

Barrow Neuro-Rehabilitation Services: Wellness Apps & Resources

Staying healthy after an illness or injury is important for overall recovery. Below you will find a small list of phone/tablet applications that target health and safety, as well as a link for helpful community resources. There are many other apps and websites available. This list is not intended to limit your research. Rather, to provide options for starting your wellness journey.

Ask your doctor and therapists which apps may be best for you.

Remember, it is always a good idea to talk with your doctor before starting any exercise or diet plan.

**Check Out the Apps
on Our Website:**



Nutrition Apps	Description / Purpose		Platform	Cost
	 Loselt!	Weight loss program and food tracker	Android, Apple	Free*
	 My Fitness Pal	Tracks nutrition, steps, & weight management goals; connect with friends; scans foods for nutritional facts	Android, Apple	Free*
	 MyPlate Calorie Counter	Calorie and macro counting, offers recipes and at-home workouts	Android, Apple	Free*
	 Lifsum: Diet & Macro Tracker	Personalized diets and meal plans, food and exercise tracking, calorie counting, healthy recipes	Android, Apple	Free*
Exercise Apps	Description / Purpose		Platform	Cost
	 Sworkit	Workouts and plans made simple for all users	Android, Apple	Free kids content. Other workouts require active subscription (\$4.99+)
	 Runkeeper	GPS-enabled to track fitness activities; offers goal setting, training plans, and voice feedback	Android, Apple	Free*
	 Map My Fitness	GPS-enabled to track and map routes; offers feedback during run/walk; goal setting (especially running); connect with fitness community	Android, Apple	Free*
	 J&J 7 Minute Workout	Guided simple workouts that can be completed anywhere	Android, Apple	Free
Safety Apps	Description / Purpose		Platform	Cost
	 ICE - In Case of Emergency	Creates a notification on phone lock screen with important info about you and contacts in case of emergency	Android	Free (in-app purchases)
	 Covert Alert Voice Activated Safety Alert	Voice activated emergency SOS service; sends alerts and messages to selected contacts; Real-time GPS tracker; scene recording feature	Android, Apple	Free (for first 50 text messages)
	 ready.maricopa.gov	Disaster preparedness app; provides critical emergency alerts, location of shelters, and evacuation routes; create and share a family emergency plan	Android, Apple	Free

*Subscription/premium available

Health & Medication Apps		Description / Purpose	Platform	Cost
	CareClinic	Customizable symptom tracker	Android, Apple	Free*
	Walmart Wellness	Easily manage medications, keep track of your health, and store important information in a single, easily accessible place	Android, Apple	Free
	Blood Pressure Companion Pro	Tracks blood pressure, heart rate and weight	Android, Apple	\$0.99
	Samsung Health	Secure platform that includes trackers for physical exercise, food/caffeine/water intake, sleep, stress; free exercise programs built in	Android	Free
	Sleep Cycle - Sleep Tracker	Analyzes sleep patterns with sleep graphs; includes intelligent alarm clock; integrated with Apple Health	Android, Apple	Free*
	Heart Analyzer (requires Apple Watch)	Tracks heart rate & function, tracks blood oxygen saturation, provides reports and metrics, gives notifications of complications	Apple Watch	Free
	COVID Coach	Connects you to important resources for coping and adapting during the COVID-19 pandemic	Android, Apple	Free

Relaxation & Mindfulness Apps		Description / Purpose	Platform	Cost
	MindShift CBT Anxiety Relief	Tool for coping with anxiety	Android, Apple	Free
	Headspace: Meditation & Sleep	Guided meditation & mindfulness	Android, Apple	Free*
	Insight Timer	Guided meditation for sleep & anxiety	Android, Apple	Free*
	Calm	Guided meditation and mindfulness programs; offers sleep stories and relaxing music	Android, Apple	Free*
	Moodfit – Shape Up Your Mood	Includes mood tracker, journal, grounding tool, breathing exercises, articles, tips, motivation, CBT thought record tool	Android, Apple	Free*
	Breathly - Simple Guided Breathing	Daily relaxation and breath training with guided exercise	Android, Apple	Free

*Subscription/premium available

Community Support/Resources:

The following resources are designed to help you find information, adapted programs, services, and equipment.

Neuro-Rehabilitation Resources



Stroke Resources



Therapeutic Recreation & Adventures



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