

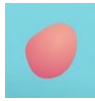
Find out how technology can help your health.

Search on Facebook for "Improve Your Health in the Digital Age" or go to:  
<https://www.facebook.com/groups/ImproveYourHealthintheDigitalAge/>

Here are some apps which could help you with different health problems:



**Manage Your Health**  
Has sections on asthma, COPD, diabetes, stroke AF, Hypertension & back pain



Create music to capture your mood & express how you feel with the **Cove** app.



Learn to relax, manage worries & improve your wellbeing with **Chill Panda**.



The **Liva** app helps you make lifestyle changes to manage heart problems and obesity.



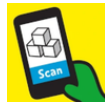
**MyCognition Home** is a brain training app for families to think faster focus better, and improve decision-making.



**Feeling Good** helps you build confidence, energy & a positive mindset.



**The NHS Orb app** brings several services together in one easy to use app



**Change for Life Food Scanner** tells you what's in the food you're buying.



The **Rafi-tone** app helps young children use an inhaler & spacer for asthma.



**Calm Harm** uses various methods to help you overcome the need to self harm



**Beat panic** guides people through a panic attack.



**First aid by British Red Cross** has a wealth of advice and videos to guide you through most emergencies.



**Sleepstation** is a 6-week online course for people who can't sleep. You'll need a referral from your GP - and a computer!



**Ask NHS** is a computerised question & answer programme.



**Smoke Free** is a 28 day plan to help you stop smoking.



**Happy Health** is a game for 6-11 year olds about food choices, calories & activities.



The **Student Health** app provides 900 pages of reliable health information.



**SidekickHealth** sets challenges to achieve a healthier lifestyle.



**Thrive** helps you prevent and manage stress.



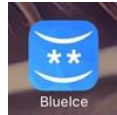
**Mood Tools** uses evidence-based tools to aid against clinical depression and negative moods.



**My Possible Self** helps you control your thoughts, feelings and behaviour.



**iPrescribe Exercise** is a 12-week exercise plan based on information you enter.



**Blue Ice** helps young people manage emotions and reduce self-harm.



**Active 10** helps you walk briskly for 10 minutes every day.



**Easy Meals** has some great recipes.



**Drinks Tracker** helps you keep track of how much you are drinking.



**Couch to 5K** is a programme to help you get fitter.



**Smart recipes** are calorie counted recipes with shopping lists.



**WellMind** gives advice on stress, anxiety and depression.



**What's Up?** Uses proven therapy to help with depression, anxiety, anger & stress.

Have a look at the website: [www.patienttech.co.uk](http://www.patienttech.co.uk)