





















# Apps

	<p><u><a href="#">ACCU-CHEK Connect</a></u>          Accu-CheK is a great app that allows users to track a large amount of data and share this data with their healthcare provider. The more diligent you are with the app, the more beneficial the information you will get from it.</p>
	<p><u><a href="#">Addicaid - Addication Support</a></u>          If you or someone you love struggles with addiction, the Addicaid app may be a great tool for recovery.</p>
	<p><u><a href="#">Beyond Type 1 Diabetes</a></u>          With the Beyond Type 1 Diabetes app you don't have to struggle through type 1 diabetes alone.</p>
	<p><u><a href="#">BG Monitor Diabetes</a></u>          BG Monitor allows users to easily record their medications, blood glucose levels, exercise, and food intake to help with their diabetes management.</p>
	<p><u><a href="#">BGluMon Blood Glucose Monitor</a></u>          Bglumon is a great app for users with higher health literacy.</p>
	<p><u><a href="#">Blood Glucose Tracker</a></u>          Tracking blood glucose levels and setting up reminders within the app give the user a nice tool to help manage their condition.</p>
	<p><u><a href="#">BlueLoop</a></u>          The BlueLoop App is a companion app to an online service that shares the same name.</p>
	<p><u><a href="#">Brook Health Companion</a></u>          If you're looking for one location in which to store, track and evaluate the various measures that help to manage your diabetes then this is an app you should look into.</p>

	<p><a href="#"><u>Calorie Counter - MyFitnessPal</u></a> MyFitnessPal is a great overall app for tracking intake, exercise, and overall health info. Regardless of weight, activity level, or fitness goals, this app has a feature and a function that will work for most all.</p>
	<p><a href="#"><u>Calorie Counter &amp; Diet Tracker by SparkPeople</u></a> Spark People is a busy app with many features.</p>
	<p><a href="#"><u>Calorie Mama AI: Meal Planner &amp; Food Macro Counter</u></a> Calorie Mama uses a sophisticated form of augmented intelligence to quickly identify the nutritional make up of thousands of foods.</p>
	<p><a href="#"><u>CalorieKing Food Search</u></a> This is a very basic and simple to use app that lets the user access the nutritional facts associated with thousands of foods in their database</p>
	<p><a href="#"><u>Carb Counting with Lenny</u></a> It is simple to use and provides clear and accurate information. Its gamification elements are likely to aid parents in keeping kids engaged and monitoring their own biometrics which can aid the healthcare team as well.</p>
	<p><a href="#"><u>Carb Manager - Keto &amp; Low Carb Diet Tracker</u></a> The Carb Manager app was developed as a Keto/Low Carb Lifestyle application.</p>
	<p><a href="#"><u>Carbs &amp; Cals - Diabetes &amp; Diet</u></a> Carbs &amp; Cals provides users with the ability to input and track three specific fields: meals, exercise, and diabetes information.</p>
	<p><a href="#"><u>CarbsControl - Carb Counter, Carbs Tracker, Nutrit</u></a> For many people with diabetes who are on low carb diets, CarbsControl is easy to use and helpful in letting one actually keep track of their carb intake.</p>

	<p><u><a href="#">CareZone</a></u>  CareZone is a great app for tracking medications and adherence to medication schedules.</p>
	<p><u><a href="#">CDE Coach</a></u>  For those wishing to become a certified diabetes educator, this app is the ultimate one stop shop for practical tools to prepare for the CDE exam</p>
	<p><u><a href="#">Coach by Cigna</a></u>  The Coach by Cigna app puts a team of health experts in the palm of your hand.</p>
	<p><u><a href="#">Coach.me</a></u>  Are you looking for that little bit of extra motivation to help you achieve your goals?</p>
	<p><u><a href="#">Companion InPen App</a></u>  The Companion apps works in conjunction with the Inpen to seamlessly determine and demonstrate to users the amount of insulin needed.</p>
	<p><u><a href="#">Cornerstones4Care Diabetes App</a></u>  If you're looking for one location in which to store, track and evaluate the various measures that help to manage your diabetes then this is an app you should look into.</p>
	<p><u><a href="#">Diabetes Connect</a></u>  Diabetes Connect is a just-the-facts app, a simple digital tool good for collecting important, diabetes-related personal health data.</p>
	<p><u><a href="#">Diabetes Forecast</a></u>  Diabetes Forecast is an online magazine created by the ADA. It covers a broad array of topics for related to diabetes including things like diet, exercise, mental health etc.</p>

