

# Tap into Health

- These are the best health apps of 2014.
- Most of these can be used on the go — and even if you're going to sleep!
- Keep reading to learn more about these handy apps for a healthier lifestyle.

# Download any QR Code reader/scanner

To get any app in the list:

In the App store (iPhone)/ Play market (Android), search for any “qr code scanner or reader”, and install the app on your device.

e. g.

App store: **QR Code Reader by Scan**

Play Market: **QR Code Reader**



# WebMD

Medical  
Apps

- WebMD for Android helps you with your decision-making and health improvement efforts by providing 24/7 mobile access to health information.

## KEY FEATURES

- Access to first aid information without wireless connection
- Select the part of the body that is troubling you, choose your symptoms, and learn about potential conditions or issues.
  - Find medically reviewed information about Conditions relevant to you and learn more about causes and related symptoms.
  - Drugs and Treatments – Search our extensive database for information on Drugs, and Supplements.



Get it!



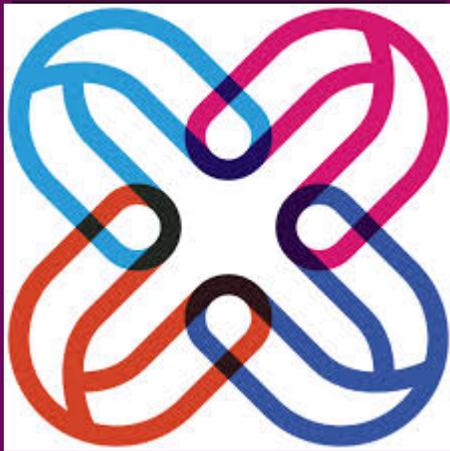
Get it!

Medical  
Apps

# Symple (Only for iOS)

- Do you suffer from occasional shoulder pain or headaches that come out of nowhere? Symple lets you track up to 20 symptoms at once, keep daily notes and photos, and record medications, exercise, and other factors that influence how you feel.
- The app also has an easy export option, so once you've gathered enough information you can pass it along to your doctor to review.

<http://www.healthline.com/>



# Drugs.com

Medical  
Apps



Get it!

- When you need reliable information about a certain medication, all you need to do is check your phone! For the ultimate guide in everything medication-related, check out the Drugs.com app.
- Personalise your own drug list to keep track of what medications you're taking and receive relevant medical information. Use the search tool to browse through the extensive drug database. And identify unknown pills by entering their imprint, shape, or colour. Drugs.com is the leading online drug resource, so it's no wonder this app is so useful.

<http://www.healthline.com/>



# Dosecast

- Dosecast is the most flexible and easy-to-use medication management app available for Apple, Android, and Amazon devices.
- With Dosecast, you'll remember to take **the right medication, the right way, at the right time – every time!**
  - Simply enter basic information about each medication you take, such as the name, dosage, and how and when you take it.
  - You can setup reminders on a daily/weekly/monthly schedule, every few days or weeks, or for a pre-set number of hours or days after the last dose.
  - As you take doses, Dosecast tracks remaining quantities, sends refill reminders, and logs medication adherence.



Get it!

<http://www.montunosoftware.com/products/dosecast/about/>

# MediSafe Meds & Pill Reminder

- An iOS and Android mobile app and cloud- synced database providing a medication and treatment adherence programme for patients, their family and friends support systems, also offering many benefits to institutional elements of the healthcare system.
- MediSafe provides an easy to use interface to help people comply with their medication needs. It's also a way for supportive families, friends and caretakers to identify when patients have taken medication and be alerted when they did not.

<http://www.medisafe.com/>



Get it!



# Sleep Cycle Alarm Clock

Sleep  
Apps



Get it!

- Do you wake up some mornings and wonder why you're so drowsy after a good night's sleep? It may be because you are in a deep sleep when your alarm goes off, which causes you to feel more tired when you wake. Sleep Cycle Alarm Clock solves the problem by monitoring your movements as you sleep and waking you when you're in your lightest sleep phase.
- Don't worry about oversleeping. The app comes with a customizable window of up to 90 minutes, so you'll be sure to make it to work on time. The app also provides sleep statistics and graphs every morning, so you can easily track your cycles and make notes.

<http://www.healthline.com/>

# Moves

- Many of us spend a lot of time sitting down—at home watching TV, on our laptops, at work. As a result, our bodies usually don't get the exercise they need. With the Moves app, however, you can track the distance you travel by bicycle or foot each day.
- Your journey will appear onscreen as a storyline, and the routes you've chosen to get from place to place will be highlighted on a map. Perhaps most importantly, the app tells you the steps you've taken and calories you've eaten, so you can chart your progress daily.

<http://www.healthline.com/>



Get it!



# Lumosity

Exercise:  
Body and Brain  
Apps



Get it!

- Lumosity is a training program designed by neurologists to work out your brain and improve your cognitive abilities. The Lumosity app uses a series of fun and challenging games to exercise different parts of your brain. And, you can customize your experience and track your progress on your brain profile. Finally, games for your phone that actually make you smarter!

