
  - English

**FEATURES**

- Support to deal with symptoms/disabilities, Self-monitoring, Information

**COST**

- Free

**DEVELOPER**

- FitNow Inc, USA

**FUNDER**

- Same as technical developer

**MEDICAL ADVISER**

- Same as technical developer

**APPROVED BY**

- Not applicable

TuDiabetes, a social network of the Diabetes Hands Foundation (DHF)
# Lumosity

**CATEGORY**  
MENTAL HEALTH
NERVOUS SYSTEM AND BRAIN
OLDER PEOPLE

## HOW IT HELPS
Brain games intended to enhance cognitive abilities (including attention span, flexibility, memory, problem-solving, and processing speed)

## AVAILABLE ON
iOS, Android

## LANGUAGES:
English

## FEATURES
Support to deal with symptoms/disabilities

## COST
Free

## DEVELOPER
Lumos Labs Inc, USA

## FUNDER
Same as technical developer

## MEDICAL ADVISER
Same as technical developer

## APPROVED BY
Not applicable

## REVIEWS
I have a new favourite friend, and, if I’m smart, I will make this friend my best friend forever (BFF). My new friend challenges my brain, and, sometimes, I’m a little embarrassed at the results. But I know I need to keep engaging. My friend could help me stave off dementia and Alzheimer’s. My new friend is an app called ‘Lumosity’. My friend is also a website that syncs with my app. ‘Lumosity’ is a series of brain-training games that you can play to enhance your brain’s speed, memory, attention, problem-solving and flexibility. The games are simple, and fun to follow. I want to do everything within my power to keep the nasty disease, Alzheimer’s, at bay. That’s why this app that I can carry in my purse or my pocket is going to be my BFF I talk to daily.

Blogger on AARP Blog, AARP Foundation, USA
**Macleans Nurdle Time**

**HOW IT HELPS**
Motivational app to help young children learn to brush their teeth

**AVAILABLE ON**
Android
Apple

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Wasabi Digital Pty Ltd, Australia [no longer in existence]

**FUNDER**
GlaxoSmithKline Australia Pty Ltd, Australia

**MEDICAL ADVISER**
GlaxoSmithKline Australia Pty Ltd

**APPROVED BY**
Not applicable

**REVIEWS**
We downloaded the Macleans Nurdle Time app for smartphones, and it has been our saviour. She loves brushing now.
Parent, blogging on BellyBelly Forums (birth, conception, pregnancy, and parenthood), Australia

My 2.8-year-old loves Macleans Nurdle Time.
Blogger on Essential Kids blog, Australia

Nurdle worked for both my girls, who went through a defiant independent stage.
Blogger on Go Ask Mum Parenting Forum, Australia
# Manage My Pain Lite

**CATEGORY**

ME AND MY DOCTOR  
NERVOUS SYSTEM AND BRAIN  
STAYING HEALTHY

## HOW IT HELPS
Allows pain to be recorded, tracked and analysed

## AVAILABLE ON

<table>
<thead>
<tr>
<th>Android</th>
<th>Desktop</th>
</tr>
</thead>
</table>

## LANGUAGES
English

## FEATURES
Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

## COST
Free, Pro version £2.99 (approximately €4.23, $4.66)

## DEVELOPER
ManagingLife, Canada

## FUNDER
As technical developer

## MEDICAL ADVISER
Dr. Anuj Bhatia – Director Anesthesia  
Chronic Pain Clinical Services, University Health Network  
Dr. Alim Punja – Pain Management MD, Rouge Valley, Allevio, Canada

## APPROVED BY
Not applicable

## REVIEWS

Here’s a great app for Android users which has been made to help you ‘manage your pain’ … I downloaded this app the other day, and I really like it. It lets me document my pain quickly and easily, and I already noticed a cycle with my nerve pain that I never noticed before. It’s helpful for me.

Inspired Spinal Cord Injury Support Forum, USA

A wide range of pain types to choose from. Possible to add your own entries.

Liga Proti Reumatizmu SR [Slovak League Against Rheumatism], Slovakia
MappyHealth

**HOW IT HELPS**
Web-based app for detecting disease outbreaks earlier than conventional surveillance methods, by harvesting news on Twitter

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Information, Trackers

**COST**
Free

**DEVELOPER**
SocialHealth Insights LLC/Mappy Health, USA

**FUNDER**
Office of the Assistant Secretary for Preparedness Response (ASPR)

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
MappyHealth is the winning submission in a developers' challenge, Now Trending #Health in My Community, sponsored by the Office of the Assistant Secretary for Preparedness and Response (ASPR). Health officials can use data they get through the app to complement other health surveillance systems in identifying emerging health issues and as an early warning of possible public health emergencies in a community.

Robert Wood Johnson Foundation, USA

2,763,481 tweets gathered from Twitter's Streaming API. All of them match at least one of the 234 condition terms currently tracked across 27 conditions.

Conditions by Tweet Count

- std
- acute
- respiratory
- illness
- natural
- disaster
- influenza
- gastroenteritis
- common
- cold
- tuberculosis
- rabies
- pertussis
- tick
- borne
- disease
- malaria
- dengue
- varicella
- mosquito
- borne
- disease
- pneumonia
- polio
- meningitis
- anthrax
- cholera
- tetanus
- mumps
- measles
- smallpox
- typhoid
- chagas
- legionnaires
- disease
- enterovirus
- yellow
- fever
- diphtheria
**Med Helper – Pill Reminder and Medication Tracker**

**HOW IT HELPS**  
Medication reminder.

**AVAILABLE ON**  
Android, Apple, PC

**LANGUAGES**  
English

**FEATURES**  
Reminders, Self-monitoring, Trackers

**COST**  
Free. Full version on Apple and Android is £2.99 [approximately €1.11, $1.56]

**DEVELOPER**  
Earth Flare, Inc, Canada

**FUNDER**  
Same as technical developer

**MEDICAL ADVISER**  
Same as technical developer

**APPROVED BY**  
Not applicable

**REVIEWS**

Med Helper Pill Reminder. This app reminds me to take my medication, and is very versatile.  
Person living with endometriosis and fibromyalgia, UK

Med Helper. Disabled Living Foundation (DLF)’s information quality rating: 80%. DLF’s summary: mobile-phone app to provide reminders when to take medication. Features alarm reminder; log of past doses; multiple profiles for more than one user; facility to record pharmacy and health-professional contact details; exportable reports. Options: ‘Pro’ paid version without adverts  
Disabled Living Foundation (DLF), UK
**Med Minder**

**CATEGORY**
ME AND MY DOCTOR
MEDICATION

**HOW IT HELPS**
Reminds the user when to take medication, and the correct doses

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Reminders, Self-monitoring, Trackers

**COST**
Free; Full version £1.27 [approximately €1.41, $1.98]

**DEVELOPER**
Garland Systems, United States

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Reminds members when to take their medications.
Patient group specialising in chronic diseases, Ireland

Offers reminders and remote monitoring. No cost. Easy to use.
Family Caregiver Alliance, USA
mediLexicon

**HOW IT HELPS**
Collection of over 2,500 medical terms, explained and cross-referenced

**AVAILABLE ON**
Android, Apple

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Android
Free, Apple
£0.79 [approximately €1.11, $1.56],
Blackberry
£0.75 [approximately €1.06, $1.71]

**DEVELOPER**
Total Wireless Solutions Limited / Twistsoft, India

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
SAME AS DEVELOPER

**APPROVED BY**
Not applicable

**REVIEW**
The advantages: an efficient and modern way to access useful medical information, and to assist in navigating around basic healthcare issues. The disadvantages: weak quality of information and accessibility. Local carers, family, and friends group specialising in providing support for people with a disability, UK
### MediSafe Meds and Pill Reminder

#### HOW IT HELPS
Medication reminder. Note that the developer aggregates user data to produce patient-behaviour information intended to help pharmaceutical companies better understand the problem of patient non-compliance with the taking of medicine.

#### AVAILABLE ON
- Android
- iOS
- Windows

#### LANGUAGES
Arabic, Chinese, Danish, Dutch, English, Finnish, French, German, Hebrew, Italian, Japanese, Korean, Portuguese, Russian, Spanish, Turkish

#### FEATURES
- Allows networking with other people like me / Family / Friends, Reminders, Self-monitoring, Support to deal with symptoms/disabilities

#### COST
Free

#### DEVELOPER
MediSafe Project Ltd, Israel

#### FUNDER
Same as technical developer (via a Microsoft Azure accelerator programme, Israel, and $1m 2013 funding from Israeli venture-capital companies TriVentures and Lool Ventures, plus others).

#### MEDICAL ADVISER
Same as technical developer

#### APPROVED BY
Not applicable

#### REVIEWS

- **‘Medisafe’ helps me keep track of my medications, and when to take them. I have used many more health apps, but this one [and two others I have recommended to this PatientView survey] are the only ones I felt were worth the price, or I found myself using in the long run.**
  
  Person living with arthritis and Crohn’s disease, USA

- **Worried about the day your teenager starts taking medication on their own? MediSafe Meds & Pill Reminder is similar, and texts a notification to someone (like a parent) if a medication is not marked as taken.**
  
  Caring for Kids – Gundersen Health System, USA

![NEVER MISS A PILL AGAIN](image)
### Medo de Voar App [Fear of Flying App]

**How It Helps**
Aims to help the user overcome fear of flying

**Available On**
- Android
- Apple

**Languages**
Portuguese

**Features**
Support to deal with symptoms/disabilities, Information

**Cost**
- Android: £3.04 [approximately €4.75, $4.22]
- Apple: £2.84 [approximately €3.99, $4.43]

**Developer**
Togetar (formerly Zyrcadia BV, Netherlands)

**Funder**
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

**Medical Adviser**
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

**Approved By**
Not applicable

### Review
Recommended by the developer, the VALK Foundation, Netherlands

VALK Foundation, Netherlands
HEALTH, WELLNESS & CARE IN THE COMMUNITY

**MedSimple**

**HOW IT HELPS**
Helps to manage medications by storing a list of the user’s medicines, doctors and pharmacists

**AVAILABLE ON**
Android, Apple

**LANGUAGES**
English

**FEATURES**
Information, Reminders, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
My Diabetes Home LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Dr. Anuj Bhargava, founder of My Diabetes Home

**APPROVED BY**
Not applicable

**REVIEW**
The purpose of MedSimple (meds made simple) is to help people living with diabetes more easily manage their insulin doses, their pills, while living with such a complicated disease. The app, in the end, hopes to help you adhere to your doctor’s guidelines for your diabetes management, and reduce your out-of-pocket costs for your overall healthcare.

Blogger, Diabetes Daily Voices, USA
MedTracker

HOW IT HELPS
Medication tracker that records the dates and times when over-the-counter (OTC) or prescription medications have been taken.

AVAILABLE ON
Android, iOS, Desktop

LANGUAGES
English

FEATURES
Allows networking with other people like me / Family / Friends, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

COST
Free

DEVELOPER
Fairwinds Software (Neil Tiffin)/Performance Champions, Inc, USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
‘MedTracker’. It lists my medications, and gives a very audible reminder, even when in silent mode. It is a USA-based app, though, and it is also not very easy to use. If I want to skip a dose, for instance, it keeps reminding me I need to take the dose, even if I want to skip it.

Person with arthritis, UK

‘MedTracker’: reminders for your whole family on when to give medication doses. I’ve got it programmed for the kids and pets.

Blogger on the Parenting Support Forum, InterNational Council on Infertility Information Dissemination (INCIID), Inc, USA
**MindShift**

**CATEGORY**
MENTAL HEALTH

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Aims to help teens and young adults cope with anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><a href="https://play.google.com">Android</a>, <a href="https://apps.apple.com">Apple</a>, <a href="https://mac.com">Desktop</a></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Self-monitoring, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Creative B’stro Inc, Canada</td>
</tr>
<tr>
<td>FUNDER</td>
<td>BC Mental Health and Substance Use Services (BCMHSUS), Canada; Université de Moncton, Canada (the latter funding a French translation)</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Anxiety Disorders Association of British Columbia (AnxietyBC), Canada; Kelty Mental Health Resource Centre, Canada; BC Mental Health and Substance Use Services (BCMHSUS), Canada</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEW**
MindShift reminds me of practical ways to deal with anxiety.
Person with a mental health issues, UK

MindShift is designed to help youth learn how to relax, develop more helpful ways of thinking, and identify active steps that will help them take charge of their anxiety. Young people today are connected and mobile; it is important for us to provide resources that are relevant to them. The MindShift app is like a portable coach, confidentially giving you tips, whenever and wherever you need them, to help you face your anxiety and take control in challenging situations.

BC Mental Health and Substance Use Services (BCMHSUS), Canada
mobiCeliac [XL]

**HOW IT HELPS**
List of 12,500 food-and-beverage products sold in Spain. For people with gluten intolerance

**AVAILABLE ON**
Android, Apple, PC

**LANGUAGES:**
Catalan, English, Spanish

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Equalter Sistemas Slne, Spain

**FUNDER**
Asociación de Celiacos de Madrid (ACM) [Spain-based patient group specialising in coeliac disease]

**MEDICAL ADVISER**
Asociación de Celiacos de Madrid (ACM) [Spain-based patient group specialising in coeliac disease]

**APPROVED BY**
Not applicable

**REVIEW**
A pioneering app that has achieved success in its first months. This guide to improve the quality of life for the gluten intolerant lets you select and buy food every day, choose a hotel or restaurant with a menu adapted. It provides instant information, with photographs, facts about allergens, ingredients and nutritional details. This is a very simple and basic app, very direct, because we have tried to put ourselves in the shoes of those who need the information, says the creator, Angel Fernandez, Professor of Computer Science at the University of Alcala de Henares. Gluten intolerance is diagnosed in 1% of the population, and 450,000 people in our country are estimated to be affected.

Vive Sin Lactosa, Spain
**Mobilplanforalle**

**HOW IT HELPS**
Medication manager and reminder app for people with a mental health problem

**AVAILABLE ON**
Android, iOS

**LANGUAGES**
Danish

**FEATURES**
Reminders

**COST**
Free

**DEVELOPER**
UVdata A/S, Denmark

**FUNDER**
Specialskolen For Voksne i Hjørring [Special School for Adults, Hjørring]

**MEDICAL ADVISER**
Specialskolen For Voksne i Hjørring [Special School for Adults, Hjørring]

**APPROVED BY**
Not applicable

**REVIEWS**
The first experiences with ‘Mobilplanforalle’ is promising. The focal point of the project are phones with an Android operating system.

Landesforeningen SIND [Danish Association for Mental Health; MIND], Denmark

Many mental illnesses require treatment with medication to be taken at precisely-defined times in order to work optimally. Daily reminders of drug handling now require many resources for staff in hospital and health services. ‘Mobilplanforalle.dk’ frees up resources from the daily reminders and other workflows around drug handling. At the same time, the system creates greater security for users, relatives, and health-service employees that the medication is taken at the right times.

Fonden for Velfærdsteknologi [Foundation for Social Engineering], Denmark
Model Me Going Places 2

HOW IT HELPS
Teaching tool that utilises slideshows and images to illustrate appropriate behaviour in social settings (such as shops or playgrounds)

AVAILABLE ON

LANGUAGES
English

FEATURES
Information, Support to deal with symptoms/disabilities

COST
Free

DEVELOPER
Model Me Kids LLC, USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
Model Me Going Places is a great visual teaching tool for helping your child learn to navigate challenging locations in the community. Each location contains a photo slide show of children modeling appropriate behavior. Locations include hairdresser, mall, doctor, playground, grocery store, restaurant.

Friendship Circle of Michigan, USA
This visual teaching tool can help your child navigate challenging locations with appropriate behavior.

Disability Network Northern Michigan, USA
A visual teaching tool that helps children and teenagers who have autism or Asperger Syndrome navigate through social settings. The app offers six settings

Central Coast Children’s Foundation (CCCF), USA
Recommended by the Autism Society of Illinois (ASI), USA
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>ME AND MY DOCTOR</th>
<th>MEDICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEALTH, WELLNESS &amp; CARE IN THE COMMUNITY</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Moje Leczenie [My Treatment]</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOW IT HELPS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medication reminder and medical appointments diary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AVAILABLE ON</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Android, iOS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>English, Polish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FEATURES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information, Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers</td>
<td></td>
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<td></td>
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<tr>
<td>Free</td>
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<tr>
<td>DEVELOPER</td>
<td></td>
<td></td>
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<tr>
<td>Connectmedica Sp. z o.o., Poland</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FUNDER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connectmedica in co-operation with Polski Związek Producentów Leków bez Recepty (PASMI) – Polish Organisation representing OTC medicine producers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same as funder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>APPROVED BY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not applicable</td>
<td></td>
<td></td>
</tr>
<tr>
<td>REVIEW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>There is a free app on the phone that supports taking medication. This is very good news for people taking daily medication and for caregivers of children or the elderly-this application helps to ensure regularity. You have to admit that the smartphones and tablets are getting easier for us, and now it can help treatment.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundacja Hipoterapia Na Rzecz Rehabilitacji Dzieci Niepełnosprawnych (Polish NGO that helps children with social difficulties)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
HEALTH, WELLNESS & CARE IN THE COMMUNITY

**MoodKit**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>A means by which people with anxiety or depression can improve their mood</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="apple.png" alt="Apple" /> <img src="mac.png" alt="Mac" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Reminders, Self-monitoring, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>£3.99 [approximately €5.68, $6.23]</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Thriveport LLC, USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Thriveport LLC, USA</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Clinical psychologist staff of Thriveport LLC, USA</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>NHS Choices, UK</td>
</tr>
</tbody>
</table>

**REVIEW**

‘Mood Kit’ is the slickest of the cognitive behaviour therapy (CBT) apps, and it has some nice features that make it easy to use and to personalise. The four main functions of the product are: 1. Increase participation in activities that lift mood. 2. Identify and change interfering thoughts. 3. Rate and track mood. And 4. Create journals to track thoughts, experiences, etc.