	<p><u><a href="#">Diabetes Tracker with Blood Glucose/Carb Log</a></u>          If you are looking for a tool to help you monitor your diabetes, you might think about giving the Diabetes Tracker from MyNetDiary a try.</p>
	<p><u><a href="#">DiabetesM</a></u>          A good resource app for those wishing to log and track various metrics and behaviors associated with their condition.</p>
	<p><u><a href="#">DiabeticWatchers</a></u>          The app lets you log and track various metrics in the app. You can also generate reports for your own evaluation and assessment and send them along to your care provider.</p>
	<p><u><a href="#">Endomondo - Running &amp; Walking</a></u>          This sports tracker allowed us to track our activity in a wide variety of sports, including running, biking, and kayaking. No matter what activity you participate in, you can use Endomondo to set goals and track your workouts.</p>
	<p><u><a href="#">Feed Baby - Breastfeeding and Baby Connect Tracker</a></u>          As a new parent, it is important that you are paying attention to your newborn's feedings and sleeping behaviors, growth, vaccinations, diaper changes and so much more.</p>
	<p><u><a href="#">Fitbit</a></u>          With the Fitbit app, we could log our physical activity, food consumption, weight, and sleep either by syncing a Fitbit device, other apps, or through manual entry.</p>
	<p><u><a href="#">Fitocracy-Fitness Community &amp; Personal Coaching</a></u>          Having trouble deciding what exercises to do at the gym? We say let Fitocracy decide for you.</p>
	<p><u><a href="#">Fooducate - Lose Weight, Eat Healthy, Get Motivated</a></u>          Fooducate is a great app that goes beyond simply tracking your calories.</p>
	<p><u><a href="#">Garmin Connect</a></u>          An easy to use app that allows the user to track and ultimately manage a number of health related behaviors and exercises. The use of a reward system (badges) allows one to participate in pre-existing challenges or create your own.</p>

	<p><u><a href="#">GI Buddy</a></u>  Whether you suffer from Crohn's, GERD, or another GI disorder, it is important that you learn what triggers your symptoms so that you can avoid them and start feeling better.</p>
	<p><u><a href="#">Glooko - Track Diabetes Data</a></u>  Glooko is a great app for managing your diabetes. You can sync blood glucose and an insulin pump. Also, sync your food and lifestyle data. The app provides insights to support daily decisions and you can share your data with your care team.</p>
	<p><u><a href="#">Glucagon</a></u>  Glucagon is a simple and informative app that address specific concerns and usages of the glucagon medication.</p>
	<p><u><a href="#">Glucose Buddy Diabetes Tracker</a></u>  Glucose Buddy is an all-in-one diabetes management app that helps you take control of your diabetes.</p>
	<p><u><a href="#">GlucoseZone</a></u>  This is an app that features a large collection of exercise videos that are selected for you base upon your overall profile, fitness goals and key diabetes metrics.</p>
	<p><u><a href="#">Glucosurfer</a></u>  Developed by a non profit group of people with diabetes, the app is designed to simplify the process of tracking (keeping a diary) on those metrics important for helping one manage their condition.</p>
	<p><u><a href="#">GoMeals</a></u>  GoMeals provides a way for those with Diabetes to track their meals and activities alongside their blood glucose levels.</p>
	<p><u><a href="#">GoodRx Save On Prescriptions</a></u>  The app is very good at helping you find the lowest available prices on the medications you take. By entering your medications, dosing and location it identifies a range of options where you can go and get your medications.</p>

