
Mobile App Library

These mobile apps are designed to support your overall health and well-being and are available at little or no cost to the end user. The apps below have been reviewed by professionals; however, PAS does not guarantee or endorse any product or its performance. Online services and mobile apps do not replace professional health care and you should always speak with your health care professional regarding any health concerns.

[AgaMatrix Diabetes Manager for iOS](#)

Help to track glucose results, carb intake, and insulin doses. Enter information in a logbook and then review data in trend charts and graphs. Color-coded results help to easily spot when you go into high or low ranges.

[Allergy Alert app for iOS](#)

Provides index levels for four different conditions: Allergy (Pollen), Asthma, Cold and Cough, and Ultraviolet Sensitivity. Plan your day with the One Day Alerts or think about your whole week with the four day forecasts!

[AnxietyCoach for iOS](#)

Mayo Clinic Anxiety Coach is a comprehensive self-help tool for reducing a wide variety of fears and worries from extreme shyness to obsessions and compulsions. The strategies used in Anxiety Coach are based on cognitive behavioral therapy (CBT), the most effective psychotherapy for fears and worries.

[Breathe2Relax for iOS](#)

A portable stress management tool, built on the iPhone mobile app platform, Breathe2Relax is a hands-on diaphragmatic breathing exercise.

[Butt Out - Quit Smoking Coach for iOS](#)

Log your cravings and smoking, choose a quit date, track your progress, receive motivational reminders. A good support for Tobacco Cessation.

[Cancer.net for Android](#)

Accurate, oncologist-approved cancer information from Cancer.Net, with tools to help plan and manage your care from diagnosis through treatment and beyond. From the American Society of Clinical Oncology (ASCO).

[Cancer.net for iOS](#)

Accurate, oncologist-approved cancer information from Cancer.Net, with tools to help plan and manage your care from diagnosis through treatment and beyond. From the American Society of Clinical Oncology (ASCO).

[Diabetes Tracker for Android](#)

Living with diabetes or pre-diabetes is challenging. Do you need help with monitoring blood glucose, following a proper diet, exercising regularly, tracking your medications and symptoms? This app helps you understand and control all aspects of diabetes. It shows you the big picture of your blood glucose factors by counting carbs in the food you eat, recording medication intake, exercise and everything else you want to capture about your condition.

[Diabetes Tracker for iOS](#)

MyNetDiary's Diabetes Tracker app is the easiest and most comprehensive diabetes tracker app for the iPhone. MyNetDiary can help you better understand and control diabetes and pre-diabetes - along with improving your diet, losing weight and providing feedback, support and motivation.

[Fitness Buddy for iOS](#)

A workout tracking program that is simple and easy to use in order to sustain your motivation and enforce your commitment to your fitness goals. 2400+ unique exercises and 75+ workout routines, for all major equipment

[Fitnet Live Coach for iOS](#)

Personal trainer for everyone! Set a goal, find exercise at your level and see real-time calorie burn. Energy Clock shows you up to the second calorie burn factoring sleep, rest and exercise from Fitnet exercise and other Health apps.

[Fooducate for Android](#)

Fooducate is a food coach that goes way beyond a simple calorie counter. Achieve your weight loss, health, and fitness goals by learning to eat REAL food. The Fooducate diet app is like a nutritionist in your pocket, advising you how healthy foods are based on their nutrients AND ingredients.

[Fooducate Weight Loss Coach for iOS](#)

Achieve your dreams and goals with Fooducate, a weight loss coach for people who want to eat a healthy, real food diet. Track your food, activity, sleep and mood. Get motivated by the most supportive community in the world.

[Glucose Buddy for Android](#)

Glucose Buddy is a data storage utility for people with diabetes. Users can log their BG, Carbs (Food), Medication (Insulin Dosages), Activities, A1C, Blood Pressure, Weight. Remembering to test your blood sugar is always a problem, that's why in GB there are reminders that are associated with events so you'll never forget to test again!

[Glucose Buddy for iOS](#)

Glucose Buddy is a data storage utility for people with diabetes. Users can manually enter glucose numbers, carbohydrate consumption, insulin dosages, and activities. Then, you can view all of your data on your free glucosebuddy.com online account.

[GoMeals for iOS and Android](#)

Track food intake, activity levels, blood glucose, find restaurants serving healthy choices and track your trends and progress.

[HealthyOut for iOS and Android](#)

Uses your location to generate a list of restaurants in your area that includes their healthiest options and each menu item's nutrition information.

[Instant Heart Rate for Android](#)

Instant Heart Rate enables you to measure your heart rate with your phone. It does not need any external hardware. Use it for optimizing your exercise and to track your progress.

[Instant Heart Rate for iOS](#)

Instant Heart Rate enables you to measure your heart rate with your phone. It does not need any external hardware. Use it for optimizing your exercise and to track your progress.

[Khan Academy for iOS](#)

View Khan Academy's library of over 3,500 videos where you can learn almost anything for free.

[List Ease for iOS](#)

A simple and powerful shopping list app for your phone and Apple Watch. Create a shopping list, grocery list, to-do list, or any other checklist and share it with family and friends

[List Ease for Android](#)

A simple and powerful shopping list app for your phone and Apple Watch. Create a shopping list, grocery list, to-do list, or any other checklist and share it with family and friends

[My Cycles Period and Ovulation Tracker for iOS](#)

Track your period and predict your ovulation window.

[My Diet Coach for Android](#)

My Diet Coach will help you find your inner motivation, keep you on track, make healthy lifestyle changes, resist food cravings, avoid exercise laziness and other weight loss difficulties.

[My Diet Coach for iOS](#)

My Diet Coach will motivate you, help keep you on track, resist food cravings, temptations, emotional eating, exercise laziness and other challenges.

[My Diet Diary for iOS](#)

Weight loss app to help you shed unwanted pounds. Track your food, exercise, weight, water consumption and more to see at any given time whether you are on track to lose weight, gain weight or stay the same, so that you can make the right choices to reach your goal.

[QuitNow! for Android](#)

Designed to give smokers incentives to help them quit. The app estimates health improvement and an achievement list unlocks as time passes after the last cigarette.

[QuitNow! for iOS](#)

Designed to give smokers incentives to help them quit. The app estimates health improvement and an achievement list unlocks as time passes after the last cigarette.

[RunKeeper for Android](#)

Track your runs, walks, bike rides, training workouts and all of the other fitness activities using the GPS in your Android Phone.

[RunKeeper for iOS](#)

With Runkeeper, turn your phone into a GPS tracker or track your runs without your phone with our Apple Watch app, so that you can have the fun and the motivation you want into your workout routine.

[Sleep Cycle for Android](#)

Set your alarm and with one tap you can record how much sleep, then add info about sleep quality, your mood, meds and more to see what affects your sleep and how much you really need to feel rested and energized.

[Sleep Cycle for iOS](#)

Set your alarm and with one tap you can record how much sleep, then add info about sleep quality, your mood, meds and more to see what affects your sleep and how much you really need to feel rested and energized.

[Sleepio for iOS](#)

Sleepio is designed to teach you how to overcome even long term poor sleep without pills or potions. Download the companion app for instant access to your daily sleep diary and schedule, and your virtual sleep expert, The Prof.

[SmokeFreeTXT](#)

Not exactly an "app", but a mobile service designed to deliver 24/7 encouraging text messages, advice and tips on quitting smoking to your message-enabled cell phone.

[Stress Check Pro for iOS](#)

Quantify and manage your emotional and physical stress level. See how you react to different stressors, track recovery to increase performance when exercising, follow your progress over time.