Elisa Nebolsine: Cognitive Therapy for Kids, USA
Moodometer

**HOW IT HELPS**
Interactive mood diary for monitoring and understanding emotional wellbeing

**AVAILABLE ON**
Apple, Laptop

**LANGUAGES**
English

**FEATURES**
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
Mubaloo, UK

**FUNDER**
2gether NHS Foundation Trust, UK

**MEDICAL ADVISER**
2gether NHS Foundation Trust

**APPROVED BY**
Not applicable

**REVIEWS**
There are various mood-monitoring apps that you can get, including Moodometer, which was developed by the Gloucestershire 2gether NHS Foundation Trust. It provides mood icons and the option to record a confidential mood diary.

**Hearing Link, UK**
Recommended by the Men’s Health Forum (MHF), UK
Recommended by Head Forward-wellbeing resources, UK
My DisabledGo London

**HOW IT HELPS**
For people with a disability. Contains information about access arrangements in 20,000 locations around London

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
DisabledGo, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
The App is based on feedback from over 100 involvement events held in 2011 and has been developed in partnership with 20 London Boroughs.

**APPROVED BY**
Not applicable

**REVIEW**
Another access-guide app. The venues listed have all been visited and assessed in person, and include places to stay, food and drink, shopping and entertainment. Although this app is aimed mainly at those with physical disabilities, it could also be useful for families with young children and for older people.

National Autistic Society (NAS), Richmond branch, UK

For anyone who wants to find out more about access, whether they are a visitor, or a Londoner. The app is unique, only featuring venues that have been fully assessed by a trained access surveyor.

Disability Nottinghamshire, UK
**My Friend Isabelle**

**HOW IT HELPS**
Illustrated story that can be used to encourage development of early reading skills in children

**AVAILABLE ON**

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<table>
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<tbody>
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</tbody>
</table>

**LANGUAGES**
English

**FEATURES**
Information

**COST**
£1.49 [approximately €2.11, $2.31]

**DEVELOPER**
Take 2 Ventures LLC/PicPocket Books LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Recommended by the Vermont Family Network (VFN), USA
My Lupus Log

**HOW IT HELPS**
Allows symptoms of lupus to be recorded, to help better manage the condition

**AVAILABLE ON**
Android, MacOS

**LANGUAGES**
English

**FEATURES**
Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
User Computing Services, GlaxoSmithKline, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer (including GSK-organised patient advisory board)

**APPROVED BY**
Not applicable

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**REVIEW**
Start understanding your lupus better by tracking your symptoms, recording how they’re affecting you, and sharing it all with your doctor. The My Lupus Log app lets you: track your symptoms; monitor and record their impact; customise your profile; learn more about lupus; stay focused with alerts and reminders.

Lupus Foundation of Pennsylvania, USA
**My Medication Passport**

**HOW IT HELPS**
Allows details of prescribed medicines to be kept

**AVAILABLE ON**
[Apple](#)  [Desktop](#)

**LANGUAGES**
English

**FEATURES**
Self-monitoring

**COST**
Free

**DEVELOPER**
Imperial College Healthcare NHS Trust, UK

**FUNDER**
National Institute for Health Research (NIHR), UK; AstraZeneca, UK

**MEDICAL ADVISER**
National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC) for North West London (NWL); Imperial College Healthcare NHS Trust; patient involvement

**APPROVED BY**
Not applicable

**REVIEWS**
They’ve just launched a brilliant new tool to help patients keep track of medicine changes, and improve communication with health professionals and others. … The initiative is an idea that came out of the CLAHRC’s public involvement group, and is already being used by 5,000 patients across Imperial College Healthcare NHS Trust.”

Simon Denegri’s Lay Review, blog, UK

It’s designed to empower patients/carers to take control of their medication, and help seamless transfer of medication information across healthcare interfaces.”

Patient Information Forum (PIF), UK
**My NET Manager**

**CATEGORY**
- CANCER
- ME AND MY DOCTOR

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Organisational tool for people with a neuroendocrine tumour</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="apple.svg" alt="iOS" /> <img src="android.svg" alt="Android" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English, French</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Vogel Farina LLC, USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Novartis Oncology, USA</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as funder, and healthcare professionals, and patient advocacy groups</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEW**

The first mobile app for carcinoid cancer and neuroendocrine tumor (NET) patients is available for downloading on the iPhone, iPad, and Android. ‘My NET Manager’, a free app by Novartis Oncology, offers patients a unique opportunity to track their symptoms, set reminders, access test results, and view important dates. The app includes a medication tracker, an insurance tracker, a place to list physicians’ names and contact information, information about NETs, including a glossary, and more. ....A ‘Contacts’ section offers the app user a place to list laboratories, doctors, pharmacies, and insurance companies.

Carcinoid Cancer Foundation, USA
**My Pain Diary: Chronic Pain Management**

**DISABILITY**

**HOW IT HELPS**
Pain diary for people with allergies, back pain, chronic fatigue syndrome (CFS), depression, fibromyalgia, headaches, or migraine

**AVAILABLE ON**

Apple

**LANGUAGES**

English

**FEATURES**

Self-monitoring

**COST**

£3.99 [approximately €5.63, $6.28]

**DEVELOPER**

Damon Lynn, USA

**FUNDER**

Same as technical developer

**MEDICAL ADVISER**

Created and actively maintained by a reflex neurovascular dystrophy (RSD)/complex regional pain syndrome (CRPS) patient

**APPROVED BY**

Not applicable

**REVIEW**

Recommended by the World Pain Foundation (WPF)
**MyAsthma**

**HOW IT HELPS**
Aims to help people with asthma (aged over 12) to manage their condition

**AVAILABLE ON**
Apple

**LANGUAGES:**
English, Spanish

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
Free

**DEVELOPER**
emotive

**FUNDER**
GSK [UK-headquartered pharmaceutical company]

**MEDICAL ADVISER**
Dr. Mike Thomas, Senior Research Fellow, University of Aberdeen, and Chief Medical Advisor, Asthma UK; and Rob Horne, Professor of Behavioural Medicine, University of London

**APPROVED BY**
Not applicable

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**REVIEW**
Education for Health’s Chief Executive, Monica Fletcher, was one of a panel of asthma experts who helped develop the app, lending her expert knowledge to its design. The app aims to empower asthma patients, allowing them to better understand their condition, and address the personal barriers they face in managing asthma. As such, the app can generate tailored messages, and will facilitate more informed dialogue between patients and healthcare professionals.

_Education for Health, UK_

Useful. Helps with follow-up. Is of relevance to healthcare professionals, too. Though not that popular in Hungary.

_Hungarian patient group_

Recommended by the World Asthma Foundation (WAF), USA
**MyFactor**

**CATEGORY**
HEART, CIRCULATION AND BLOOD
ME AND MY DOCTOR
MEDICATION

**HOW IT HELPS**
Helps people with haemophilia to record and track bleeds and infusions, and share the information with doctors

**AVAILABLE ON**

- Android
- Apple
- Laptop

**LANGUAGES**
English

**FEATURES**
Allows networking with other people like me / Family / Friends, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
BioRX LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
BioRx is a national pharmacy and home infusion services provider specialising in highly customised treatment of haemophilia, von Willebrand disease, and related bleeding disorders

**APPROVED BY**
Not applicable

**REVIEW**

‘MyFactor’, gives patients and caregivers a single platform to monitor their home treatment. The first version is currently available in the Apple Store... The hope is that many of our local pharmaceutical companies will take similar initiatives. In South Africa, affordability of Apple smartphones is currently very pricey, but with Android devices popping up everywhere, and an Android app to be expected in the near future, this sort of initiative could be fruitful.

‘People with Haemophilia (PWH) Newsletter, Central Region’, Oct/Nov 2013, South African Haemophilia Foundation (SAHF), South Africa
# MyFitnessPal

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Weight-loss and exercise tracker</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="apple.png" alt="App Store" /> <img src="android.png" alt="Google Play" /> <img src="windows.png" alt="Windows Store" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Myfitnesspal LLC, USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

### REVIEWS

Users are able to keep track of their caloric intake, as well as exercise. In addition, the exercise is included in the amount of caloric intake, so that people can see a direct correlation between exercise and caloric intake.

**Patient group specialising in learning disorders, USA**

Ability to record nutritional intake and analyse nutrients. Some NZ foods are not listed.

**Patient group specialising in mental health, New Zealand**
### myIBD

**How it helps**
Aims to provide the user with new perspectives on the task of managing inflammatory bowel disease (IBD)

**Available on**
- [Apple](#)  
- [PC](#)

**Languages**
- English

**Features**
- Support to deal with symptoms/disabilities, Self-monitoring, Trackers, Information

**Cost**
- Free

**Developer**
Karen Frost; Dr. Johan Van Limbergen; Meaghan Wright (and Ritchie Hwang), Canada

**Funder**
Abbott Laboratories

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

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**Reviews**
It's great to have mobile software for IBD health tracking. I'll leave you with one call to action for designers and developers working on health-tracking apps for a patient to track their health on a daily basis, they must have both motivation and ability. Give them the ability through easy and intuitive interfaces, but don't forget to motivate them through a great payoff, insights, and rewards (helpful graphs and views of the data that make the tracking well worth the time given).

- Crohnology Blog, USA
- Recommended by Crohn’s and Colitis Australia

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[Image of the myIBD app]

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© PatientView 2015
# MyMedRec

## How It Helps
Portable health record that can be shared with doctors or anyone else involved in a user's healthcare. Also has a medication tracker and medication reminder.

## Available On
- [Android](#)
- [iOS](#)
- [Mac](#)

## Languages
English, French

## Features
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

## Cost
Free

## Developer
Institute for Safe Medication Practices Canada (ISMP)

## Funder
Canada's Research-Based Pharmaceutical Companies (Rx&D) [Canada-based pharmaceutical industry association]

## Medical Adviser
Canada's Research-Based Pharmaceutical Companies (Rx&D); Best Medicines Coalition (BMC); Canadian Medical Association (CMA); Canadian Nurses Association (CAN); Canadian Pharmacists Association (CphA); Victorian Order of Nurses (VON), Canada

## Approved By
Not applicable

## Review
Allows patients and caregivers to have their medication and immunisation record at their fingertips. It includes features, such as refill and dose reminders, storing of medication histories, and multiple patient profiles, email and picture capabilities, as well as contact information of prescribers and pharmacies. The tool will help patients and caregivers compile a full list of their medications, whether prescription, over-the-counter, or natural health products, and share the information with their healthcare team, as they see fit. The app is also supported by the www.knowledgeisthebestmedicine.org website, which contains health information, relevant links and safe medication-use tips.

Canadian Alliance for Long-Term Care (CALTC), Canada
MyPlate Calorie Tracker

HOW IT HELPS
Help the user to reach diet, weight-loss and fitness goals (whether losing, maintaining or gaining weight) by tracking daily exercise and daily calorific, fat, carbohydrate, and protein intake

AVAILABLE ON

LANGUAGES
English

FEATURES
Support to deal with symptoms/disabilities, Self-monitoring, Trackers, Information

COST
Free

DEVELOPER
Demand Media, USA

FUNDER
Livestrong.com [USA-based patient group specialising in cancer and general health and fitness]

MEDICAL ADVISER
Livestrong.com [USA-based patient group specialising in cancer and general health and fitness]

APPROVED BY
Not applicable

REVIEWS
This app is the complete package. Provides healthy insights, calorie counters, and helps you avoid foods that aren’t healthy for you. The app also helps you keep tabs on what you’re eating. Has a database of 1.3 million food and restaurant items, making it’s simple to keep track of everything that you eat.

Work School Eat Play blog, USA

I use the ‘Livestrong DailyPlate’ app. This app has an extensive database of foods, updated by users (be sure to check the serving size). Anyway, when you bring up the food, it shows all nutritional data, including carbs. And, it is a great tool to help you lose weight, too.

Blogger on Insulin Pump Forums, USA
mySugr Diabetes Logbook

**HOW IT HELPS**
Diabetes logbook that awards points for meaningful entries with the aim of ‘taming the diabetes monster’ by overcoming challenges

**AVAILABLE ON**
Android, Apple, PC

**LANGUAGES**
Dutch, English, French, German, Italian, Polish, Spanish, Swedish

**FEATURES**
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free, Pro version £20.99 [approximately €29.66, $32.74]

**DEVELOPER**
mySugr GmbH, Austria

**FUNDER**
As technical developer

**MEDICAL ADVISER**
Lutz Heinemann, Co-founder of the Profile Institute for Metabolic Research GmbH in Neuss, Germany, Partnership with Santé Diabète (an NGO servicing in Western Africa – mainly supported by IDF and others) and JDRF (NGO focused on type 1 diabetes research)

**APPROVED BY**
CE-Marked, US Food and Drug Administration (FDA)

**REVIEW**
The app provides daily challenges as an incentive to improve your diabetes management. Offers very useful reports and charts, and a search function lets you see your historical data. It is a medical device, and has CE marking and is registered with the FDA. It does lack a dictionary of terminology, though. Diabetes patient organisation, Switzerland
### MyTalkTools Mobile

<table>
<thead>
<tr>
<th><strong>How It Helps</strong></th>
<th>Allows a user to communicate through audio files, images, pictures, symbols, and video (one adult female voice) by touching an image, which the app then reads out</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available On</strong></td>
<td><img src="apple.png" alt="Apple" /> <img src="mac.png" alt="Mac" /></td>
</tr>
<tr>
<td><strong>Languages</strong></td>
<td>Chinese, Danish, Dutch, English, French, Hebrew, Italian, Polish, Spanish</td>
</tr>
<tr>
<td><strong>Features</strong></td>
<td>Improving communication, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>£64.46 [approximately €90.80, $99.99]</td>
</tr>
<tr>
<td><strong>Developer</strong></td>
<td>2nd Half Enterprises LLC, USA</td>
</tr>
<tr>
<td><strong>Funder</strong></td>
<td>Same as technical developer</td>
</tr>
<tr>
<td><strong>Medical Adviser</strong></td>
<td>Same as technical developer</td>
</tr>
<tr>
<td><strong>Approved By</strong></td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

### Reviews

MyTalkTools Mobile offers augmentative and alternative communication (AAC) for learning disabled students.

**Disability Network Northern Michigan, USA**

A communication app that lets users customize their own messages with pictures, images and audio files (even voice recordings). Users can upload images straight from the Internet, to personalize the phrases that they want to speak.

**Central Coast Children’s Foundation (CCCF), USA**

Recommended by Autism Speaks, USA

Recommended by the Vermont Family Network (VFN), USA
### National Public Toilet Map

**How It Helps**
Shows the location of 14,000-plus toilets in Australia

**Available On**
- [iPhone](#)
- [Android](#)

**Languages**
English

**Features**
Information, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Human Solutions Pty Ltd, Australia

**Funder**
Australian Government Department of Health and Ageing

**Medical Adviser**
Australian Government Department of Health and Ageing

**Approved By**
Not applicable

### Review
The National Public Toilet Map shows the location of more than 14,000 public and private toilet facilities across Australia. Useful information is provided about each toilet, such as location, opening hours, availability of baby-change rooms, accessibility for people with disabilities, and the details of other nearby toilets.

Crohn’s and Colitis Australia
# NCT Babychange

**CATEGORY**

**STAYING HEALTHY**

## HOW IT HELPS
Directs parents of babies to the nearest public baby-changing facilities in the UK

## AVAILABLE ON
![Android, Apple, Windows Phone]

## LANGUAGES:
English

## FEATURES
Allows networking with other people like me / Family / Friends, Information

## COST
Free

## DEVELOPER
Axon Publishing, UK

## FUNDER
National Childbirth Trust (NCT) [UK-based charity specialising in parenting and childcare]

## MEDICAL ADVISER
National Childbirth Trust (NCT) [UK-based charity specialising in parenting and childcare]

## APPROVED BY
Not applicable

## REVIEWS
You’re out for the day. You don’t know where the nearest baby-changing room is? That’s where the beauty of NCT's new ‘Babychange’ app comes into life.

_Fertility Friends forum, UK_

NCT’s vision is a world where parents are valued and supported to build a strong society. Enabling and supporting parents to help other parents is what NCT is all about. Our NCT Babychange app uses the latest technology – geolocation – so mums and dads can easily find their nearest baby changing facilities.

_National Childbirth Trust (NCT), UK_
NeuroMind

**HOW IT HELPS**
App about the subjects of neurology and neurosurgery

**AVAILABLE ON**
Android, iOS, Mac

**LANGUAGES**
English

**FEATURES**
Information

**COST**
Free

**DEVELOPER**
Pieter Kubben, MD/DigitalNeurosurgeon.com, Netherlands

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
This app has useful content in the field of neurosurgery for physicians, patients, and students. International Brain Tumour Alliance (IBTA), UK
NHS Health and Symptom Checker

HOW IT HELPS
Allows the user to check personal medical symptoms, and, if necessary, receive telephone advice from a call operative within an hour.