	<p><u><a href="#">Headspace: Meditation</a></u>  A well done application for those looking to explore the areas of mindfulness and meditation. The animation on the app is appealing and the voice used during the sessions is soothing and appropriate for the teaching of meditation skills.</p>
	<p><u><a href="#">HealthWatch 360</a></u>  Healthwatch 360 has many features to help others keep on top of their diet and maintain healthy nutrition.</p>
	<p><u><a href="#">HealthyOut - Healthy Restaurant Nutrition Guide</a></u>  The HealthyOut app allows you to discover healthy food options that fit within your personal food preferences, diet choices, and restrictions. Select your dietary preferences and restrictions (low fat, Atkins, gluten-free, etc.) and get a list of restaurants and foods matching your needs.</p>
	<p><u><a href="#">iHealth Gluco-Smart</a></u>  Managing your diabetes has never been easier than with the iHealth Gluco-Smart app.</p>
	<p><u><a href="#">iHealth MyVitals</a></u>  With this app, we could track our vital health stats, personalize goals, and better manage our health. Monitor your blood pressure, weight, physical activity, sleep, and the food you eat, and view trends over time.</p>
	<p><u><a href="#">InRFood - Nutrition &amp; Shopping</a></u>  InRFood will help you identify what ingredients are in the food you eat.</p>
	<p><u><a href="#">Insulia diabetes management companion</a></u>  The app and corresponding web portal which captures one's clinician based treatment plan to manage type 2 diabetes is a dynamic and collaborative between patient and physician to ensure accurate insulin dosing.</p>
	<p><u><a href="#">J&amp;J Official 7 Minute Workout</a></u>  Packed with over 20 heart pounding workouts, we were able to break a sweat in no time!</p>
	<p><u><a href="#">Life In Control Diabetes Coach</a></u>  Life In Control is a good app for tracking and managing diabetes by setting personalization options that help guide you with everyday reminders.</p>

	<p><a href="#"><u><i>Lose It! - Calorie Counter</i></u></a></p> <p>Like other trackers that gather and report on various data points the app provides directional advice on how to continue to improve upon ones management of their diabetes and other health behaviors related to the condition.</p>
	<p><a href="#"><u><i>Lumosity - Brain Training</i></u></a></p> <p>We believe Lumos Labs has achieved a balance between fun gaming and health benefits with the Lumosity app.</p>
	<p><a href="#"><u><i>Mango Health</i></u></a></p> <p>You probably never thought that managing your medications could be fun, but we found Mango Health to be an enjoyable way to stay on top of your medication routine.</p>
	<p><a href="#"><u><i>Map My Fitness - GPS Workout Trainer &amp; Tracker</i></u></a></p> <p>We found the Map My Fitness app to be a comprehensive app for all-around fitness tracking.</p>
	<p><a href="#"><u><i>MedCoach Medication Reminder</i></u></a></p> <p>MedCoach lets you log all of your medication information and provides you with reminders to take your meds and refill your prescriptions.</p>
	<p><a href="#"><u><i>Migraine Buddy</i></u></a></p> <p>We found Migraine Buddy to be a very robust migraine management and tracking app that is efficient and simple to use.</p>
	<p><a href="#"><u><i>Migraine Coach - Smart Headache Coach and Diary</i></u></a></p> <p>Knowledge is power and we believe the Migraine Coach app can provide you with the knowledge you need to prevent and manage migraines.</p>

	<p><u><a href="#">myPill Birth Control Reminder</a></u>          If you sometimes have trouble remembering to take your birth control, try the myPill Birth Control Reminder app.</p>
	<p><u><a href="#">mySugr</a></u>          mySugr is a clean and simple tool with a well-balanced interface that allows the user to enter and track a wide range of diabetes related personal information without the distractions of an internal social network of people sharing and commenting, and/or advertising.</p>
	<p><u><a href="#">Nightscout</a></u>          This apps allows users to connect various devices to enable the tracking of metrics associated with diabetes management.</p>
	<p><u><a href="#">One Drop - Diabetes Management</a></u>          One Drop captures personal diabetes-related data in basic data-tracking categories, such as entering blood glucose levels, food consumed, exercise achieved and medication adherence.</p>
	<p><u><a href="#">Recovery Record - Eating Disorder Management</a></u>          Recovery Record acts as a companion to individuals battling eating disorders, as well as those who wish to manage their eating and body concerns.</p>
	<p><u><a href="#">Runkeeper - Track Running with GPS</a></u>          Over 50 million people use RunKeeper to track their distance, pace, route, and calories burned while running, biking, walking, hiking, and more.</p>
	<p><u><a href="#">Samsung Health</a></u>          For the person interested in tracking a number of health and wellness data points this is the app for you.</p>
	<p><u><a href="#">Sidekick by GoodlifeMe</a></u>          The app is a “social health game” and motivates you by engaging people to talk and compete with friends. It is fun and easy to use.</p>



