

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 links 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	Cost
	 Lose It!	Weight loss program and food tracker	Free - \$
	 My Fitness Pal	Tracks nutrition, steps, & weight management goals; connect with friends; scans foods for nutritional facts	Free - \$
	 MyPlate Calorie Counter	Calorie and macro counting, offers recipes and at-home workouts	Free - \$
	 Lifesum: Healthy Eating	Personalized diets and meal plans, food and exercise tracking, calorie counting, healthy recipes	Free - \$
Exercise Apps		Description/Purpose	Cost
	 Sworkit	Workouts and plans made simple for all users	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	Free - \$
	 Map My Fitness	GPS-enabled to track and map routes; offers feedback during run/walk; goal setting (especially running); connect with fitness community	Free - \$
	 J&J 7 Minute Workout	Guided simple workouts that can be completed anywhere	Free - \$
	 Ability 360: Sports & Fitness	View and sign up for fitness classes at Ability360 (Phoenix-area sports and fitness center for people with disabilities)	Free
Safety Apps		Description/Purpose	Cost
	 Covert Alert	Voice activated emergency SOS service; sends alerts and messages to selected contacts; Real-time GPS tracker; scene recording feature	Free - \$
	 ready.maricopa.gov**	Disaster preparedness app; provides critical emergency alerts, location of shelters, and evacuation routes; create and share a family emergency plan	Free
	 MyID: Medical ID Profile	Stores medical profile; link medical ID bracelet; create QR wallpaper with medical info for phone lock screen	Free - \$
	 Life360: Find Family & Friends	Track and find family members with advanced location sharing and history; alerts to see family members' arrival/departure from select locations; crash detection	Free - \$

\$ = Subscription/premium available. *Apple only, **Android only

(Over)

Health & Medication Apps		Description/Purpose	Cost
	 Blood Pressure Companion Pro	Tracks blood pressure, heart rate and weight	Free
	 Samsung Health**	Secure platform that includes trackers for physical exercise, food/caffeine/water intake, sleep, stress; free exercise programs built in	Free
	 Sleep Cycle - Sleep Tracker	Analyzes sleep patterns with sleep graphs; includes intelligent alarm clock; integrated with Apple Health	Free - \$
	 Heart Analyzer (requires Apple Watch)*	Tracks heart rate & function, tracks blood oxygen saturation, provides reports and metrics, gives notifications of complications	Free - \$
	 COVID Coach	Connects you to important resources for coping and adapting during the COVID-19 pandemic	Free
	 mySugr - Diabetes Tracker Log	Assists in tracking medications, diet, and blood glucose levels; application can be integrated with specific monitoring devices	Free - \$
	 Medisafe Pill & Med Reminder	Tool to assist with medication management and adherence	Free - \$
	 CheckMyVitals	Tool for tracking vitals including blood pressure and glucose levels, also tracks food intake and exercise	Free

Relaxation & Mindfulness Apps		Description/Purpose	Cost
	 MindShift CBT Anxiety Relief	Tool for coping with anxiety	Free
	 Moodfit: Mental Health Fitness	Includes mood tracker, journal, grounding tool, breathing exercises, articles, tips, motivation, CBT thought record tool	Free - \$
	 Breathly - Simple Guided Breathing	Daily relaxation and breath training with guided exercise	Free
	 Balance: Meditation & Sleep	Tool for mindfulness, meditation & sleep	Free - \$
	 Sanvello	Meditation and other psychotherapy support services	Free - \$
	 Simple Habit Sleep, Meditation	Shorter meditation practice	Free - \$
	 I am: Daily Affirmations	Choose from many daily intentions and set reminders to be delivered throughout the day	Free - \$

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Community Support/Resources:

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

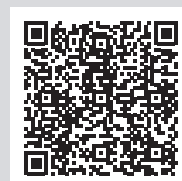
Neuro-Rehabilitation Resources



Stroke Resources



Therapeutic Recreation & Adventures



Barrow Neurological Institute and St. Joseph's Hospital and Medical Center are not affiliated, nor responsible for the content of these software products and websites. These activities are not a substitute for your doctor's or therapist's care. Please discuss with your doctor what health and wellness activities are best suitable for you. Your personal health information is kept private with your health care provider's privacy policy, but may not be protected with the use of the above software products.