AVAILABLE ON
Android, iOS, Desktop

LANGUAGES
English

FEATURES
Information, Self-monitoring, Support to deal with symptoms/disabilities,

COST
Free

DEVELOPER
Mobikats, UK

FUNDER
NHS Direct, UK [closed 2014]

MEDICAL ADVISER
NHS Direct, UK [closed 2014]

APPROVED BY
NHS Choices, UK

REVIEWS
Good for checking symptoms, and for getting information.
Person living with mobility impairment, UK
For checking symptoms and medications.
Person living with cystic fibrosis, UK
### Nike+ Running

**CATEGORY**
Health, Wellness & Care in the Community

**FOR MORE INFORMATION VISIT:**
www.myhealthapps.net

### HOW IT HELPS
Allows runs to be mapped, and progress tracked

### AVAILABLE ON
![Android icon](image1.png) ![Apple icon](image2.png)

### LANGUAGES
Chinese, English, French, German, Italian, Japanese, Korean, Portuguese, Spanish

### FEATURES
Self-monitoring, Trackers

### COST
Free

### DEVELOPER
Digital Sport, Nike Inc, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEW
The app makes it much easier to keep track of all workouts and physical activity, inspiring people to stay active.
C3 Collaborating for Health, UK
Noom CardioTrainer

**CATEGORY**

**STAYING HEALTHY**

**HOW IT HELPS**
Tracks indoor and outdoor exercise activities, and indicates how many calories were burned

**AVAILABLE ON**

[Android icon]

**LANGUAGES**

English

**FEATURES**
Support to deal with symptoms/disabilities, Self-monitoring

**COST**

Free

**DEVELOPER**

Noom Inc, USA

**FUNDER**

Same as technical developer

**MEDICAL ADVISER**

Same as technical developer

**APPROVED BY**

Not applicable

**REVIEWS**

Assists in counting the calories burned when doing a particular type of exercise. Takes into account the speed of the exerciser, as well as the distance to calculate the total calories.

Patient group specialising in learning disorders, USA

2%-5% of the people with whom we are familiar use the app.

Consumers Health Forum (CHF) of Australia

I really like the satellite GPS feature. You can track your entire workout, from start to finish, with longitude and latitude on the global map. This is something that really motivates me to work out and lose weight.

Blogger on Obesity Discussion forum, USA
Numera Social

**HOW IT HELPS**
Lifestyle planner for managing changes in nutrition and exercise regimes—one potential aim of which might be slowing the progression of diabetes, for instance.

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
Numera Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
American Diabetes Association of Washington State [USA-based regional patient group specialising in diabetes]

**APPROVED BY**
Not applicable

**REVIEW**
The American Diabetes Association of Washington has partnered with Numera, a leading telehealth and social media technology company, to reach the community with a new approach to wellness and diabetes management. The app is free, and available to anyone who would like to participate in health plans and challenges, to improve nutrition and exercise, to prevent or delay the development and progression of diabetes.

American Diabetes Association (ADA), USA
OATBook

**HOW IT HELPS**
Aims to help people on oral anticoagulant therapy (OAT) to monitor and control their medication routine

**AVAILABLE ON**

- Apple
- PC

**LANGUAGES:**
English

**FEATURES**
Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers, Information

**COST**
£2.29 [approximately €3.30, $3.57]

**DEVELOPER**
Rob Cleaton

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Anti Coagulation Europe and Atrial Fibrillation Association

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
Atrial fibrillation (AF) patients who struggle to remember all the information about their medication, International Normalised Ratio (INR), and dosage times, could be helped by a new app. ‘OATBook’ allows users to set reminders for upcoming appointments, store all their INR scores in one place, and set dosage reminders for medication.

Atrial Fibrillation Association (AFA)
International, UK

Recommended by Anticoagulation Europe (ACE), UK
# Open Drug Discovery Teams

**HOW IT HELPS**
Brings a magazine-style interface to information about research into cures for rarer, more-neglected, diseases

**AVAILABLE ON**

| Languages | English |

**FEATURES**
Information

**COST**
Free

**DEVELOPER**
Molecular Materials Informatics Inc, Canada

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

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**REVIEWS**
‘ODDT’ collects data on a small, but growing, number of diseases (including Chagas disease, HIV/AIDS, Huntington’s disease, leishmaniasis, malaria, Sanfilippo syndrome, and tuberculosis). The app also covers emerging topics, such as drug repurposing and green chemistry.

CheckOrphan, Switzerland and the USA

Upon receiving the news that there would be an app I could install on my phone, which would not only give me access to Twitter, and to ‘hot’ rare-disease topics, but, also, the ability to gain access to the latest research in the field of rare disease-I immediately installed ‘ODDT’.

Global Genes Project, USA
**Orphanet, the mobile portal for rare diseases**

**HOW IT HELPS**
List containing information about rare diseases

**AVAILABLE ON**
Android, iOS

**LANGUAGES**
English, French, German, Italian, Portuguese, Spanish

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Institut National de la Santé et de la Recherche Médicale (Inserm), France

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
With it, you can access a list of rare diseases with their descriptions, as well as pertinent resources, such as epidemiological and coding data. You can also consult Emergency Care guidelines (in PDF format) for specific diseases, as well as find contact information for expert centers and professionals dedicated to rare diseases in the 37 counties of the Orphanet consortium. In addition, pages can be annotated or sent by email. We bet it will continue to grow in popularity and be warmly welcomed by patients and healthcare professionals alike.

The Desminopathy Reporter, home for people passionate about research advances in understanding the genetics that cause muscle weakness and muscle loss in PDEs.
### Pact

**CATEGORY**
STAYING HEALTHY

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<table>
<thead>
<tr>
<th><strong>HOW IT HELPS</strong></th>
<th>Encourages healthy eating and exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVAILABLE ON</strong></td>
<td><img src="android-apple-windows" alt="Android, Apple, Windows" /></td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
<td>English, Spanish</td>
</tr>
<tr>
<td><strong>FEATURES</strong></td>
<td>Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>Free</td>
</tr>
<tr>
<td><strong>DEVELOPER</strong></td>
<td>Pact, USA</td>
</tr>
<tr>
<td><strong>FUNDER</strong></td>
<td>Same as developer (raised $2.5m in two rounds of funding)</td>
</tr>
<tr>
<td><strong>MEDICAL ADVISER</strong></td>
<td>Same as developer</td>
</tr>
<tr>
<td><strong>APPROVED BY</strong></td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEWS**

It encourages monetary rewards for compliant users (those who exercise and eat well). Users can also lose money from using the platform. It is almost like bribing users to exercise.

**Empowered patient, Australia**

I do a 5-workout-a-week pact, so, anytime between Monday and Sunday, I have to complete 5 workouts. If I make 5 of 5 workouts, I get paid (yes, real money) per workout. If I only work out 4 days a week, I don’t get paid, I actually get charged the whatever amount I’ve agreed to pay per missed workout.

‘Third Time’s a Charm Runner’ blog, USA
## Pain Care

### How It Helps
Tool to help patients manage chronic pain or sports injuries. Includes a medication tracker.

### Available On
- Android
- Apple

### Languages
English

### Features
- Information
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

### Cost
Free

### Developer
Ringful Health, USA

### Funder
Same as technical developer

### Medical Adviser
Dr Vishal Kancherla [USA-based specialist in pain] and the Louise H. Batz Patient Safety Foundation, USA

### Approved By
Not applicable

### Reviews
Offers a comprehensive, visual pain scale, ideal for people who have difficulty keeping an electronic diary. No cost. Doctors find the app useful. The tech skill level required to operate the app is easy to moderate.

Family Caregiver Alliance (FCA), USA

The ‘Pain Care’ app has won the ‘Project HealthDesign’ developer challenge 2010, sponsored by the Robert Wood Johnson Foundation (RWJF) and the California HealthCare Foundation (CHCF).

Louise H. Batz Patient Safety Foundation, USA
**Parkinson’s Central**

**CATEGORY**
NERVOUS SYSTEM AND BRAIN

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Provides information about Parkinson’s disease, treatments, and living with the condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="android.png" alt="Android" /> <img src="ios.png" alt="iOS" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>National Parkinson Foundation (NPF), USA</td>
</tr>
<tr>
<td>FUNDER</td>
<td>AbbVie; TEVA CNS (Central Nervous System)</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Jorge Zamudio, MD, Director, Research Programs at NPF; a movement disorder specialist; and a Parkinson’s patient</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEW**
Parkinson’s Central is a simple, yet powerful, tool that we believe will positively impact the health of people with Parkinson’s, wherever they live.
National Parkinson Foundation (NPF), USA
### PARKINSON'S EASYCALL

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Enables phone calls to be made with a single touch to the smartphone screen</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td><img src="android" alt="Android" /> <img src="ios" alt="iOS" /> <img src="web" alt="Web" /></td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Allows networking with other people like me / Family / Friends, Improving communication, Support to deal with symptoms/disabilities</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Tecmark, UK</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Parkinson’s UK</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Same as funder</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>NHS Choices, UK</td>
</tr>
</tbody>
</table>

**REVIEW**

Parkinson’s UK have developed ‘Easycall’. It is not a health app, but a free app which makes it easier to call your most frequently-used numbers from a smartphone. Member of the ‘Parkinson Movement’ community, writing on ‘Health Unlocked’, UK

Recommended by the Posterior Corticol Atrophy (PCA) Support Group, UK
**Patient.co.uk**

**HOW IT HELPS**
Contains 900-plus patient-information leaflets about health and specific medical conditions

**AVAILABLE ON**
- [Android](#)
- [iOS](#)
- [Desktop](#)

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Egton Medical Information Systems Ltd, UK

**FUNDER**
Patient.co.uk

**MEDICAL ADVISER**
Patient.co.uk

**APPROVED BY**
NHS Choices, UK

**REVIEW**
Best feature of this app is that it allows users to locate their nearest healthcare services, including emergency clinics, hospitals, GP surgeries, dentists and pharmacists (England only).

Children Living with Inherited Metabolic Diseases (CLIMB), UK
**Pauseboogie fra Gigtforeningen**  
[Pause Boogie from the Rheumatism Association]

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th><strong>REVIEW</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrates how to perform a series of exercises intended to ease and prevent pain and discomfort in muscles and joints</td>
<td>The Gigtforeningen has launched a new movement app, ‘Pauseboogie’, with simple exercises to get us to spend the day with small breaks to strengthen the body. It’s fun, easy, and free, and you can do the exercises anywhere. The app’s exercises are presented by a Pilates instructor and a choreographer-dancer. The Association is leading the fight against the sedentary life. Download the free app, so that you always have exercises at your fingertips.</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>AVAILABLE ON</th>
<th><strong>DEVELOPER</strong></th>
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</thead>
<tbody>
<tr>
<td>[Android] [iOS] [Web]</td>
<td>Plant ApS, Denmark</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>LANGUAGES:</th>
<th><strong>FUNDER</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Danish</td>
<td>Gigtforeningen [Denmark-based patient organisation specialising in arthritis]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEATURES</th>
<th><strong>MEDICAL ADVISER</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Support to deal with symptoms/disabilities, Information</td>
<td>Gigtforeningen [Denmark-based patient organisation specialising in arthritis]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COST</th>
<th><strong>APPROVED BY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Free</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>
**PD Life**

**HOW IT HELPS**
Aims to give people with Parkinson’s disease (and their carers) real-time management of the condition

**AVAILABLE ON**
- Apple
- Mac

**LANGUAGES**
English

**FEATURES**
- Support to deal with symptoms/disabilities
- Self-monitoring
- Trackers

**COST**
Free

**DEVELOPER**
Mat Ryer, UK

**FUNDER**
Parkinson Association of the Rockies (PAR), United States

**MEDICAL ADVISER**
Parkinson Association of the Rockies (PAR), United States

**APPROVED BY**
Not applicable

**REVIEWS**
Recommended by the developer, the Parkinson Association of the Rockies (PAR), USA. Also recommended by more than 40 other US Parkinson’s groups on Facebook—among them, the American Parkinson Disease Association, Washington Chapter, and the Parkinson Center of Oregon (PCO). PAR states on Facebook about this app. “PD Life is the first app assisting Parkinson’s patients and caregivers with real-time management of the disease.”

Swedish blogger with Parkinson’s Disease
## Pedometer

### How it helps
Pedometer tracks steps taken, speed achieved, laps covered, distance travelled, and calories burned.

### Available on
- ![Android](https://www.patientview.org/assets/icons/Android.png)
- ![Apple](https://www.patientview.org/assets/icons/Apple.png)

### Languages:
Dutch, English, French, German, Italian, Japanese, Portuguese, Spanish, Swedish

### Features
Self-monitoring, Trackers

### Cost
Free on Android; Apple £0.79 [approximately €1.14, $1.23]

### Developer
Luminant Software Inc, USA

### Funder
Same as technical developer

### Medical Adviser
Same as technical developer

### Approved by
Not applicable

### Reviews
- **Gives an immediate response.**
  - Patient group specialising in heart conditions, USA
- **Pedometer helps me keep track of steps walking.**
  - Person living with an intestinal condition, USA
# Period Tracker

**Category:** Sexual Health

**ME AND MY DOCTOR**

**How it helps**
Tracks and predicts menstrual cycles

**Available on**
Android, Apple, Windows

**Languages**
Chinese, Dutch, English, French, German, Italian, Japanese, Korean, Portuguese, Russian, Spanish, Swedish, Turkish, Ukrainian

**Features**
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free, full version: Android: £1.24 [approximately €1.76, $1.56], Apple: £1.27 [approximately €1.79, $1.99]

**Developer**
GP Apps/GP International LLC, USA

**Funder**
GP International LLC (itself funded by Startup Leadership Program (SLP) teams), USA

**Medical Adviser**
Same as technical developer.

**Approved by**
Not applicable

**Reviews**
Makes it easy to track and predict menstrual cycles.
- Person living with a blood disorder, USA
- Period tracker is user friendly, easy, free, and backs up data
- Person living with asthma and pain, USA
# Personality Profile Quizzes

**How it Helps**
Personal development tool

**Available on**

- Apple
- Mac

**Languages**
English

**Features**
- Allows networking with other people like me / Family / Friends, Improving communication Information, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
TokiiLab-Wearable Therapy, Canada

**Funder**
Double Dare Studios Inc / Tokii, Canada

**Medical Adviser**
Same as funder

**Approved by**
Not applicable

**Reviews**
Empowers people to take control of their lives and emotional mental health as a first-line treatment approach. Fun, interesting, and easy to incorporate into everyday, busy life. Low expense for result. Drawbacks: cutting-edge in terms of structure/platform, but may take time to ‘catch on’ as a viable alternative to expensive treatment/therapy, as well as to pharmacology.

Master of social work (mental health problems), USA

It is really easy to use, like a 5-minute boost in mental health and positivity. It is only available to iPhone users, though.

Special education teacher (learning disorders), Colombia
Pictello

**HOW IT HELPS**
Simple method for non-speaking people of all ages to create visual, talking stories

**AVAILABLE ON**
Apple, Android

**LANGUAGES**
Dutch, English, French, German, Spanish, Turkish

**FEATURES**
- Allows networking with other people like me / Family / Friends
- Reminders
- Improving communication
- Support to deal with symptoms/disabilities
- Information

**COST**
£12.82 [approximately €18.12, $19.99]

**DEVELOPER**
AssistiveWare BV, Netherlands

**FUNDER**
As technical developer

**MEDICAL ADVISER**
Jennifer Marden, AssistiveWare Vice President of Clinical Development. Jennifer specializes in Augmentative and Alternative Communication (AAC) for children and adults with a wide variety of communication disorders, and has provided AAC services in school, hospital, clinic, home, and adult day programme settings

**APPROVED BY**
Not applicable

**REVIEWS**
Pictello embodies everything a social stories’ app should be. No more cutting out pictures and gluing them into a booklet. The iPhone can do it much easier and faster with Pictello. Making your own social story couldn’t be easier.

App, Yum Yum—Autism Epicenter, USA

We use this app for social stories, teaching Abbey what to expect, what to do in situations. So, we’ve got stories about ‘Going to the Dentist’, for example. We also love Pictello because it has opened up a new world for Abbey.

AbbeysVoice—blog about a non-verbal little girl with autism, USA
Pill Reminder Pro
(Push Notification)

HOW IT HELPS
Reminder to take medications on time

AVAILABLE ON
Apple

LANGUAGES
English

FEATURES
Reminders

COST
£0.63 [approximately €0.85, $0.99]

DEVELOPER
Winkpass Creations Inc, USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEW
Reminds you with PUSH alerts of when to take your pills. Tracks each of your medications by name, dosage and frequency to take. One point to remember when entering the dates and times taken for each pill, when you enter a time and dosage, remember to save each time your enter, otherwise it won’t remember. As it uses PUSH technology, you need to be in a WiFi reception area to receive the notifications, though. Pity it isn’t a stand-alone app, as if it were, then little or no WiFi reception wouldn’t matter.