	<p><u><a href="#">Step Counter - Pedometer Free &amp; Calorie Counter</a></u>  A simple but effective way to track your steps on a daily basis. One concern and area for possible improvement would be to let users determine their personal step performance goals and to offer some level of interactivity between app and user to encourage completion of those goals.</p>
	<p><u><a href="#">Step Tracker - Pedometer, Daily Walking Tracker</a></u>  This is a traditional step tracker app with many of the standard features found on a tracker app including some other metrics like water consumption and others.</p>
	<p><u><a href="#">Stop, Breathe &amp; Think: Meditation tailored to you</a></u>  Stressed out? Well, just Stop, Breathe &amp; Think! It's that simple. Stop, Breathe &amp; Think is a meditation and self-reflection app from Tools for Peace.  Mobile Apps</p>
	<p><u><a href="#">Strava Running and Cycling GPS</a></u>  Strava is an incredible app, that combines social functions with fitness and improved wellness.</p>
	<p><u><a href="#">Strong: Exercise Gym Log, 5x5</a></u>  Strong features over 300 different exercises that the user can choose from depending upon their fitness needs and goals.</p>
	<p><u><a href="#">Sugar Sense - Diabetes App</a></u>  SugarSense is a great app that not only provided a simple user interface, but allowed users to track their medication, fitness, and nutrition all on the same page. Its simple user interface makes it accessible and attractive to users of all ages.</p>
	<p><u><a href="#">Sugar.IQ Diabetes Assistant</a></u>  Sugar IQ is an app that has been designed to work with the Guardian Connect CGM device. The app utilizes the tracking, assessing insulin, food, and daily routines to assess and forecast one's glucose levels and how they will respond to these various factors.</p>
	<p><u><a href="#">Sugarmate</a></u>  The application allows the user to record and track various metrics associated with the care and management of diabetes. By setting performance ranges associated with the metrics the app notifies the user when scores fall outside of an accepted range.</p>

	<p><u><a href="#">SuperBetter</a></u>  We believe SuperBetter can help you reach your goals and overcome your challenges, no matter what they might be, in a fun and gamified experience. Embark on daily quests that will put you one step closer to reaching your goals, and battle the bad guys along the way.</p>
	<p><u><a href="#">T2 Mood Tracker</a></u>  Are you struggling to get a handle on your emotions? Do you suffer from PTSD, a head injury, depression or anxiety? We believe the T2 Mood Tracker can help.</p>
	<p><u><a href="#">Tidepool Mobile</a></u>  This app is a great companion tool for someone who wants to keep track of their diabetes on the go. The aesthetics and functionality are all really great, and the functionality was simple.</p>
	<p><u><a href="#">TRACK + REACT</a></u>  We believe the TRACK + REACT app can help you better understand and manage your arthritis.</p>
	<p><u><a href="#">WebMD Allergy</a></u>  We believe the WebMD Allergy app can help you take control of your allergy symptoms. You can customize the information presented based on your allergies, and receive daily reports of weather and allergy forecasts</p>
	<p><u><a href="#">What's covered</a></u>  What's Covered app was created by the federal government as part of the mMedicare initiative to help Medicare patients better understand what services and tests are covered. Users will find out information around cost, coverage and eligibility details to help them better use the services provided to them as part of Medicare.</p>
	<p><u><a href="#">WW (formerly Weight Watchers)</a></u>  One of the most widely recognized brands in the weight loss market, Weight Watchers programs now has a free app! Try the WeightWatchers Mobile app and have access to recipes, success stories, articles, and more.</p>
	<p><u><a href="#">Zombies, Run!</a></u>  Zombies, Run! will immerse you in an interactive story and game where running is your only hope for survival.</p>