

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.










Nutrition Apps		Description/Purpose	Cost
	My Fitness Pal	Tracks nutrition, steps, & weight management goals; connect with friends; scans foods for nutritional facts	Free - \$
	FoodIQ: Food Scanner*	Scan food items' bar codes and get a health rating score based on ingredients	Free - \$
	Ate Food Journal & Photo Diary	Food journal that helps you understand what you eat and how it made you feel; enables you to take photos of your meals and activities to create a visual timeline of your day	\$9.99/month
	Dr. Greger's Daily Dozen	Provides an easy way to keep track of the recommended daily intakes	Free - \$
	Lifesum: Food & Calorie Tracker	Includes recipes, food logs, and a calorie counter	Free - \$

Exercise Apps		Description/Purpose	Cost
	FitOn	Free fitness/workout videos for all levels	Free - \$
	Sworkit Fitness & Workout App	Workouts and plans made simple for all users. Free kids content. Other workouts require active subscription (\$4.99+)	Free - \$
	ASICS Runkeeper - Run Tracker	GPS-enabled to track fitness activities; offers goal setting, training plans, and voice feedback	Free - \$
	Map My Fitness by Outside	GPS-enabled to track and map routes; feedback during run/walk; goal setting (especially running); connect with fitness community	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
	MedBridge Go	View and perform your home exercise program assigned by your Barrow/St. Joseph's therapy team	Free

Safety Apps		Description/Purpose	Cost
	Covert Alert	"Safety in seconds" by implementing several key features that are designed for real word emergencies	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 - \$
	Noonlight: Feel Protected 24/7	Get emergency help to your exact location with the release of a button; use in moments where you simply feel unsafe, as well as when immediate emergency help is needed	Free - \$
	Snug Safety	Free daily check-in service for people living alone	Free - \$
	iSharing: GPS Location Tracker	Real-time locator service between family & friends; receive alerts when others arrive or leave locations; send a panic alert in an emergency	Free - \$

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

Health & Medication Apps		Description/Purpose	Cost
	 Blood Pressure Companion*	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: Pulse Tracker* (requires Apple Watch)	Tracks heart rate & function, tracks blood oxygen saturation, provides reports and metrics, gives notifications of complications	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 - \$
	 MyTherapy: Medication Reminder	Reminders for pills, medications, and prescription refills	Free
	 iHealth MyVitals	Can connect devices (blood pressure cuff, scales, etc.) to iHealth and sync information into the application	Free

Relaxation & Mindfulness Apps		Description/Purpose	Cost
	 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 - \$
	 Simple Habit Sleep, Meditation	Guided mindfulness & meditation, daily motivation, guided sleep sessions and coaching; offers 5 minute meditation practices	Free - \$
	 I am: Daily Affirmations	Choose from many daily intentions and set reminders to be delivered throughout the day	Free - \$
	 Smiling Mind: Mental Wellbeing	Meditation programs designed for all ages, covering sleep, calm, relationships, stress, mindful eating, resilience, and much more	Free
	 UCLA Mindful	Practice mindfulness meditation with the guidance of the UCLA Mindful Awareness Research Center; meditations in multiple languages	Free
	 Insight Timer	Guided meditation to calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness	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



Check Out the Apps on Our Website:



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.