Disabled Folk Cornwall, UK
HEALTH, WELLNESS & CARE IN THE COMMUNITY

**Pillbox**

**How it helps**
Reminder to take medications on time

**Available on**

- 🍎
- 💻

**Languages**
English

**Features**
Reminders

**Cost**
Free

**Developer**
Community Health Network e-Business team, USA

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved by**
Not applicable

**Review**
Recommended on Be The Match forum, National Marrow Donor Program, USA

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
Pillboxie

**HOW IT HELPS**
Reminder to take medications on time

**AVAILABLE ON**

**LANGUAGES**
English, French, Greek, Italian, Spanish

**FEATURES**
Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**COST**
£0.79 [approximately €1.11, $1.24]

**DEVELOPER**
Jared Sinclair, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**

One thing that I hate about nagging apps that continuously bug you is that I don’t always have the time (or the patience) to load the app, and click the Yeah, I did that, or the Give me back my life checkbox. I’m one of those people who has to clear the app badge (or what I like to call the Red Dot of Shame) quickly. I feel guilty if I don’t. My biggest issue with ‘Pillboxie’ was that the count on the dot just kept growing if I didn’t pop into the app, and tell it I was a good boy, and took my meds. Missing a dose for me is rare, so I would prefer to only record my mistakes, and not my achievements.

*Blogger on POZ Blogs, USA*

Pillboxie helps me remember my medications, when to take them, and which I’ve already taken.

*Person living with thyroid malfunction, Sweden*
## Plague Inc.

### HOW IT HELPS
Game in which the user attempts to infect the world’s population with viruses

### AVAILABLE ON
- Android
- Apple

### LANGUAGES
English, French, German, Italian, Japanese, Korean, Portuguese, Russian, Spanish

### FEATURES
Information

### COST
Free on Android, Apple: £0.79 [approximately €1.24, $1.56]

### DEVELOPER
Mario Hros of Ndemic creations, Czech Republic

### FUNDER
James Vaughan of Ndemic Creations Ltd, UK

### MEDICAL ADVISER
Same as funder

### APPROVED BY
Not applicable

### REVIEW
Tool to teach the public about outbreaks and disease transmission because of how it uses a non-traditional route to raise public awareness on epidemiology, disease transmission, and diseases/pandemic information. The game creates a compelling world that engages the public on serious public health topics.

Centers for Disease Control and Prevention (CDC), USA
# Platemate

**How it helps**
Tool for visualising the carbohydrate and calorie content of meals.

**Available on**
- Android
- iOS
- Desktop

**Languages**
Dutch, English, French, Russian

**Features**
- Improving communication
- Information
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**Cost**
Free

**Developer**
Geert Egghe, Sweetbee bvba, Belgium

**Funder**
Bayer B.V., Netherlands

**Medical adviser**
Dr. Raoul Rooman, Paediatric Endocrinologist-Diabetologist, University Hospital Antwerpen, Netherlands

**Approved by**
Not applicable

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### Reviews

Here’s one app that caught our eye: the Sweetbee Platemate, from Belgium. The screen features empty dinner and salad plates, and a glass. You drag pictures of food items and beverages on to the plates and glass. You can resize food and drink items to fit your weight-management goals. Once you create your virtual meal, the app totals the calories, carbohydrates and more. This free app seems like it would be useful for anybody interested in weight management.

**Divabetic** (online community for women with diabetes), USA

This carbohydrate calculator is the app version of the popular Sweetbee Nutrition Diabetes Atlas. With the Platemate app, you can fully display and calculate carbs and calories.

**Diabetes Liga**, Belgium
### Play to Cure: Genes in Space

**CATEGORY**
- Play to Cure
- Genes in Space

**HOW IT HELPS**
Space-themed game designed to help cancer researchers analyse data on breast cancer

**AVAILABLE ON**
- Android
- Apple
- PC

**LANGUAGES**
- English

**FEATURES**
- Supporting medical research

**COST**
- Free

**DEVELOPER**
- Guerilla Tea Games, UK

**FUNDER**
- Cancer Research UK

**MEDICAL ADVISER**
- Cancer Research UK; Cambridge Institute, UK

**APPROVED BY**
- Not applicable

**REVIEW**
Players guide a spaceship across the screen collecting cargo. Each route that gamers take collects gene data to create genetic patterns. These patterns are sent to scientists who use them to detect faulty genes. This can help develop new drugs that target these faults, and stop cancer. Given the amount of hours that are wasted playing games on phones and tablets, it was only a matter of time before someone put all this game play to good use.

Cancer Research and Relief Foundation (CRRF), USA
<table>
<thead>
<tr>
<th><strong>Pollen-News</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>HOW IT HELPS</strong></td>
</tr>
<tr>
<td>Forecasts pollen levels across Switzerland and in the region of Switzerland selected by a user</td>
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<tr>
<td><strong>AVAILABLE ON</strong></td>
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<tr>
<td>Android, Apple, Windows</td>
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<tr>
<td><strong>LANGUAGES</strong></td>
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<tr>
<td>French, German, Italian</td>
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<tr>
<td><strong>FEATURES</strong></td>
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<tr>
<td>Information, Support to deal with symptoms/disabilities</td>
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<tr>
<td><strong>COST</strong></td>
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<tr>
<td>Free</td>
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<tr>
<td><strong>DEVELOPER</strong></td>
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<td>Getunik, Switzerland</td>
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<tr>
<td><strong>FUNDER</strong></td>
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<tr>
<td>aha! Allergiezentrum Schweiz, Switzerland; and MeteoSchweiz, Bundesamt für Meteorologie und Klimatologie [Federal Office of Meteorology and Climatology], Switzerland</td>
</tr>
<tr>
<td><strong>MEDICAL ADVISER</strong></td>
</tr>
<tr>
<td>aha! Allergiezentrum Schweiz and MeteoSchweiz, Switzerland</td>
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<tr>
<td><strong>APPROVED BY</strong></td>
</tr>
<tr>
<td>Not applicable</td>
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</tbody>
</table>

**REVIEWS**

So you know at any time the levels of pollen.

Umweltnetz Schweiz, The Environmental Network (Switzerland)

Recommended by Samariter, the Swiss Samiritan Federation which aims to provide care and welfare facilities.
Pollenvarsel

**HOW IT HELPS**
Daily-updated summary of pollen levels and dispersal in Norway

**AVAILABLE ON**
Android, iPhone, Desktop

**LANGUAGES**
Norwegian

**FEATURES**
Trackers

**COST**
Free

**DEVELOPER**
Tight with Divenis Design, Norway

**FUNDER**
Norges Astma- og Allergiforbund (NAAF) [Norway-based patient organisation specialising in asthma and allergy]

**MEDICAL ADVISER**
Norges Astma- og Allergiforbund (NAAF) [Norway-based patient organisation specialising in asthma and allergy]

**APPROVED BY**
Not applicable

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**REVIEW**
Norges Astma- og Allergiforbund (NAAF) provides the daily pollen notification for Norway. NAAF has established 12 traps around the country, and six pollen types of alerts every day, from February to mid August. Get pollen info right to your phone.

Norges Astma- og Allergiforbund (NAAF) [Norwegian Asthma and Allergy Association], Norway
Predictable

How it helps
Alternative communication solution for people who have difficulty speaking

Available on

Languages:
Danish, English, English – American, English – Australian, French, German, Norwegian, Spanish, Swedish

Features
Allows networking with other people like me / Family / Friends, Improving communication, Support to deal with symptoms/disabilities

Cost
Android
£130.80 [approximately €188.45, $204.08], Apple
£119.99 [approximately €172.87, $187.21]

Developer
Therapy Box Limited, UK

Funder
Same as technical developer

Medical Adviser
Same as technical developer

Approved by
CE-marked, NHS Choices, UK

Reviews
To date, I can only recommend ‘Predictable’. I am very optimistic about the use of apps for service users who have limited verbal skills, and can use hand-held devices as an augmentative communication tool. But I have some concerns about how funding for such apps (and the necessary hardware) will be sourced.

National group specialising in disability, Ireland

A cost-effective and unique communication-aid solution for people who have a disability that results in speech impairment. Users can type a message more efficiently with a sophisticated word-prediction engine, and it speaks the message, offering a range of voices.

Vermont Family Network (VFN), USA
**Prizmo**

**CATEGORY**
SUPPORT FOR SENSES, MOBILITY AND LEARNING

**TRAVELLING**

**HOW IT HELPS**
Scans and recognises text documents, bills, business cards, whiteboards, etc, then allows the text to be shared across computers and with other people through the cloud.

**AVAILABLE ON**

**LANGUAGES**
Bokmål, Danish, Dutch, English, French, German, Italian, Norwegian

**FEATURES**
Allows networking with other people like me / Family / Friends, Support to deal with symptoms/disabilities

**COST**
£7.99 [approximately €8.90, $12.48]

**DEVELOPER**
Creaceed SPRL, Belgium

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Good for reading disabilities. You can take a picture of text, crop it, and use to scan a document, and also use text-to-speech, to hear the text.

Patient group specialising in learning disorders, Canada

‘Prizmo’ is great for when a letter pops through your door, or you need to read a text document while out and about. What really sets ‘Prizmo’ apart from the crowd, though, are the additional features it offers: scan bills and receipts. Scan business cards, and have the information automatically added to a new or existing contact. Upload your scanned documents directly to popular services, such as ‘Dropbox’ and ‘Evernote’. Translate documents using Microsoft ‘Translate’. Great if you’re on holiday abroad.

Royal National Institute of Blind People (RNIB), UK
**Proloquo2Go**

**HOW IT HELPS**
Alternative communication solution for people who have difficulty speaking

**AVAILABLE ON**

**LANGUAGES:**
English, English – American, English – Australian, English – Indian

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£199.99 [approximately €288.13, $312.03]

**DEVELOPER**
AssistiveWare BV, Netherlands

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Jennifer M. Marden, CCC-SLP

**APPROVED BY**
Not applicable

**REVIEWS**
Supports communication. Aids memory. Improves safety supports and independence.
Epilepsy Wales, UK
Recommended by the Vermont Family Network (VFN), USA
### Proloquo4Text

**How it Helps**
Text-oriented alternative communication tool for people who are literate but have difficulty speaking.

**Available on**
- Apple
- Android

**Languages**
Danish, Dutch, English, French, German, Italian, Norwegian, Spanish, Swedish

**Features**
- Allows networking with other people like me / Family / Friends, Improving communication, Information, Support to deal with symptoms/disabilities

**Cost**
£89.99 [approximately €127.22, $140.33]

**Developer**
AssistiveWare BV, Netherlands

**Funder**
As technical developer

**Medical Adviser**
Jennifer Marden, AssistiveWare Vice President of Clinical Development. Jennifer specializes in Augmentative and Alternative Communication (ACC) for children and adults with a wide variety of communication disorders, and has provided AAC services in school, hospital, clinic, home, and adult day programme settings

**Approved by**
Not applicable

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**Review**
The app includes a choice of 85 voices and 15 languages. It is easy to switch languages, so a bilingual user can easily communicate in both languages. Messages can be delivered auditorily or through AirDrop, Twitter, Facebook, email and messaging. Because it is text-based, this tool would be extremely useful for children and adults who are literate, including those with diagnoses of autism, cerebral palsy, developmental disabilities, apraxia, ALS/MND, laryngectomy, stroke, or traumatic brain injury.

BridgingApps—Bridging the gap between technology and people with disabilities, USA
### Propeller Health

**CATEGORY**
BREATHING AND LUNGS  
ME AND MY DOCTOR  
STAYING HEALTHY

#### HOW IT HELPS
When used with a matching bluetooth inhaler sensor, records usage of reliever inhaler by people living with asthma or chronic obstructive pulmonary disease (COPD)

#### AVAILABLE ON
[Android][iPhone][Tablet]

#### LANGUAGES
English, Spanish

#### FEATURES
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

#### COST
Free

#### DEVELOPER
Noble Applications, USA

#### FUNDER
Propeller Health/Reciprocal Labs Corporation, USA (the financial backers of which include the California HealthCare Foundation (CHCF), USA

#### MEDICAL ADVISER
Dr David Van Sickle, CEO, Propeller Health

#### APPROVED BY
US Food and Drug Administration (FDA)

### REVIEW
Using a special GPS-enabled device that attaches to an inhaler, Propeller Health (formerly called Asthmapolis) automatically records the time and location when asthma patients use their inhalers. This data is transmitted to the patient’s doctor, while collective data is available to asthma researchers and public-health agencies. It maps and tracks asthma symptoms, triggers, and the use of rescue and controller medications and other important events from any phone. You can also receive text message reminders when you forget to use controller medication, and review streamlined versions of your asthma map and charts on the phone. Carcinoid Cancer Foundation (CCF), USA
# Qcard

## How It Helps
Tool that helps people remember, and manage and organise their lives

## Available On
- [Apple](#)
- [Linux](#)

## Languages
English

## Features
Improving communication, Information, Support to deal with symptoms/disabilities

## Cost
Free 30 day trial, thereafter £1.92 per month [approximately €2.75, $2.99]

## Developer
iDeaWORKS, Mohawk College, Canada

## Funder
Same as technical developer

## Medical Adviser
Sergio Di Giovanni, a person with acquired brain injury (ABI)

## Approved By
Not applicable

## Reviews
We highlighted the story of the person who developed the ‘Qcard’ app in the 2012 issue of ‘OBIA Review’ [http://bit.ly/OSX2Gf], which is our quarterly magazine. Designed by a survivor of acquired brain injury (ABI) for ABI survivors, ‘Qcard’ assists people who aren’t organised to become organised, and helps those who forget to remember. This life-management app is the ultimate in memory and organisation. Please note that the app does take some cognitive skills to use. It has just been released.

Ontario Brain Injury Association (OBIA), Canada

Recommended by the Ontario Neurotrauma Foundation (ONF), Canada
QuitSTART

**How It Helps**
Smoking-cessation app that allows moods and cravings for a cigarette to be recorded. QuitSTART is a product of Smokefree Teen (SfT)—a smoking cessation resource for teens created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals and smoking cessation experts and with input from ex-smokers.

**Available On**
- Android
- Apple
- Desktop

**Languages**
- English

**Features**
- Information
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**Cost**
- Free

**Developer**
- MMG Inc, USA

**Funder**
- Tobacco Control Research Branch, National Cancer Institute (NCI), USA

**Medical Adviser**
- Tobacco Control Research Branch, National Cancer Institute (NCI), USA

**Approved By**
- Not applicable

**Reviews**
Free QuitSTART app gives teens personalised attention and reminders to quit smoking for good.

Voices for a Healthy Southcoast, USA

The QuitSTART mobile app will help kick-start a smoke-free lifestyle. With this app, you can track cravings or moods, and monitor your progress toward achieving smoke-free milestones. The app also allows you to identify your smoking triggers, and upload personalised ‘pick me ups’ for support during challenging times.

Transform4Health—North Carolina Community Transformation Grant Project, USA

For more information visit: www.myhealthapps.net
HEALTH, WELLNESS & CARE IN THE COMMUNITY

Rädda Liv [Save Life]

HOW IT HELPS
Provides information on how to conduct cardiopulmonary resuscitation (CPR)

AVAILABLE ON
Android, iOS, Windows

LANGUAGES
Swedish

FEATURES
Information, Support to deal with symptoms/disabilities

COST
Free

DEVELOPER
Hjärt-Lungfonden (patient group) with AFA-Försäkring and Bliwa Livförsäkring (two health insurers)

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEW
Recommended by the Hjärt-Lungfonden [Heart-Lung Foundation], Sweden
Rally Round – organise jobs and helpers

HOW IT HELPS
Allows carers, family and friends to form a network, keeping in touch to arrange the care of a person or patient who needs help. Already available to 7 million people in the UK.

AVAILABLE ON
- Apple
- Desktop

LANGUAGES
English

FEATURES
Allows networking with other people like me / Family / Friends, Reminders, Support to deal with symptoms/disabilities

COST
Free

DEVELOPER
Health2Works Ltd, UK

FUNDER
Same as technical developer. Rally Round is provided due to the support of Local Authorities, NHS CCGs and Trusts, third sector organisations and Housing Associations

MEDICAL ADVISER
Same as technical developer

APPROVED BY
NHS Choices, UK

REVIEW
Neurosupport, in partnership with the Walton Centre and the 5 Boroughs Partnership are promoting Rally Round to improve the support of carers of people with dementia. Rally Round is an online support network designed to make it easy for you to organise help so that someone close to you can stay independent longer. It’s free, safe and private. Rally Round can be used to support people in a wide variety of situations, over a short or long-term, including those with, or caring for, people with Alzheimer’s Disease, Parkinson’s Disease, Multiple Sclerosis, Dementia, Mental Health conditions, Cancer, Stroke rehabilitation, recuperation after illness etc.

Neurosupport, UK
**RCP Asfixia**  
[CPR Choking in English-language version]

**How it helps**  
Provides information on how to carry out cardiopulmonary resuscitation (CPR), with a particular emphasis on aiding victims of choking.

