

## **Free Phone Apps from A to Z to support your health**

- **About Herbs**  
Memorial Sloan-Kettering Cancer Center's Guide to Botanicals, Supplements, Complementary Therapies, and more. You can type the name of a supplement and find any contra-indications with other medications and robust details about individual supplements.
- **Breathe2Relax**  
Provides a portable diaphragmatic breathing tool. Diaphragmatic breathing has been known to help reduce stress, tension and anxiety. The app will guide you to inhale and exhale while you watch beautiful pictures that you choose to help you relax.
- **Eat Local**  
This app is a Farmer's Market Finder that will provide the closest farmer's markets to you and let you see the local produce that is available at different times of the year.
- **GPS4Soul**  
Created by The Huffington Post, this app can be used with iPhones to read and gauge your emotional state of stress or calm by using the camera to activate their built-in sensor that will read your heart rate. It is a quick and portable way to slow down, check your stress level, and calm down to breathe more slowly.
- **iTriage**  
This is a very robust app that provides information and resources about symptoms, medications, procedures, conditions, health facilities, and health news. The app allows you to track your unique health record, appointments, and health care providers. You can also use this app to find prescription discounts and health resources specific to you in your community.
- **Lose It**  
This app allows you to easily track your daily calories, exercise, and can also connect you with other friends to maintain a healthy balance.
- **meTime/meQuilibrium**  
This app allows you to specifically identify the stress that you may be experiencing and then virtually "zap" the stress through check lists to help you enhance your healthier behaviors and reduce stress through specific (and quick) exercises you can do. If you like to quantify things in your life, this app provides tools to keep track of points for each exercise you complete.
- **My Fitness Pal**  
This app allows you to easily track your daily calories, exercise, and can also connect you with other friends to maintain a healthy balance.
- **Nutrition**  
Dana-Farber Cancer Institute created this application to provide healthful recipes and the opportunity to "Ask the Nutritionists" questions related to your personal health journey. Find ingredient lists and recipes for a variety of nutritional needs.
- **Wellcoin**  
Wellcoin is both an app and website that is growing in popularity, though it is only available to people in the Boston area currently. You can log your healthy behaviors like eating healthy meals, exercising, volunteering, and getting a flu shot (to name a few). With each healthy behavior you log, you earn Wellcoin rewards, and this positive currency can be redeemed for goods and services in the area. It is free to register.
- **Zite**  
Zite scans multiple news and web publications to allow you to receive current articles pertaining to topics you most enjoy. You can set it up to receive articles about health and wellness, so you can stay updated about the health news and tips that will help you move forward with your health journey.