

# Smart Phone Apps

## Tips and Tricks for Getting the Most out of Technology

You may have heard the question: "is there an app for that?" Well you may be surprised what is available on your smart phone. There are so many low cost and free apps you can download for just about anything you can imagine!

### Finding Apps on Your Smart Phone

#### Android Smart Phones: Google Play



#### Apple Smart Phones (iPhones): App Store



Using key words, search for apps you want to use and download them to your phone. Not sure where to start? Continue reading...

### Our top suggested apps based on different life needs:

#### Stress Relief & Taking Care of Yourself:



**Relax Melodies: Sleep Sounds** - listen to calming, relaxing sounds to help with stress and sleep.



**Aura** - if you are feeling stressed, anxious, or are having trouble sleeping, Aura will find you mindfulness meditations, life coaching, stories, and music, created by the best therapists and coaches.



**Headspace** – a helpful guide to health, happiness, meditation, and living mindfully.



**Happify** - science-based activities and games that can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

#### Personal Finances:



**Mint** – a personal finance application from Intuit that offers a variety of easy-to-use financial planning and tracking tools.

## Health & Wellness:



**Caring Bridge** – offers a safe, secure place for patients and caregivers to provide health updates, and for family and friends to respond with messages of emotional support and prayers.



**Symple** – keeps track of sleep stats, heart rate, and step count. It helps you monitor medications, track anxiety, brain fog, headaches and more.



**Mind Your Loved Ones** – allows you to create a digital library of critical medical information and advance care directives for yourself and your loved ones.



**Care Zone** – scan your (or your family member's) pill bottles to instantly create a detailed list of medications that you can share with doctors. Stay on track with automatic reminders and store important contacts.

## Organization & Planning:



**It's Done** – designed to eliminate feelings of uncertainty and help you instantly confirm whether you've completed a routine task. Instead of trying to recall every single task, you just need to remember to check a single app on your phone or tablet.



**Cozi Family Organizer** – keeps events and activities all in one place. You can also keep and share grocery lists, store recipes, plan meals, and shop for ingredients.



**Mealime** – makes meal-planning, grocery shopping, and cooking as simple as getting take out.



**Noteability** – provides easy note taking and annotation.



**BEST Suite** – includes multiple apps including Reach my Goals, Pace My Day, and Strategize my life. If you struggle with memory problems, fatigue or getting things done despite having notes all over the place, BEST is your modern solution.



**Lightbridge**– Helps you manage your day by creating routines that contain all the steps required for tasks that you complete on a regular basis, by allowing you to save brain power not having to think through every detail of the task at hand.