**Available on**  
Android, Apple

**Languages:**  
English, Spanish

**Features**  
Information

**Cost**  
Free

**Developer**  
Stone Meadow Development LLC, USA

**Funder**  
University of Washington [USA-based University]

**Medical Adviser**  
Mickey S. Eisenberg, Professor of Medicine, University of Washington [USA-based University], plus several other organisations specialising in medical emergency

**Approved by**  
Not applicable

**Review**  
Thought I would share this, as I can’t recommend this app enough. Very simple, short videos show you exactly what to do in an emergency. They have options for adult, child and infant in a choking/CPR situation. Hope no one ever needs it, but it is great for peace of mind.  
Baby and Bump forum, UK
**Recovery Record**

**CATEGORY**
- MENTAL HEALTH
- STAYING HEALTHY

**HOW IT HELPS**
Helps people with an eating disorder to achieve recovery.

**AVAILABLE ON**
- Android
- Apple
- Laptop

**LANGUAGES**
Danish, English

**FEATURES**
- Allows networking with other people like me / Family / Friends
- Information, Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**COST**
Free

**DEVELOPER**
Recovery Record, Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Recovery Record, Inc (CEO, Jenna Tregarthen, clinical psychologist), USA

**APPROVED BY**
Not applicable

**REVIEWS**

‘Recovery Record’ reminds me to log meals, and allows me to create a diary alongside it
Person with a mental health issues, UK

I always have my phone on me, and if it sends me a reminder to eat, and then a following reminder to log my meal, I am much more likely to log the meal.
The next feature that I really like is that you can choose whether or not to give your therapist/dietician/doctor the ability to monitor your logs online. They can log on to the website, and, with the password that you set from your phone (and can change at any time if you wish), they can go to the therapist’s part of the site, and monitor your logs.
Blogger writing on WeBiteBack (WBB) forum, USA, 2012
**Restaurant Nutrition**

**CATEGORY**
Staying Healthy

**HOW IT HELPS**
Restaurant guide that allows the user to track restaurant meals eaten, and to view nutritional information on the 60,000-plus food items held in the menus of over 250 restaurants.

**AVAILABLE ON**
- Android
- Apple

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities, Trackers

**COST**
Free, in app purchases are £2.52 each [approximately €3.93, $4.01]

**DEVELOPER**
Jon Carroll, USA

**FUNDER**
Foundation Surgery Affiliates [USA-based ambulatory-surgery centre (ASC) management-and-development company]

**MEDICAL ADVISER**
Grant Roberts [USA-based trainer, nutritionist and lifestyle coach]

**APPROVED BY**
Not applicable

**REVIEWS**
I use the app, which is great when you’re eating out at fast-food places.
Blogger on Diabetes.co.uk

Chock-full of nutritional information on a ton of stuff. It’s free; I use it.
Blogger on Diabetes Forums, USA
Reverse the Odds

### How It Helps
Game that utilises the principle of crowdsourcing to allow the users to help UK-based cancer researchers analyse cells.

### Available On
- Android
- iOS

### Languages
- English

### Features
Medical research

### Cost
Free

### Developer
Multiplatform team, Maverick TV; Chunk Digital; Zooniverse, UK

### Funder
Channel 4 Television, UK

### Medical Adviser
Cancer Research UK and the Department of Oncology, University of Oxford, UK

### Approved By
Not applicable

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### Review
What if cancer research can be supplemented by the assistance of the general public? Dr. Anne Kiltie, Clinical Group Leader at the CRUK/MRC Oxford Institute for Radiation Oncology within the Department of Oncology at the University of Oxford and an attendee of the 2014 BCAN Bladder Cancer Think Tank, has been working on developing an engaging mobile game called Reverse the Odds where players can engage in critical thinking by playing a fun minion-switching puzzle, and also by analyzing real cancer slides.

Bladder Cancer Advocacy Network (BCAN), USA
RheumaBuddy

HOW IT HELPS
By tracking Rheumatoid Arthritis symptoms day-to-day, RheumaBuddy is meant to help you discover patterns and then figure out what you can do to influence the disease in a more positive direction yourself, and thereby gain a greater control of your RA.

AVAILABLE ON

LANGUAGES
Danish, English

FEATURES
Allows networking with other people like me / Family / Friends, Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

COST
Free

DEVELOPER
Daman, Denmark

FUNDER
Same as technical developer

MEDICAL ADVISER
Berit Schiøttz-Christensen, rheumatologist at Aarhus Rheumatology Clinic, Denmark. Young patients were involved in the design/co-creation process, recruited from the Danish association for young people with RA, called FNUG (fnug.dk) and also patients recruited by rheumatologists at hospitals in Denmark.

APPROVED BY
Not applicable

REVIEW
All young people with rheumatoid arthritis are now getting the tool we have longed for – a digital tool that can register the variations in the RA between visits at the rheumatologist. It is very important for young people with RA to have an overview and take control of the symptoms, and in combination with the buddy-feature, the app has a huge potential of becoming enormous beneficial not only for the individual patient but also contributing to a much better program of treatment. We are very proud of this project.

FNUG, Denmark
### RheumaTrack

**CATEGORY**
BONES AND MUSCLES
ME AND MY DOCTOR

**HOW IT HELPS**
Helps people with rheumatism monitor their condition

**AVAILABLE ON**
[App Store]

**LANGUAGES**
English, French, German, Spanish, Turkish

**FEATURES**
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**
Nicole Derouaux of Mutterelbe Medical UG, Germany

**FUNDER**
AbbVie, Germany

**MEDICAL ADVISER**
Same as technical developer and funder

**APPROVED BY**
Not applicable

**REVIEW**
Recommended by Dr. Peer Malte Aries, at the London 2011 European League Against Rheumatism (EULAR) Conference [Rheuma-Online]

[App Image]
**Röda Korset Första hjälpen**  
**[Red Cross First Aid]**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Provides information on how to conduct cardiopulmonary resuscitation (CPR) for adults</th>
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<tbody>
<tr>
<td>AVAILABLE ON</td>
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<tr>
<td>LANGUAGES</td>
<td>Swedish</td>
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<td>Free</td>
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<td>DEVELOPER</td>
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<td>FUNDER</td>
<td>Svenska Röda Korset [Swedish Red Cross], Sweden</td>
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<td>MEDICAL ADVISER</td>
<td>Svenska Röda Korset [Swedish Red Cross], Sweden</td>
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<td>APPROVED BY</td>
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**REVIEW**

Recommended by the Hjärt-Lungfonden [Heart-Lung Foundation], Sweden

Our first aid app gives you a clear guidance in your mobile through the most important steps in CPR, what to do if someone is choking, and cannot breathe, and more. The app is free to download. Knowledge saves lives.  
Svenska Röda Korset [Swedish Red Cross], Sweden
# Runtastic Pro

**CATEGORY**

STAYING HEALTHY

**HOW IT HELPS**
Tracks fitness activities (cycling, jogging, rowing or walking)

**AVAILABLE ON**

![Android](android.png) ![Apple](apple.png) ![Windows](windows.png)

**LANGUAGES**
Chinese, Czech, Dutch, English, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Turkish

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
(exchange rates are approximate) Apple: £3.99 / $6.22 / €5.59; Android: £4.99 / $7.78 / €6.99; Windows: £3.49 / $5.44 / €4.89; Blackberry: £3.50 / $5.44 / €4.89. A series of in-app purchases are available. The app is also available in a free version (Runtastic)

**DEVELOPER**
Runtastic GmbH, Germany

**FUNDER**
Same as technical developer.

**MEDICAL ADVISER**
Same as technical developer.

**APPROVED BY**
Not applicable

**REVIEWS**
Runtastic Pro tracks my exercise and motivation.
Person living with hormonal conditions, UK
Recommended by a person living with pain, Canada
Recommended by a person suffering from a chronic disease, Spain
## RxmindMe Prescription

### HOW IT HELPS
Prescription reminder that alerts the user to the need to take a prescription

### AVAILABLE ON

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### LANGUAGES:
English

### FEATURES
Reminders

### COST
Free

### DEVELOPER
Harold Smith III, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEW
I often forget to take my meds. And, other days, I can’t remember if I took them or not. So, here’s a great free app: ‘RxmindMe’.

**Cushing’s Help and Support, USA**

I use a great one called ‘RxmindMe Prescription’. You can track your prescriptions by entering in the details, such as name, form, strength, person it’s for, etc. Then you can also enter the quantity you have left, pharmacy, and set up reminders to alert you when it is time to re-order. You can also set up alerts that will pop up on your phone to remind you to take certain pills on a specific set of time daily, hourly, monthly, etc. The other cool part is that you can take a picture of the medicine. I like pictures, so that is fun for me. You can also export the data to Excel as a .csv file, so you could print it off, and give it to healthcare providers. I have loved using the app, and, best yet-it’s free.

**Blogger on CysticLife.org (CL), USA**
### Safe&Sound

<table>
<thead>
<tr>
<th><strong>CATEGORY</strong></th>
<th><strong>MENTAL HEALTH</strong> <strong>STAYING HEALTHY</strong></th>
</tr>
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| **HOW IT HELPS** | Addresses a way for teens to manage stress and feelings of depression |
| **AVAILABLE ON** | ![Image](android.png) |
| **LANGUAGES** | English |
| **FEATURES** | Allows networking with other people like me / Family / Friends, Improving communication, Information, Support to deal with symptoms/disabilities |
| **COST** | Free |
| **DEVELOPER** | Tri-Tech Skills Center in Kennewick, Washington, USA |
| **FUNDER** | Same as technical developer |
| **MEDICAL ADVISER** | Same as technical developer |
| **APPROVED BY** | Not applicable |

| **REVIEW** |

The Safe&Sound app concept brings mental health awareness and resources for teens. Inspired by personal experiences and recent school shootings—including one in their home state—the team knew that the app could help teens express their feelings in a safe way and reach out for help when needed. Features for this app include daily stress management, information on stress, anxiety, depression, journaling, and resources. Safe&Sound will be a functioning, downloadable app by June 2015.

Mental Health America, May 2015
### SATS Elixia

**How it helps**
Allows a person to book fitness training classes, and log work-out and weight statistics

**Available on**
![Android, Apple, Windows, Mac](android-apple-windows-mac.png)

**Languages**
Bokmål, Finnish, Norwegian, Swedish

**Features**
Information, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

**Cost**
Free

**Developer**
XLENT Consulting Group, Sweden

**Funder**
SATS Sports Club Sweden AB, Sweden / Health & Fitness Nordic (HFN), Norway

**Medical Adviser**
Same as funder of app

**Approved by**
Not applicable

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**Review**
The SATS Elixia app is helping me currently, as it tracks every time I sign in to my local gym in Oslo with my card, and it allows me to book classes online through it. I can track my progress over the weeks, and if I get a personal trainer, my schedule appears on it. If I start a diet plan, it has a calorie counter and checklist.

Person with Ehlers-Danlos syndrome, Norway
See and Learn
Saying More Words

HOW IT HELPS
Aimed at helping children with Down syndrome improve their speech development.

AVAILABLE ON
Android, Apple, Windows

LANGUAGES
English

FEATURES
Improving communication, Support to deal with symptoms/disabilities

COST
Android: £12.49 [approximately €17.94, $19.49], Apple: £13.99 [approximately €20.09, $22.84], Windows: £15.39 [approximately €22.11, $24.03]

DEVELOPER
Down Syndrome Education Enterprises CIC, UK

FUNDER
Same as technical developer

MEDICAL ADVISER
Down Syndrome Education (DSE) International, UK; Down Syndrome Education (DSE) USA

APPROVED BY
Not applicable

REVIEWS
‘See and Learn’ makes it easy to support children with Down syndrome at home, in individual and group-therapy settings, and in the classroom. See and Learn offers activities designed to promote the development of language, reading, speech, memory and number skills. See and Learn is a range of resources to support learning for children with Down syndrome.

Huddersfield Down Syndrome Support Group (HDSSG), UK

‘See and Learn’ is used to promote language skills and reading skills. It promotes the use of visual information to support speech and language development.

Down Syndrome Ireland

CARERS, FAMILY, FRIENDS
SUPPORT FOR SENSES, MOBILITY AND LEARNING
SeeWord

**HOW IT HELPS**
Word game to help people with a brain tumour remember and recognise words

**AVAILABLE ON**
- Android
- iOS
- PC

**LANGUAGES**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Kick App Productions, Inc, USA

**FUNDER**
Thompson-Mason Brain Cancer Foundation, USA

**MEDICAL ADVISER**
Thompson-Mason Brain Cancer Foundation, USA

**APPROVED BY**
Not applicable

**REVIEW**
Michael Klipper, Chairman of Voices Against Brain Cancer, believes a mobile app designed for those dealing with the repercussions of brain cancer is necessary. Unfortunately, brain cancer has some of the most devastating physical, emotional and mental effects on the human body in comparison to other cancers, he says. It only makes sense to incorporate today’s advanced technologies in bettering the quality of life of those suffering from this terrible disease.

Voices Against Brain Cancer (VABC), USA
# Self Help for iPad

**How It Helps**
Series of self-help guides on common mental health issues

**Available On**
[Android] [iOS] [Web]

**Languages**
English

**Features**
Information, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Northumberland, Tyne and Wear NHS Foundation Trust, UK

**Funder**
Northumberland, Tyne and Wear NHS Foundation Trust, UK

**Medical Adviser**
Northumberland, Tyne and Wear NHS Foundation Trust

**Approved By**
NHS Choices, UK

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## Review

Self-help guides from Mental Health North East’s (MHNE) award-winning patient information centre. There are over 20 guides or directories, covering a range of mental-health issues (such as anxiety, depression and stress), and can be downloaded to your device. The directories also signpost users to useful (local) services. Each directory provides a brief description of local services, along with contact details. Three of the directories are aimed at carers, people experiencing mental health issues, and ethnic minorities.

Mental Health North East (MHNE)
**Seriously Good! Gluten Free Living**

**CATEGORY**
Seriously Good!

**Gluten Free Living**

**HOW IT HELPS**
56 coeliac-friendly recipes for people with gluten intolerance (many of the recipes in several serving sizes)

**AVAILABLE ON**
[Apple](#)  [Mac](#)

**LANGUAGES:**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
£4.99 [approximately €7.19, $7.79]

**DEVELOPER**
Spots Consulting Ltd, UK

**FUNDER**
Phil Vickery, Chef and Coeliac UK Ambassador

**MEDICAL ADVISER**
Phil Vickery, Chef and Coeliac UK Ambassador

**APPROVED BY**
Not applicable

**REVIEW**
Shows you which products are safe to eat. Being able to get a list of products in categories that are safe is invaluable. Coeliac UK, Beds and Mid Herts branch, UK
Shifting Perspectives

HOW IT HELPS
A collection of the work of 12 photographers who have a connection with Down’s syndrome, and a photographic representation of people with Down’s syndrome.

AVAILABLE ON

LANGUAGES
English

FEATURES
Information

COST
Free

DEVELOPER
Bright Machine, UK

FUNDER
GSK [UK-headquartered pharmaceutical company], via Shifting Perspectives [UK-based photography offshoot of the Down’s Syndrome Association, a UK-based charity specialising in people with Down’s syndrome]

MEDICAL ADVISER
Shifting Perspectives [UK-based photography offshoot of the Down’s Syndrome Association, a UK-based charity specialising in people with Down’s syndrome]

APPROVED BY
Not applicable

REVIEW
The ‘Shifting Perspectives’ photography team continues to break down pre-conceived ideas about people with Down’s syndrome, highlighting the individuality of every person with Down’s syndrome, challenging attitudes and prejudices, and examining alternative representations of both adults and children. The new app showcases all the work produced by the ‘Shifting Perspectives’ team since its inception in 2003. The app makes this important body of work available to an even-wider global audience.

Down’s Syndrome Association, UK
### ShopWell – Diet and Food Scanner

**How It Helps**
Food scanner that seeks to match healthy ingredients with an individual’s personal dietary requirements

**Available On**
- Android
- iOS
- Website

**Languages**
English

**Features**
Information, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
YottaMark, Inc, USA

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved By**
Not applicable

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### Reviews

‘Shop Well’ allows me to scan the universal product code (UPC) of some food items, and I can set up specific parameters for it to search by.

Person living with coeliac disease, USA

(I probably should state at this point that this is an independent review. ShopWell has not reached out to me to do this review, nor am I being paid after this review is posted.) Here’s my experience with ShopWell. … Overall, I wholly endorse ShopWell for individuals with food allergies, health concerns, or just healthy-eating goals in general. I would love to see additional features down the road. I’m looking forward to the future development of this app. For me, it should be an essential part of every grocery-shopping trip, right alongside the grocery list.

East Bay Celiac blog, USA
**ShoulderDoc**

<table>
<thead>
<tr>
<th><strong>CATEGORY</strong></th>
<th>BONES AND MUSCLES</th>
<th>ME AND MY DOCTOR</th>
</tr>
</thead>
</table>

| **HOW IT HELPS** | Provides information on shoulder problems |
| **AVAILABLE ON** | ![App Store](apple)  ![Mac App Store](macapp) |
| **LANGUAGES** | English |
| **FEATURES** | Information, Self-monitoring, Support to deal with symptoms/disabilities |
| **COST** | Free |
| **DEVELOPER** | Ronnie Davies (AppDoc), UK |
| **FUNDER** | Professor Lennard Funk, consultant orthopaedic surgeon, UK; and Ronnie Davies (app developer and orthopaedic trainee), UK |
| **MEDICAL ADVISER** | Professor Lennard Funk, consultant orthopaedic surgeon, UK; and Ronnie Davies (as an orthopaedic trainee), UK |
| **APPROVED BY** | Not applicable |

**REVIEWS**

- Like the app because it is a Patient app and patient-to-therapist app.  
  Person living with breathing difficulties, UK
- These Shoulder Doc vids are great for providing information to patients too  
  Australian Musculoskeletal Network
**Sign 4 Me**

**HOW IT HELPS**
A tool for learning a basic sign language called ‘Signed English’, or ‘manually-coded English’ (MCE)

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£7.99 [approximately €11.26, $12.58]

**DEVELOPER**
Vcom3D, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Once the desired sentences, phrases, words and letters are typed in, a 3D avatar signs for the user. Everything the user types is saved in history, and used as shortcuts. The 3D avatar can be adjusted for speed, zoomed in or out and rotated to provide the best vantage point for every sign. The ‘Sign 4 Me’ library includes more than 11,500 words, and is growing. This app is an easy way to ensure efficient communication between the hearing and individuals who are deaf/hard of hearing.