<http://www.healthline.com/>

# Eat Informed - Food Additives

(Only for Android)

Diet  
Apps



Get it!

- Today's food is full of additives. Are they dangerous? Our app helps you find the answer. It also lets you know if they are suitable for vegetarians, vegans or different religious groups.
- The app shows the ingredients' legal status in Australia and New Zealand, Europe and the US. It allows you to quickly check on more than 500 ingredients.
- KEY FEATURES
  - You can search for food additives by E-number, by name or by alternative name(s).
  - Fast E-CODE Computer for easy and fast search just in codes.
  - You can filter additives based on text queries, or on risks.
  - The lists can be sorted by names or by E numbers.
  - A new favourites list can be managed by the user.
  - The history list retains the last additives that you searched.

# Shopwell



Get it!

- The first step to eating well is shopping well. At least that's the idea behind Shopwell ([Android](#), [iOS](#)), a barcode scanning and shopping assistant app that rates foods and grocery items according to your nutritional needs.
- ShopWell users create a personalized profile and select from a series of nutritional goals (Heart Disease, Athletic Training, etc), as well as dietary restrictions (Celiac disease, food allergies, vegetarian, etc.). The app then takes these into account and uses them to score scanned grocery items, as well as provide layman-friendly nutritional pointers, and healthy suggestions.

<http://www.tomsguide.com/us/best-diet-nutrition-apps,review-2308.html>



# Whole Foods Market



Get it!

- Recipe cards have gone digital! Whole Foods Market has an app that offers you access to its collection of over 3,000 recipes. It features a search option to browse by course, cuisine, special diet, and more. Once you find some dishes you'd like to try at home, you can add the ingredients to your shopping list.
- If you want to skip the trip to the store, you can use the on-hand search to find recipes that call for ingredients you already have in the kitchen. Stay on budget while experimenting with new tasty meals.

<http://www.healthline.com/>



Get it!

# OpenLabel

(Only for iPhones)

Diet  
Apps

- The OpenLabel Project is bringing radical transparency to the products we all buy everyday, by allowing consumers and organizations to instantly attach their own "labels" directly onto the barcode of a product.
- Join OpenLabel, and together we can keep each other informed and make smarter, more responsible choices.

# My Diet Coach



Get it!

- When you take on the challenge of a new weight loss plan, it's easy to get discouraged at first. But what if you could install a little personal motivation right onto your device? With My Diet Coach, you'll get just that.
- Upload photos and notes that inspire you, reminders about what you want to eat and avoid, and weight loss and fitness goals. You can even keep a food and exercise journal, and receive virtual prizes when you meet your goals. My Diet Coach is like having your very own motivational speaker everywhere you go.

<http://www.healthline.com/>

# Fooducate

- Fooducate ([Android](#), [iOS](#)) helps you shop and eat healthy by allowing you to quickly pull up nutritional information about food products from barcodes, as well as by helping you make sense of nutritional labels. The app displays a letter grade from A to D, along with a quick summary of nutrition information in plain language, as well as healthy alternative suggestions. If users cook their own meals or eat out, you can also manually enter a meal's nutritional information. In addition, the app also doubles as an intake, calorie and exercise tracker. A pro subscription removes ads and unlocks additional features.

<http://www.tomsguide.com/us/best-diet-nutrition-apps,review-2308.html>



Get it!

# #1

# DIET PLAN APP



Get it!

## Diet Point Weight Loss

Diet  
Apps

- Diet Point Weight Loss ([Android](#), [iOS](#)) aims to help users pick the weight loss program that's right for them. The app provides details for more than 130 different diets in varied categories, complete with detailed shopping lists and meal plans. The app also helpfully notifies you for mealtimes, to help avoid out of control craving and overeating. Whether you've decided to try out a low carb diet or want to go full-on caveman Paleo, Diet Point offers plans tailored for you.

<http://www.tomsguide.com/us/best-diet-nutrition-apps,review-2308.html>



# Calorie Counter PRO

Diet  
Apps



Get it!

- MyNetDiary app helps you set a realistic weight goal and lose weight in a steady, comfortable fashion. Get the diary app right now, start tracking food and exercise, log your body facts and health observations. Beginning today, the app will direct you towards your weight goal by giving you personal diet tips based on continuous analysis of your diary.
- It works: our average user loses 12 pounds in 2 months and so far more than 5 million people have joined. MyNetDiary is based on proven science and is #1 mobile diet app according to American Journal of Preventive Medicine.

# Lose It!



- Lose It! ([Android](#), [iOS](#)) is another excellent nutrition and exercise logging tool targeted at those looking to lose a few pounds. Simply enter a few details about yourself such as weight, height and goal weight, and the app will help you come up with a daily calorie budget. The app keeps tracking your food intake easy, with barcode scanners for grocery items, as well as an extensive database of dishes and restaurant meals. The app also has an exercise tracking feature, and can also sync data with other exercise apps to help log your routine.



Get it!

<http://www.tomsguide.com/us/best-diet-nutrition-apps,review-2308.html>

