

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	Cost
	 Lose It!	Lose It! is a calorie counting, nutrition tracking, and intermittent fasting tool	Free - \$
	 My Fitness Pal	Tracks nutrition, steps, & weight management goals; connect with friends; scans foods for nutritional facts	Free - \$
	 FoodIQ: Eat Smarter*	Scan food items' bar codes and get a health rating score based on ingredients	Free - \$
	 Yummly Recipes & Meal Planning	A source for healthy recipes	Free - \$
	 Ate: Food Journal & Photo Library	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
	 Lifsum: Food Tracker & Fasting	Includes recipes, food logs, and a calorie counter	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+)	Free - \$
	 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; 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	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; critical emergency alerts, location of shelters/evacuation routes; create & share a family emergency plan	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 - \$
	 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 & Medication 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 - \$
	 Sanvello	Meditation and other psychotherapy support services	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: Meditation	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

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.