National Alliance on Mental Illness (NAMI) Massachusetts, USA

For more information visit: www.myhealthapps.net
Skill Tracker Pro

HOW IT HELPS
Automates applied behavior-analysis instruction

AVAILABLE ON
Apple, iPad

LANGUAGES
English, German

FEATURES
Support to deal with symptoms/disabilities, Trackers

COST
£22.99 [approximately €32.49, $35.36]

DEVELOPER
Marz Consulting Inc/Data Makes the Difference LLC, USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
Skill Tracker Pro for iPhone, iPod Touch and iPad automates ABA therapy (Applied Behavioral Analysis) instruction for children with Autism. Allows unlimited clients and observers, optional video capture, and charting/export of all data.

ADAPT4Autism, USA
Skill Tracker Pro automates ABA therapy (applied behavioral analysis) instruction for children with Autism. Has a built-in library, with hundreds of skills and targets that can be assigned to the clients’ curriculum. During cold-probe data collection, skills and targets are automatically randomized, or the user can choose which target to probe, one at a time.

Friendship Circle of Michigan, USA
Skin S3D HD

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Tool for viewing the skin in 3D</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>![App Store Icon]</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English, Spanish</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information</td>
</tr>
<tr>
<td>COST</td>
<td>£3.22 [approximately €4.55, $4.99]</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Centro de Imagen y Tecnologia del Conocimiento Biomedico, s.l. (CITEC-B), Spain</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Same as technical developer</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Spanish patient groups, healthcare professionalas and academics</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEW**

CITEC-B has developed a video-art technology that is detailing psoriasis. Susana, www.meedicina.com
Sleep Cycle
Alarm Clock

HOW IT HELPS
Biorhythm alarm clock

AVAILABLE ON

LANGUAGES
English

FEATURES
Reminders, Support to deal with symptoms/disabilities, Self-monitoring, Trackers

COST
£0.79 [approximately €1.11, $1.24]

DEVELOPER
Maciek Drejak Labs AB, Sweden

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
‘Sleep Cycle’ wakes you according to your sleep cycle, which it monitors throughout the night. It uses vibrations and sound to wake you from the lightest possible sleep.

Canadian AIDS Society (CAS), Canada
I’ve been testing this app for a while now, and I have to admit it works. But I didn’t like all the hassle before going to sleep. I then went and bought myself an aXbo one [http://www.axbo.com], and it’s even better, way less hassle with the charger, and the linen, and what not, and it’s more precise, too.

Blogger on the Tommy Collison Adventures and Experiences blog, Ireland
**SmallTalk Aphasia – Female**

**HOW IT HELPS**
Provides a vocabulary of pictures and videos that talk in a natural human voice

**AVAILABLE ON**
Apple, Android

**LANGUAGES:**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Lingraphicare America Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Work with healthcare professionals

**APPROVED BY**
Not applicable

**REVIEWS**
Helps people who have difficulty speaking.
Motor Neurone Disease Association (MNDA), West Yorkshire Branch, UK
Recommended by the Aphasia Hope Foundation (AHF), USA

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
**SmallTalk Intensive Care**

**HOW IT HELPS**
Provides a list of phrases and images with which patients can communicate to medical professionals some of their needs and feelings (such as “I have chest pain”, or “I want a doctor”)

**AVAILABLE ON**

- Apple
- Desktop

**LANGUAGES:**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Lingraphicare America Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Work with healthcare professionals

**APPROVED BY**
Not applicable

**REVIEWS**
An app to help patients with speaking difficulties (whether because of an impairment, or because of an operation) express their needs to medical-care providers in the intensive care unit (ICU). Users choose from picture-based vocabulary to ‘speak’ phrases like, ‘I am in pain’, or ‘I want to be comforted’. The pictures that match the words make this app useful for non-English speakers as well. Reviewers found the app useful for the ICU, though one user said that the interface was not great. The pictures are self-explanatory, and make the app a convenient tool for non-native-English speakers.

Central Coast Children Foundation, USA

Recommended by the Aphasia Hope Foundation (AHF), USA
SmallTalk Pain Scale

HOW IT HELPS
Allows people who cannot speak (particularly people with aphasia, apraxia, or dysarthria) to communicate amount and type of pain felt to other people (including caregivers, family members, and healthcare professionals)

AVAILABLE ON

LANGUAGES:
English

FEATURES
Improving communication, Support to deal with symptoms/disabilities

COST
Free

DEVELOPER
Lingraphicare America Inc, USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Work with healthcare professionals

APPROVED BY
Not applicable

REVIEWS
The advantages: the app offers the user a pain scale with words and faces for them to select their pain level. It has voice output, allowing the user to speak this aloud, as well as a selection of words to describe the pain. The disadvantages: the vocabulary in the app is not customisable at all, and is quite limiting.

Patient group specialising in communication disability, Australia

This app contains a series of images and pain descriptions that let the user communicate the type and level of pain. Some reviews mentioned that this app does not allow for sentence construction, or any editing. However, it does allow for a great deal of specificity by offering vocabulary for body parts, positional words, and pain-related adjectives (such as aching, dull, radiating, sharp, etc).

Central Coast Children, USA
### Smart Foods Organic Diet Buddy

**CATEGORY**
Staying Healthy

**HOW IT HELPS**
Allows the user to learn which foods are the most laden with pesticide residue

**AVAILABLE ON**
- Android
- Apple
- Mac

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Saagara LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Organic Diet Buddy. Useful for information (although not health specific).
Person with a learning disability, USA

This one provides a large list of farmers markets with locations all over the country (search by name or city and/or state)! Both the downtown Greenville “Carolina First Saturday Morning Market” and the “Greenville State Farmers Market” on Rutherford Road are listed!
My Journey To Lean (blog), USA

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**For more information visit:** www.myhealthapps.net
## Smoke Free – Quit smoking now and stop for good

### HOW IT HELPS
Encourages the user to give up smoking through reminders – such as how much money they have saved through not smoking. If they wish users can also participate in research on how to help people quit smoking.

### AVAILABLE ON
- [Android](#)
- [iOS](#)
- [Web](#)

### LANGUAGES
- English

### FEATURES
- Information
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

### COST
- Free

### DEVELOPER
- David Crane, UK

### FUNDER
- Same as technical developer

### MEDICAL ADVISER
- Same as technical developer

### APPROVED BY
- NHS Choices, UK

### REVIEWS
The Smoke Free app is awesome. I just downloaded it couple of days ago, and it has been so helpful. I used this app as well, it was super helpful. The missions stop at 30 (or 31), but you continue to get badges, and it will keep asking you to write in the little diary they give you. It’s a really good way to stay focused on your goal, and all the little gifs they give you when you complete a task are pretty entertaining too.

StopSmoking blog (or ‘subreddit’), Reddit social networking site, USA

Recommended by the Healthy Living Alliance (HLA), USA
### Solve the Outbreak

**How It Helps**
Centers for Disease Control and Prevention (CDC) game in which the user acts as a roving epidemiologist investigating outbreaks of infectious disease around the world.

**Available On**
- Android
- iOS
- PC

**Languages**
English

**Features**
Information

**Cost**
Free

**Developer**
Digital Media Branch, Division of Public Affairs, Centers for Disease Control and Prevention (CDC), USA

**Funder**
Centers for Disease Control and Prevention (CDC), USA

**Medical Adviser**
Same as funder

**Approved By**
Not applicable

### Reviews
What makes this a good app? 1. The Centers for Disease Control and Prevention (CDC) updated the original app to include new outbreak scenarios, and enable the player to post their scores on Facebook or Twitter. 2. It is a fun and engaging way, for those who may be interested in a career in science, to learn about disease outbreaks and the role of CDC disease detectives.

*FoodRisc Resource Centre (European Commission Seventh Framework Programme), Ireland*

Playing the game presents opportunities to use clues, analyse data, solve the scenario, and save lives in this virtual world, but also helps teach the public more about the process behind handling a real outbreak.

*‘New Public Health’ blog, Robert Wood Johnson Foundation (RWJF), USA*
**Sorenson BuzzCards**

**HOW IT HELPS**
Designed to help people who are deaf to communicate more easily with people who do not know any sign language.

**AVAILABLE ON**
Apple

**LANGUAGES:**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Sorenson Communications Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Recommended by the National Deaf Children’s Society (NDCS), UK
Recommended by the National Consortium on Deaf-Blindness (NCDB), USA
Recommended in the October 2011 newsletter of the New Hampshire Statewide Independent Living Council (SILC NH), USA

**STAYING HEALTHY**
SUPPORT FOR SENSES, MOBILITY AND LEARNING
Sorted: The daily organiser

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Day-to-day organiser for people with attention-deficit hyperactivity disorder (ADHD), or anyone wishing to be more organised</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>iPhone, Macintosh, Windows, Android, BlackBerry, Windows Phone</td>
</tr>
<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Aurora Healthcare Communications, UK</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Janssen EMEA, Belgium</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Amanda Kirby, Professor of Developmental Disorders in Education, the Dyscovery Centre, University of South Wales, Newport, UK</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

**REVIEWS**

The app helps users to complete their tasks, and includes a function to motivate them to complete tasks. Users receive daily alerts, and task lists can also be linked to an email.

**ADHD Aberdeen and Northeast Scotland, UK**

Janssen has launched a new iPhone app for UK patients suffering from attention-deficit hyperactivity disorder (ADHD). The ‘Sorted’ app, the second ADHD app Janssen has launched in recent months, acts as a daily organiser to help patients.

**ADHD Awareness, USA**

Janssen has launched a new iPhone app for UK patients suffering from attention-deficit hyperactivity disorder (ADHD). The ‘Sorted’ app, the second ADHD app Janssen has launched in recent months, acts as a daily organiser to help patients.

For more information visit: www.myhealthapps.net
## Speak it! Text to Speech

### HOW IT HELPS
Vocalises the written content of documents, emails, PDF files, web pages, etc, that the user has copied and pasted into the app, and converts text into speech.

### AVAILABLE ON
- Apple

### LANGUAGES
- English, French, German, Italian, Spanish

### FEATURES
- Improving communication, Support to deal with symptoms/disabilities

### COST
£1.49 [approximately €2.10, $2.35]

### DEVELOPER
Future Apps Inc, USA

### FUNDER
Same as technical developer

### MEDICAL ADVISER
Same as technical developer

### APPROVED BY
Not applicable

### REVIEWS
**Easy to use, and pleasant to listen to.**
East Dorset and New Forest Motor-Neurone Disease Association (MNDA), UK

A text-to-speech provider. Speech therapists and occupational therapists (OTs) recommend them, instead of more expensive and outmoded devices, such as Lightwriters. 6%-10% of the patients with whom we are familiar use the app.

Patient group specialising in neurological conditions, UK
# Special Stories

**How it Helps**
Supports early learning for children with Down’s syndrome

**Available On**
- Android
- Apple
- Laptop

**Languages**
Catalan, Croatian, Dutch, English, Finnish, French, German, Italian, Norwegian, Spanish, Turkish

**Features**
Improving communication, Support to deal with symptoms/disabilities

**Cost**
£9.99 [approximately €14.10, $15.73]

**Developer**
Special iApps, UK

**Funder**
Same as technical developer

**Medical Adviser**
Down Syndrome Educational (DSE) International; Special iApps

**Approved By**
Not applicable

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**Review**
DSE collaborates with Special iApps, who develop educational apps. ...Their ‘Special Stories’ app offers an easy way to create personal storybooks on a variety of devices. Our ‘See and Learn’ programmes are evidence-based, and make it easy to provide effective support for language learning and speech development during the early years—at home, and in group and therapy sessions. In a survey of people using ‘See and Learn’, 85% reported that their child’s language and reading skills have improved.

Down Syndrome Education (DSE) International, UK
Special Words

**HOW IT HELPS**
Interactive app that allows children with Down’s syndrome to learn at their own pace

**AVAILABLE ON**

- Android
- iOS
- Desktop

**LANGUAGES**
Albanian, Bulgarian, Catalan, Croatian, Dutch, English, English – American, English – Australian, Finnish, French, German, Hindi, Italian, Norwegian, Portuguese, Spanish, Swedish, Turkish, Welsh

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£9.99 [approximately €14.10, $15.73]

**DEVELOPER**
Special iApps, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Down Syndrome Education International (DSE); Special iApps

**APPROVED BY**
Not applicable

**REVIEW**
Our ‘See and Learn’ programmes are evidence-based, and make it easy to provide effective support for language learning and speech development during the early years—at home and in group and therapy sessions. In a survey of people using the ‘See and Learn’, 85% reported that their child’s language and reading skills have improved.

Down Syndrome Education International (DSE), UK
### Speed Anatomy Lite (Quiz)

**How It Helps**
Game that shows images of parts of the human body, and is intended to test knowledge of anatomy.

**Available On**

<table>
<thead>
<tr>
<th>Platform</th>
<th>Version</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Android</td>
<td>Free, ‘full’ version</td>
<td>Free</td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td>£0.99 [approximately €1.43, $1.54]</td>
</tr>
</tbody>
</table>

**Languages:**
English, French, German, Italian

**Features**
Information

**Cost**
Free, ‘full’ version

**Developer**
Benoit Essiambre, Canada

**Funder**
Same as technical developer

**Medical Adviser**
Same as technical developer

**Approved By**
Not applicable

**Reviews**
It is a game that makes people learn more about how their body looks inside, and where the parts are located in the body. Will be good for students, to learn the inner body parts, and the bone-names.

Patient group specialising in respiratory conditions, Denmark

Recommended by Americans Networking to Survive (ANTS), USA
### Splingo

**HOW IT HELPS**
Interactive game intended to help children learn listening and language skills

**AVAILABLE ON**

**LANGUAGES:**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£2.29 [approximately €3.30, $3.57]

**DEVELOPER**
Edugame Technology Ltd, UK

**FUNDER**
Speech And Language Store LLP [UK-based company specialising in speech and language]

**MEDICAL ADVISER**
Designed by specialist speech-and-language pathologists

**APPROVED BY**
Not applicable

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### REVIEWS

Designed by specialist speech-and-language pathologists, the app is a fun, dynamic game which capitalises on children’s natural fascination with technology to help them develop the listening and language skills that are fundamental to learning. It is uniquely customisable, to suit a range of ages and learning abilities, including special needs.

**Autism Speaks, USA**

Recommended by the National Deaf Children’s Society (NDCS), UK
Spot a Stroke F.A.S.T.

**How It Helps**
Tool that teaches how to be aware of the symptoms of a stroke, and how to react. Included here because of the educational content of the app.

**Available On**

- Android
- Apple
- Laptop

**Languages**
English, Spanish

**Features**
Support to deal with symptoms/disabilities, Information

**Cost**
Free

**Developer**
Ad Council; and Grey New York, USA

**Funder**
Medical device company Covidien, Ireland; Grey New York [pro bono], USA

**Medical Adviser**
American Heart Association/American Stroke Association, USA

**Approved By**
Not applicable

**Reviews**
When you know the signs of stroke, the life you save could be your own or someone else’s. Learn to spot the signs of stroke, or spot a stroke F.A.S.T. (Face drooping, Arm weakness, Speech difficulty, Time to call 911) with the help of our mobile app for iPhone/iPad. Your life is in your hands. ‘Go Red for Women’, American Heart Association (AHA), USA

In addition to checking for stroke signs and symptoms, the mobile app includes helpful resources at your fingertips, including an instructional video. You can also find hospitals near you, recognised in the American Heart Association/American Stroke Association healthcare quality-improvement programmes. American Stroke Association (ASA), a division of the American Heart Association (AHA), USA
**Stay Alive**

**How it Helps**
Suicide prevention toolkit

**Available On**

![Android](Android.png)  ![iOS](iOS.png)  ![Desktop](Desktop.png)

**Languages**
English

**Features**
Information, reminders, Support to deal with symptoms/disabilities

**Cost**
Free

**Developer**
Switchplane, UK

**Funder**
Network Rail, Sussex Partnership NHS Foundation Trust, Grassroots Suicide Prevention, UK

**Medical Adviser**
Grassroots Suicide Prevention, UK

**Approved By**
NHS Choices, UK

**Review**

Key features include:
- Quick access to national crisis support helplines
- A mini-safety plan that can be filled out by a person considering suicide
- A LifeBox to which the user can upload photos from their phone reminding them of their reasons to stay alive
- Strategies for staying safe from suicide
- How to help a person thinking about suicide
- Suicide myth-busting
- Research-based reasons for living
- Online support services and other helpful apps
- Suicide bereavement resources.

Drawbacks are:
- Only first stage funding, would like more features.
- Everything on the app serves as tool to seek and get help for thought of suicide and to maintain positive well-being.

Grassroots Suicide Prevention, UK
**Stop Panic & Anxiety Self-Help**

**CATEGORY**
MENTAL HEALTH

**HOW IT HELPS**
Intended for people whose panic attacks are due to panic disorder (not suitable for other forms of anxiety)

**AVAILABLE ON**

**LANGUAGES:**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Excel At Life, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Dr. Monica Frank, a clinical psychologist who has provided services to individuals with anxiety, depressive, and stress-related disorders for over 25 years in St. Louis, Missouri, USA. She is the founder of Excel At Life, LLC.

