

APPS RECOMMENDED BY OUR PROVIDERS



We surveyed our providers to find the apps they most often encourage their patients to download. Their recommendations are listed below.

All apps are available on the Apple App Store (for iPhone, iPad) and Google Play (for Android, ChromeOS). Many offer subscriptions to access premium features, but all are free to download and try.

MENTAL HEALTH & WELLBEING



Headspace

Headspace is ideal for those who want to learn how to meditate and live a more mindful lifestyle. Meditation is proven to help in improving physical health and relieving anxiety.



Noom

Noom takes a psychology-based approach to identify your deep-rooted thoughts and triggers, and builds a custom game plan to help you form healthy habits.



Calm

A great app for meditation and sleep. Calm is an ideal mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.



Mindfulness Coach

A library of information about practicing mindfulness. Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it.



iBreathe

A good tool for guided breathing exercises. Focusing on deep breathing calms anxiety, helps insomnia, and promotes relaxation.



10% Happier

Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? This is the app for you.



Shine

Learn a new self-care strategy every day, get support from other users, and explore an audio library of original meditations, bedtime stories, and ambient music to help you navigate stress & anxiety.

FITNESS & NUTRITION TRACKING



MyFitnessPal

One of the most popular fitness and nutrition apps, MyFitnessPal allows you to easily track what you eat using a food diary as well as track workouts and connect with friends.

MEDICATION MANAGEMENT



GoodRx

This app allows you to compare prescription prices across various pharmacies to ensure you're getting the best value. It also provides coupons that can be used directly on the app.



Carezone

Carezone organizes prescriptions to help you manage medications for you and your loved ones. It's handy to have all your prescriptions in one place when you need to reference them.



Medisafe

A comprehensive tool that compiles all of your medical and health information in one place: pill and medicine reminders, drug-to-drug interactions, refill alerts, doctor appointments, and health measurements!



PALADINA
HEALTH™



ACTIVATE™
HEALTHCARE