**APPROVED BY**
Not applicable

**REVIEW**
Patient group specialising in mental health problems, UK

For more information visit: www.myhealthapps.net
Stress Tips

**HOW IT HELPS**
Provides people with more than 40 audio tips from fellow anxiety sufferers on how to manage anxiety and stress

**AVAILABLE ON**
- Android
- Apple
- Blackberry

**LANGUAGES**
English

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
- Android £0.69 [approximately €0.97, $1.09], Apple £0.79 [approximately €1.11, $1.24], Blackberry £0.75 [approximately €1.06, $1.18]

**DEVELOPER**
Encore, UK

**FUNDER**
Anxiety UK [UK-based patient group specialising in anxiety], Archibald Ingall Stretton [UK-based advertising agency], and Pfizer

**MEDICAL ADVISER**
Anxiety UK [UK-based patient group specialising in anxiety]

**APPROVED BY**
Not applicable

**REVIEWS**
The app allows users to hear how a range of people (not just mental health professionals) cope with anxiety.

Patient group specialising in mental health problems, UK

“The app has been developed by people affected by anxiety disorders, so it is truly user-led. It features tips from people affected by anxiety how they successfully manage their anxiety, as well as a wealth of information about specific disorders. Perhaps most useful is the ‘DIY Diagnosis’, through which users can answer a series of 5 questions to get an idea of what sort of anxiety they may be experiencing. Useful for when speaking to the GP.”

Anxiety UK
## SUAS – Supporting and Understanding Ankylosing Spondylitis

### HOW IT HELPS
Provides information about ankylosing spondylitis (AS), and helps a person track progress in coping with the condition.

### AVAILABLE ON
- Android
- Apple
- Web

### LANGUAGES
English

### FEATURES
- Information
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

### COST
Free

### DEVELOPER
Publicis D Healthcare, Ireland

### FUNDER
Pfizer Healthcare Ireland

### MEDICAL ADVISER
Ankylosing Spondylitis Association of Ireland (ASAI); Rheumatology Unit, Waterford Regional Hospital, Ireland

### APPROVED BY
Not applicable

### REVIEW
Allows people living with AS to:
- Learn more about AS treatment and management;
- Access useful support resources and information;
- Find out more about managing the condition in the workplace;
- Track and graph your progress over time using a functionality index. A key feature of the app is a suite of guided exercise videos compiled by the rheumatology unit at Waterford Regional Hospital.

Ankylosing Spondylitis Association of Ireland (ASAI), Ireland.
Súlypont

**How it helps**
Weight and body-mass index (BMI) tracker

**Available on**
Android, iOS, Windows

**Languages**
Hungarian

**Features**
Support to deal with symptoms/disabilities, Self-monitoring, Trackers, Information

**Cost**
Free

**Developer**
Pharmapromo Kft, Hungary

**Funder**
Teva Pharmaceutical industries Ltd

**Medical adviser**
As technical developer

**Approved by**
Not applicable

**Reviews**
The Súlypont app, which has very impressive graphics, provides an opportunity to daily record weight and BMI. Weight monitoring, according to the latest research, is particularly important; people who weigh themselves regularly, measure and monitor weight changes, are less at risk of obesity. A trend line on a graph shows clearly the longer-term evolution of your weight. It is possible that daily weight data would be disappointing, but looking at the overall trend unmistakably shows the actual weight change. The app’s BMI calculations also trace how this data changes over the longer term.

**WebBeteg—patient site, Hungary**
Recommended by KamaszPanasz, Hungarian portal for adolescent physical/psychological problems.
### SunSmart

**CATEGORY**  
SKIN  
STAYING HEALTHY

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Sun protection tool</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>📱 🍎 🍒 🍒</td>
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<tr>
<td>LANGUAGES</td>
<td>English</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Information, Reminders, Support to deal with symptoms/disabilities, Trackers</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>Boosted Human, Australia</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Cancer Council Victoria, Australia</td>
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<tr>
<td>MEDICAL ADVISER</td>
<td>Cancer Council Victoria, Australia</td>
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<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
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</tbody>
</table>

**REVIEW**  
Set up a sun-protection alert and receive daily reminders of the times of day sun protection is required. Select to receive the alert at the time of your choice, or at the exact time the UV is forecast to reach a level that can damage your skin and eyes. Use the sunscreen calculator to find out how much sunscreen you need to apply, taking account of your size and clothing. 7-day weather forecast check the weather for the week ahead. Vitamin-D tracker find out if you are getting enough UV exposure for vitamin D.

**Cancer Council Australia**

It tells you the time during the day that you need to be SunSmart. The Alert is issued by the Bureau of Meteorology when the UV index is forecast to reach 3 or above. At that level, it can damage your skin and lead to skin cancer.

**Trangie Central School, Australia**
Sussex Air

**HOW IT HELPS**
Up-to-date details on pollution levels across the county of Sussex, England

**AVAILABLE ON**
[Android](android.com) [Apple](apple.com)

**LANGUAGES**
English

**FEATURES**
Trackers

**COST**
Free

**DEVELOPER**
Environmental Research Group (ERG), School of Biomedical Sciences, King’s College London, UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
The ‘Sussex Air’ app displays the latest air pollution levels recorded within the Sussex Air Quality Partnership (SAQP) network. New features such as ‘Maps’, ‘My Sites’ and Push notifications keep you up to date with Sussex’s air quality where you are.

Sussex Air Quality Partnership (SAQP), UK
# T2 Mood Tracker

## How it helps
Allows people with anxiety, brain injury, depression, post-traumatic stress, or stress to monitor their moods and their general well-being.

## Available on
- **Android**
- **iOS**

## Languages
- English

## Features
- Support to deal with symptoms/disabilities
- Self-monitoring
- Trackers

## Cost
Free

## Developer
National Center for Telehealth and Technology (T2), USA

## Funder
Same as technical developer

## Medical Adviser
Same as technical developer

## Approved by
Not applicable

## Reviews
It helps me track my moods—which is useful, because often, over time, it is difficult for me to know where my mood has gone, and to be aware of developing changes in mood and feeling. This app is helpful for me, and the professionals I speak to. It can be good to use for cognitive behavioural therapy (CBT), and things like that.

HUG Action for Mental Health, UK
**Talkforme**

**DISABILITY**

**CATEGORY**
SUPPORT FOR SENSES, MOBILITY AND LEARNING

**HOW IT HELPS**
Communication tool that allows a user to convey needs through photographs taken with the phone, and sentences typed in

**AVAILABLE ON**

![iOS](apple-icon.png)  ![Android](android-icon.png)

**LANGUAGES:**
Catalan, Czech, Danish, Dutch, English, Finnish, French, German, Hungarian, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
£69.40 [approximately €99.99, $108.30]

**DEVELOPER**
iWord Ltd, Ireland

**FUNDER**
Hugh McEvoy [Ireland-based father of a person with dystonia]

**MEDICAL ADVISER**
Hugh McEvoy [Ireland-based father of a person with dystonia]

**APPROVED BY**
NHS Choices, UK

**REVIEWS**
County Louth man, Karl McEvoy, who has a rare neurological movement disorder known as dystonia, has been given the gift of speech, thanks to a new revolutionary app developed by his father. Karl, now 21 years old, developed dystonia at four years of age, resulting in him being unable to communicate verbally with many people (apart from his family). The new app, ‘Talkforme’, has been developed by his father, Hugh, and gives people with a range of speech-impaired disabilities a tool to get their voices heard.

*Dystonia Ireland*

Import your own pictures to create communication in multiple languages. Can organise them by categories.

*United Cerebral Palsy of Huntsville and Tennessee Valley, USA*
## Tap Tap

**HOW IT HELPS**
Vibrates the phone to alert a user who is deaf (or hearing impaired) that a sound which might be relevant to them is occurring nearby (for instance, someone might be calling out to them).

**AVAILABLE ON**
- Apple
- Android

**LANGUAGES**
- English

**FEATURES**
Support to deal with symptoms/disabilities

**COST**
$2.99 [approximately €2.37, £1.91]

**DEVELOPER**
Designs in Blue, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Jay Richards (Los Angeles-based expert at signing)

**APPROVED BY**
Not applicable

### REVIEWS

**National Deaf Children’s Society (NDCS), UK**
‘Tap Tap’ alerts the user when a loud noise has been made near them.

**Assistive Technology of Alaska (ATLA), USA**
The app works better with less background noise. In a quiet office, it will let you know when your desk phone rings, but you’ll need to experiment with the sensitivity-control setting to get it just right. We found that, on high sensitivity, background sounds can sometimes trigger the app. The website lists many uses, but user reviews are mixed.

**Action on Hearing Loss, UK**

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
**TapToTalk**

**HOW IT HELPS**
Allows a user with limited communication skills to express themselves by selecting a library image, which the app will then read out as a word or sentence.

**AVAILABLE ON**
Android, iPhone

**LANGUAGES**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Assistyx LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Recommended by Pathfinders for Autism, USA
Recommended by the Vermont Family Network (VFN), USA

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
**Toahjälpen**

**HOW IT HELPS**
Shows the location of the nearest public lavatories (including disabled toilets) in Gothenburg, Stockholm and Visby, Sweden

**AVAILABLE ON**
[Apple](#)  [Mac](#)

**LANGUAGES**
English, Swedish

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Yomaco, Sweden

**FUNDER**
Riksförbundet for Mag-Tarmsjuka [National Association for Gastrointestinal Disease] with pharma company MSD, Sweden

**MEDICAL ADVISER**
Riksförbundet for Mag-Tarmsjuka [National Association for Gastrointestinal Disease]

**APPROVED BY**
Not applicable

**REVIEW**
Recommended by a representative of Mag- och tarmförbundet [National Association for Gastrointestinal Disease], Sweden. The group says the app is used by 6-10% of the people they represent.
# Toilet Finder

**HOW IT HELPS**
Said to be the world's largest database of public lavatories/restrooms, with over 60,000 listed and mapped

**AVAILABLE ON**
Android, iPhone, Windows

**LANGUAGES**
Dutch, English, French, German, Spanish

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
BeTomorrow, France

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

### REVIEWS

Anyone who needs to find a toilet in a hurry can now do so with the aid of the new toilet map app, ‘Toilet Finder’, which can find the nearest toilet using your GPS. It is also a user-generated content (UGC) application, as the toilet database is created entirely by users who can now add new, or flag up missing, toilets.

**Inside Out Stoma Support Group (IOSSG), UK**

‘ToiletFinder’ is quite a good app for any person’s mobile, as it details a number of toilets in the area you are located via GPS, and, although provides the distance in kilometers, it does state the town, and you can view upon maps for their actual locations. The information contained does rely upon people reporting a location, but doesn’t detail if those available include disabled toilets, though.

**Disabled Folk Cornwall, UK**

For more information visit: www.myhealthapps.net
**Track3**

**How it helps**
Diabetes logbook for the recording and tracking of factors affecting blood-sugar levels. Nutritional information is also provided.

**Available on**
Languages: English

**Features**
Information, Trackers

**Cost**
Android £3.75 [approximately €5.36, $5.83], Apple £3.85 [approximately €5.51, $5.99]

**Developer**
Coheso Inc, USA

**Funder**
Same as technical developer

**Medical adviser**
Same as technical developer

**Approved by**
Not applicable

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**Review**
I use ‘Track3’ and ‘Calorie King’ for carbohydrate counting. Both apps are very good. There are other apps, but these two apps have the most flexibility. The ‘Track 3’ app is the best, though, because it covers everything that is diabetes-related.

Blogger on the Type-1 Support Forum of the American Diabetes Association (ADA), USA
**Traffic Light Food Tracker**

<table>
<thead>
<tr>
<th>HOW IT HELPS</th>
<th>Aims to help people eat more healthily by demonstrating the effectiveness of the traffic-light rating of food content which appears on food packaging</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVAILABLE ON</td>
<td>- Android</td>
</tr>
<tr>
<td>LANGUAGES:</td>
<td>Basque, Chinese, Dutch, English, French, German, Japanese, Korean, Vietnamese</td>
</tr>
<tr>
<td>FEATURES</td>
<td>Trackers, Information</td>
</tr>
<tr>
<td>COST</td>
<td>Free</td>
</tr>
<tr>
<td>DEVELOPER</td>
<td>No details available</td>
</tr>
<tr>
<td>FUNDER</td>
<td>Cancer Council Victoria [Australia-based patient group specialising in cancer] and Obesity Policy Coalition [Australia-based umbrella group specialising in obesity]</td>
</tr>
<tr>
<td>MEDICAL ADVISER</td>
<td>Cancer Council Victoria [Australia-based patient group specialising in cancer] and Obesity Policy Coalition [Australia-based umbrella group specialising in obesity]</td>
</tr>
<tr>
<td>APPROVED BY</td>
<td>Not applicable</td>
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</tbody>
</table>

**REVIEWS**

Sort the fat from the fiction. Ever been caught out by claims such as fat-free, or high in protein, only to discover that you’ve been duped into buying something full of sugar? The app demonstrates how traffic-light labelling can help you cut through marketing hype, and make healthier choices.

*Obesity Policy Coalition, Australia*

Recommended by the Cancer Council South Australia.
# Treatable-ID

**How it helps**
Information about the diagnosis and treatment of 81 treatable rare diseases that cause intellectual disability

**Available on**
- Apple
- Android

**Languages**
English

**Features**
- Support to deal with symptoms/disabilities,
- Self-monitoring,
- Information

**Cost**
Free

**Developer**
Roderick Houben of Health2Media, Canada

**Funder**
Treatable Intellectual Disability Endeavor in BC (TIDE BC), Canada, and Rare Disease Foundation, Canada

**Medical adviser**
Treatable Intellectual Disability Endeavor in BC (TIDE BC), Canada

**Approved by**
Not applicable

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## Review

Looking for a treatable rare disease associated with intellectual disability? There is an app for that. … Regarding the 81 treatable inborn errors of metabolism, the team at TIDE BC found that over 65% of these conditions could be identified using group tests; each child with intellectual disability should be screened with these tests. The remaining 35% of disorders could be identified with a single disease-specific test; the choice of test to perform can be facilitated by the app.

Rare Disease Foundation, Canada
Trygfonden Hjertestart
[Tryg Foundation Heart Start]

**HOW IT HELPS**
App intended to help first-responding members of the public who happen to be on scene when someone requires cardiopulmonary resuscitation (CPR)

**AVAILABLE ON**
Android, Apple, Web

**LANGUAGES:**
Danish, English, French, German, Italian, Japanese, Korean, Spanish

**FEATURES**
Support to deal with symptoms/disabilities, Information

**COST**
Free

**DEVELOPER**
Valtech Danmark/Lasse Rasch, Denmark

**FUNDER**
TrygFonden smba [Denmark-based foundation specialising in health and social care]

**MEDICAL ADVISER**
TrygFonden smba [Denmark-based foundation specialising in health and social care]

**APPROVED BY**
Not applicable

**REVIEW**
With a few clicks on your smartphone, you can now see where the nearest defibrillator is located. Our ‘Hjertestart’ makes it easy to see where there are defibrillators. In this way, we hope that the app will increase the attention of Danes to the location of ‘heart start’ AED defibrillators-in the same way as finding out about the emergency exits on an airplane or in a hotel, for example.

TrygFonden [Tryg Foundation], Denmark
## uHear

**HOW IT HELPS**
Self-administered hearing test

**AVAILABLE ON**
- Apple
- Laptop

**LANGUAGES**
English, French, German

**FEATURES**
Information, Self-monitoring, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Zeitguys Inc., Canada

**FUNDER**
Unitron Hearing Limited, Canada

**MEDICAL ADVISER**
Unitron Hearing Limited

**APPROVED BY**
Not applicable

### REVIEWS

The free app-based acceptable-noise-level hearing test everyone can use. The acceptable-noise-level (ANL) test is a valuable tool, both for hearing-impaired people, as well as for professionals, as it tells us how much distracting noise bothers the person. This now-free test provides both an indication of how much hearing-aid noise-reduction technology is needed, and, more importantly, also an overall indication of the success in general with hearing aids.

- **The Hearing Blog, USA**
  I find this app very useful, as it helps more people become aware that hearing loss can affect everyone. Also useful because people can check their hearing themselves.

- **Hearing Link, Scotland**
  I find this app very useful, as it helps more people become aware that hearing loss can affect everyone. Also useful because people can check their hearing themselves.
## Ulster County SPEAK

### HOW IT HELPS
Suicide awareness and prevention app. Provides information that is intended to help a user recognise (and then assess) any signs of suicide in family or friends. Offers advice on how to get professional help.

### AVAILABLE ON
- [Android](https://play.google.com/)
- [Apple](https://apps.apple.com/)
- [Desktop](https://www.myhealthapps.net)

### LANGUAGES
- English

### FEATURES
- Information, Support to deal with symptoms/disabilities

### COST
Free

### DEVELOPER
The Mac Works Inc, USA

### FUNDER
Health Education Unit, Ulster County Department of Health and Mental Health, USA

### MEDICAL ADVISER
- HELPINDEX.org, USA;
- Mental Health Association (MHA) in Ulster County, USA;
- other Suicide Prevention, Education and Awareness Committee, Ulster County Department of Health and Mental Health, USA

### APPROVED BY
Not applicable

### REVIEW
A new smartphone app that helps users identify the warning signs of suicide, and gives them options to get help. This is yet another tool to raise awareness, and help prevent suicide.

Mental Health Association (MHA) in Ulster County, USA
# uMotif

**How It Helps**
App for people with Parkinson’s disease; medication reminder and tracker of symptoms and well-being

**Available On**
- Android
- Apple
- Desktop

**Languages**
English

**Features**
Information, Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**Cost**
Free

**Developer**
uMotif Limited, UK

**Funder**
Small Business Research Initiative (SBRI) Healthcare programme, Department of Health, UK

**Medical Adviser**
Dr Caspar Addyman, Research Fellow, Centre for Brain and Cognitive Development, Department of Psychological Sciences, Birkbeck College, University of London, UK; and the Cure Parkinson’s Trust, UK

**Approved By**
Not applicable

**Review:**
Good design and clever technology are only half the story. We also need evidence that it helps patients and that they will use it. We will be running a randomised control trial to assess the app’s effectiveness and conducting in-depth interviews with patients and experts to help us improve the app’s design and functionality.

European Parkinson’s Disease Association (EPDA), UK

For more information visit: [www.myhealthapps.net](http://www.myhealthapps.net)
UP

HOW IT HELPS
Wearable which tracks activity, diet, and sleep.

AVAILABLE ON

LANGUAGES
Chinese, Dutch, English, French, German, Italian, Japanese, Korean, Portuguese, Russian, Spanish

FEATURES
Allows networking with other people like me / Family / Friends, Reminders Information, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

COST
Free, but requires the purchase of a tracking wristband that is £89.99 [approximately €127.22, $140.33]

DEVELOPER
Jawbone (formerly Aliphcom Inc/Aliph Inc), USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
I use the UP band and app. They help me record and keep track of my recovery and my health.
Person living with an autoimmune blood-clotting disease, UK

UP by Jawbone has allowed me to see that I don’t sleep as well as I thought I did.
Person living with fibromyalgia and chronic pain, UK
U-Turn
(Opiate Overdose Response)

HOW IT HELPS
App for anyone who wishes to help consumers of opiate drugs (such as codeine, fentanyl, heroin, methadone, or morphine), including their family, friends, social welfare workers, and the drug consumers themselves.

AVAILABLE ON
Android, Apple, Desktop

LANGUAGES:
English

FEATURES
Self-monitoring, Information

COST
Free

DEVELOPER
OKO Media [formerly Active Media (NI) Ltd], UK

FUNDER
Oko Media [formerly Active Media (NI) Ltd] [Northern-Ireland-based digital agency]

MEDICAL ADVISER
U-Turn Training [UK-based consultancy specialising in substance abuse]

APPROVED BY
Not applicable

REVIEWS
The ‘U-Turn’ training app is an excellent naloxone training aid and resource. I’d highly recommend it.
Scottish Drugs Forum (SDF), UK
Recommended by Harm Reduction International (HRI), UK
**UV-Indeks**

**CATEGORY**
SKIN
STAYING HEALTHY
TRAVELLING

**HOW IT HELPS**
Indicates the ultra-violet (UV) levels in Denmark and other countries.

**AVAILABLE ON**
iOS, Android

**LANGUAGES**
Danish, English

**FEATURES**
Reminders, Support to deal with symptoms/disabilities, Trackers

**COST**
Free

**DEVELOPER**

**FUNDER**
Three funders: 1. TrygFonden [Tryg Foundation]; 2. Sundhedsstyrelsen [Danish Health and Medicines Authority]; 3. Miljøstyrelsen [Environmental Protection Agency]

**MEDICAL ADVISER**
Same as technical developers

**APPROVED BY**
Not applicable

**REVIEW**
In the app, you can view the current UV index for 20,000 different locations at home and abroad, and you can get automatic reminders when today’s UV index in your favourite city is 3 or more. … Since the UV index can vary greatly from east to west, one can (as something new) check the UV index at a specific location. You can either choose your favourite location (such as a place where you live), or use the built-in GPS. You can also get advice and sunscreen guidance, and get automatic UV warnings when the UV index is high. … The new UV app works both in Denmark and abroad.”

Kræftens Bekæmpelse [Danish Cancer Society]
## Vacunas 3.0

### How It Helps
Provides information on vaccines and vaccination

### Available On
- Android
- Apple
- Nokia
- Laptop

### Languages
English, German, Spanish

### Features
Information

### Cost
Free

### Developer
Everyware Technologies (spin-off of the University of Granada), Spain

### Funder
Same as technical developer

### Medical Adviser
Same as technical developer

### Approved By
Not applicable

### Review
Offers information on infant-immunisation schedules (and recommendations), schedules for adults, travel vaccines, official vaccination centres. Currently underway is a programmable calendar, carrying data for each user (age, sex, previous immunisations, etc).
Representative of Hospital de Alta Resolucion El Toyo, Spain
**Verbal Victor**

**HOW IT HELPS**
Utilises images to help carers, parents, and teachers better understand the needs of children with limited communication skills.

**AVAILABLE ON**

**LANGUAGES**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
£7.99 [approximately €10.89, $11.99]

**DEVELOPER**
Apps for the Greater Good LLC, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Verbal Victor is a direct selection communicator and voice-output program designed for use by individuals with communication, learning, or speech disabilities.

Network of Care for Behavioral Health, USA
One of the features I really love is that parents can customize it with their own voices, so it doesn’t have a generic, robotic voice. The recordings can also be made in any language, which means I can also talk to Victor in Spanish.

Pitt Hopkins Research Foundation (PHRF), USA
Recommended by Autism Speaks, USA
Verbally

**HOW IT HELPS**
Alternative communication solution for people who have difficulty speaking

**AVAILABLE ON**

**LANGUAGES:**
English

**FEATURES**
Improving communication, Support to deal with symptoms/disabilities

**COST**
Free

**DEVELOPER**
Intuary Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
A free augmentative and alternative communication (AAC) aid for people with speech disabilities caused by such things as Amyotrophic Lateral Sclerosis (ALS), apraxia, autism-spectrum disorder, cerebral palsy, muscular dystrophy, Parkinson’s, stroke, or traumatic brain injury. ‘Verbally’ minimises movement for the user, enabling even those with impaired motor skills to more easily speak unique thoughts and feelings, and to participate in conversations. The simple, intuitive design is ideal for literate children, and for adults with impairments or restrictions in the production of spoken language.

 Disabled World, USA
Visual Anatomy Lite/Free

**HOW IT HELPS**
Anatomical learning and reference tool for professionals and public

**AVAILABLE ON**
Android, Apple, Windows

**LANGUAGES**
English

**FEATURES**
Information, Support to deal with symptoms/disabilities

**COST**
Android: Free, Apple: Free, Windows: £2.99 [approximately €1.11, $1.56]

**DEVELOPER**
Education Mobile (Dr YingLiang Ma, CEO)
UK

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
Given the complex nature of my cancers, it is important for me to understand the biology, and the interactions between biologic systems (for instance, gastro-intestinal versus gynaecologic, etc).
Person living with cancer, Canada
VizWiz

HOW IT HELPS
Allows a visually-impaired user to put specific questions to sighted people, and then receive spoken answers from them in nearly real-time (sometimes in less than 30 seconds)

AVAILABLE ON
Apple

LANGUAGES:
English

FEATURES
Allows networking with other people like me / Family / Friends, Improving communication, Support to deal with symptoms/disabilities, Information

COST
Free

DEVELOPER
Rochester Human Computer Interaction (ROC HCI), USA

FUNDER
Same as technical developer

MEDICAL ADVISER
Same as technical developer

APPROVED BY
Not applicable

REVIEWS
We at the RNIB heard from someone who’s been using 'VizWiz' for a while: I was very excited when I first heard about this app. I think, to be honest, this app would work better with an iPhone 4, as it has a better camera and a flash—which means that you get better quality pictures. However, I have used the app successfully for many things, including finding out how many slices of cold meat I had in a packet. So, I'd definitely recommend this app to anyone wanting to find information.

Royal National Institute of Blind People (RNIB), UK
### Vlieg App [Fly App]

**HOW IT HELPS**
Aims to help the user overcome fear of flying

**AVAILABLE ON**
- Android
- Apple

**LANGUAGES**
Dutch

**FEATURES**
Support to deal with symptoms/disabilities,
Information

**COST**
- Android: £3.04 [approximately €4.75, $4.22]
- Apple: £2.84 [approximately €3.99, $4.43]

**DEVELOPER**
Togetar (formerly Zyrcadia BV, Netherlands)

**FUNDER**
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

**MEDICAL ADVISER**
VALK Foundation [Netherlands-based multi-healthcare-stakeholder alliance specialising in flight phobia]

**APPROVED BY**
Not applicable

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**REVIEW**
The Dutch ‘Fear of Flying’ app, ‘Vlieg App’, is, like the English-language version, based on a scientifically-proofed treatment method. The app is not a treatment, but it will help those who have a light-to-mild form of fear of flying.

VALK Foundation, Netherlands
Voice4u AAC Communication

**HOW IT HELPS**
Utilises simple images (for instance, of an individual eating) to help a person with a communicational difficulty express wants and needs to a carer.

**AVAILABLE ON**
- Android
- Apple

**LANGUAGES**
English, Japanese

**FEATURES**
Improving communication, Information, Support to deal with symptoms/disabilities

**COST**
Android £39.99 [approximately €56.36, $62.01], Apple £44.99 [approximately €63.42, $69.76]

**DEVELOPER**
Spectrum Visions Global Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
Voice4u is a revolutionary picture-based augmentative and alternative communication (AAC) app that helps individuals express their feelings, thoughts, actions, and the things they need. It is a perfect solution for learning and communication for individuals with autism. Voice4u includes over 150 pre-loaded icons, and lets you create your own icons and categories.

Friendship Circle of Michigan, USA
Recommended by the Vermont Family Network (VFN), USA
WaterMinder

**HOW IT HELPS**
Helps the user to track how much (or little) water they are drinking

**AVAILABLE ON**
Android, Apple, Windows

**LANGUAGES**
Chinese, English, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Turkish

**FEATURES**
Reminders, Self-monitoring, Support to deal with symptoms/disabilities, Trackers

**COST**
£1.27; $1.99; €1.79

**DEVELOPER**
Funn Media LLC; Smolka Design, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
WaterMinder helps me keep track of what I am drinking, and reminds me to drink.
Person living with muscular conditions, UK

The home screen shows you an outline of a male or female and you customize your weight and water intake goal similar to the other apps. You can add custom cup sizes and easily add by tapping on the + icon. Reminders can be defaulted for every hour and a half or you can add a specific time if it isn't included. The icon badge can be enabled to show you the percentage consumed. Social media for facebook and Twitter is available. I can’t go back to a past day and update my consumption. I also can only delete the past or entire log. While I like the overall design, I think the features are limited.
Virginia Spine Institute, USA
**Wheelmap**

**HOW IT HELPS**
‘OpenStreetMap’ that shows ramps and other disability-friendly access facilities

**AVAILABLE ON**
- iOS
- Android

**LANGUAGES:**
Arabic, Bokmål, Bulgarian, Danish, English, French, German, Greek, Icelandic, Italian, Japanese, Korean, Norwegian, Russian, Swedish

**FEATURES**
- Allows networking with other people like me /Family/ Friends
- Support to deal with symptoms/disabilities
- Information

**COST**
Free

**DEVELOPER**
Raul Krauthausen, Germany

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEWS**
An app that gives you a list of wheelchair-accessible locations and amenities in your area. It uses location data to pinpoint where you are, and, using ‘OpenStreet’ data, it tells you what local amenities are accessible nearby. Where appropriate, the listings have contact details from the businesses. You can view the search results in list form, or on a map, depending on what suits you. And, if you set up an account, you can contribute to the app’s database by adding new locations yourself.

Spinal News, Summer 2012, page 31, Spinal Injuries Ireland

Recommended by AGE Platform Europe (AGE) and the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation Smart Accessibility competition.
**Wheelmate**

| HOW IT HELPS | Lets wheelchair users around the world locate lavatories accessible to them |
| AVAILABLE ON | ![iOS](apple-icon-120x120.png) ![Android](android-icon-120x120.png) |
| LANGUAGES | English, French, German |
| FEATURES | Support to deal with symptoms/disabilities, Information |
| COST | Free |
| DEVELOPER | Advance, Denmark |
| FUNDER | Coloplast International A/S [Denmark-based medical device company] |
| MEDICAL ADVISER | Same as technical developer |
| APPROVED BY | NHS Choices, UK |

**REVIEWS**

An estimated 65 million people across the world need a wheelchair. Finding an accessible toilet makes even simple day trips to unfamiliar places a major planning issue. This app aims to offer a quick and simple way to find wheelchair-accessible toilets.  

Bladder and Bowel Foundation, UK

Recommended by the Spinal Injuries Association, UK
# WhQuestions

**How It Helps**


**Available On**

Apple

**Languages**

English

**Features**

Improving communication, Information, Support to deal with symptoms/disabilities

**Cost**

£7.99 [approximately €11.29, $12.39]

**Developer**

Smarty Ears LLC, USA

**Funder**

Same as technical developer

**Medical Adviser**

Same as technical developer

**Approved By**

Not applicable

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**Reviews**

App designed to help children learn how to answer wh questions.

Hands and Voices (H&V), USA

Recommended by the Vermont Family Network (VFN), USA
Workout Trainer

**HOW IT HELPS**
Exercise instructor and fitness-activity planner

**AVAILABLE ON**
[Android] [iOS]

**LANGUAGES**
English, French, German, Italian, Spanish

**FEATURES**
Allows networking with other people like me / Family / Friends, Information, Reminders

**COST**
Free

**DEVELOPER**
Skimble Inc, USA

**FUNDER**
Same as technical developer

**MEDICAL ADVISER**
Same as technical developer

**APPROVED BY**
Not applicable

**REVIEW**
This free app features workouts led by personal trainers. The exercises, which don’t require you to use any equipment, include step-by-step photos, videos, and audio. If you don’t need audio instructions, you can play your own music while you exercise. You can track your progress on your phone, or online.

Diabetes Forecast article in Healthy Living Magazine of the American Diabetes Association (ADA), USA
World Child Cancer

**How it helps**
Allows the user to follow the progress of World Child Cancer projects around the world, and to find out more about how cancer is faced by children in the developing world.

**Available on**

**Languages**
Basque, Chinese, Dutch, English, French, German, Japanese, Korean, Vietnamese

**Features**
Information

**Cost**
Free

**Developer**
SanGen Systems, UK

**Funder**
World Child Cancer [UK-based charity specialising in children’s cancer in the developing world]

**Medical Adviser**
World Child Cancer [UK-based charity specialising in children’s cancer in the developing world]

**Approved by**
Not applicable

**Reviews**
We are now in version three of the app, with better graphics, more information, more photos and videos, and updated content.

World Child Cancer, UK
Information on the work of World Child Cancer. Raising awareness of its work, and of childhood cancer in general.

Patient group specialising in cancer, UK
### Your Medicine 1-2-3 pro

**Category**
- Healthcare
- Mental Health
- Travel

**How it helps**
Pill reminder with customisable features, which adapts to time zones when travelling.

**Available on**
- Android
- iOS

**Languages**
- English

**Features**
- Reminders
- Self-monitoring
- Support to deal with symptoms/disabilities
- Trackers

**Cost**
£0.63 [approximately €0.89, $0.99]

**Developer**
Sombrero Mobile, USA

**Funder**
Sombrero Mobile, USA

**Medical Adviser**
There appears to be no obvious medical adviser for this app.

**Approved by**
Not applicable

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**Review**
I use an app called ‘Your Medicine 1-2-3 Pro’ to track my medication dosage, timing, when I need to fill my prescriptions, and how often I’m using my PRNs (medicines that are taken as needed) ... my doctor asked me to track that. It’s simple, hugely customisable, and I don’t find it annoying.

Person living with arthritis, USA
### Zombies, Run!

<table>
<thead>
<tr>
<th><strong>CATEGORY</strong></th>
<th>STAYING HEALTHY</th>
</tr>
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| **HOW IT HELPS** | Audio-based exercise app intended to provide motivation to run/jog |
| **AVAILABLE ON** | ![Android](android.png), ![Apple](apple.png), ![Windows](windows.png) |
| **LANGUAGES** | English |
| **FEATURES** | Support to deal with symptoms/disabilities, Information |
| **COST** | Apple: Free, Windows: £1.49 [€2.10, $1.56] |
| **DEVELOPER** | Six to Start, UK |
| **FUNDER** | Same as technical developer |
| **MEDICAL ADVISER** | Same as technical developer |
| **APPROVED BY** | NHS Choices, UK |
| **REVIEW** | I just downloaded the ‘Zombies, Run!’ app for my phone. It may have been the best decision I ever made. I was apprehensive at first, because it was not free. Person with diabetes, blogging on social networking site Tumblr, USA |
### Zoom Plus Video Magnifier

**How It Helps**
- Video magnifier

**Available On**
- Android
  - Desktop

**Languages:**
- English

**Features**
- Support to deal with symptoms/disabilities

**Cost**
- Free

**Developer**
- i232 Studios; Ian Hamilton Design and Consultancy Ltd. Digital Accessibility Centre (DAC)

**Funder**
- 232 Studios [UK-based digital marketing agency and app development company]

**Medical Adviser**
- Same as technical developer

**Approved By**
- Not applicable

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**Reviews**

Offers in a free app many of the features shared by expensive, commercial video magnifiers. Recommended by AGE Platform Europe (AGE) and by the European Disability Forum (EDF) as part of the 2011 Vodafone Foundation’s ‘Smart Accessibility’ competition.

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Royal London Society for Blind People (RLSB), UK

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