

HEALTH APPS FOR SMARTPHONES AND iPADS
9TH MILLS HEALTH SYMPOSIUM
ECU College of Allied Health Sciences
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INTRODUCTION

With the growing availability of cell towers in rural areas, smartphones are becoming a more popular communication tool that provides equal access to information regardless of geography. Health professionals and consumers of health services, and their families, in many rural areas now have the same access to apps and the internet as do individuals in metropolitan areas. This helps level the health information playing field for all users, particularly those living with health disparities. As a result, health literacy can be improved in patients, their families and their caregivers. They are now able to become informed and involved consumers of these evolving health technologies, and participants in understanding, monitoring and improving their own health and quality of life.

As part of the technology emphasis of the 9th Jean Mills Health Symposium, a small sample of health apps for android smartphones, iPhones and iPads, have been collected that have application to health professionals and consumers. Five categories of health apps were selected that relate to chronic health conditions common in minority populations in rural eastern North Carolina: hypertension, diabetes, obesity, stroke and mental health (substance abuse and mental illness). Apps are listed by category with the name of the app, company/developer/distributor, android/iPhone/iPad compatible, description of the app as provided by the company/developer/distributor, cost to download and use, and where it can be found.

The number and sophistication of health apps is growing and many are available at little or no cost. Over time, additional health apps and health categories will be added to this list. Links to apps in this selected listing may also offer opportunities to review other available health apps. In the future, it may become common practice for healthcare providers and their patients to cooperatively choose apps that can empower patients and their families to support, monitor and improve an identified health condition. In some cases, apps may even be prescribed to patients or their families as a part of treatment and maintenance.

Disclaimer: The apps information in this list is in the words of the developers/distributors. The information provided is in no way meant to replace healthcare providers or medical attention and is only meant to complement services offered by providers. The apps in this list are not evaluated or being endorsed, they are simply listed as a potential resource.

HYPERTENSION

Complications of Hypertension

Persistent elevation of blood pressure can cause irreparable damage to major organs of the human body. This animation focuses on various complications of hypertension that can damage important organs of the body and explains how it can be controlled through lifestyle modifications and medications.

With this application from the worldwide leader in medical animation, you can better understand disease conditions through a virtual tour of the human system in these extremely accurate and incredible animation videos.

- Visual media is particularly well-suited to the science of medicine
- Medicine is simplified with the use of visual media and innovative health animations
- Medical and health information have never been so easily understandable or more accessible
- Effortlessly understand chronic illness and diseases, therapies, procedures or techniques.
- Perceive and understand the cellular world, metabolism, and body functions through incredible animated videos accompanied by audio.
- Created with the expertise and support of internationally reputed opinion leaders
- Easily explain medical conditions to students, colleagues, patients, and family members with the aid of this visual media

App Features:

- Medical animation explaining complications of Hypertension (Running time: 7:40 minutes)
- Summary of topic highlights
- Transcript - with links to medical terms for more information
- Notes pages for each of the main sections covered in the video

Focus Medica Clients:

Boehringer International, Roche, MSD, Norgine, Novartis, Nycomed, Sanofi Pasteur, Otsuka, Dr. Reddy's, Ranbaxy, Sun Pharmaceutical Industries, Ltd., Wyeth, Janssen-Cilag Pharmaceuticals, Allergan, Schering-Plough, Banyu, Cipla, Glenmark, Zydus, Sanofi-Aventis, GlaxoSmithKline, Pfizer, Bayer, Astra-Zeneca, Piramal Healthcare, Wockhardt, Unichem Laboratories Ltd., Lilly, Torrent.

DISCLAIMER: The information provided through these applications are only intended to be informative and should not be construed as a substitute for medical advice.

Link:

Android: http://www.appszoom.com/android_applications/medical/complications-of-hypertension_zkwj.html

This app is \$9.99

For healthcare providers and consumers

MyRefill Rx

iPhone, iPod Touch, and Android Apps for High Blood Pressure

What is it?

A new app for the iPhone, iPod Touch, and Android helps patients and caregivers manage their medical conditions and increase medication adherence. The MyRefill Rx app provides users with high blood pressure educational content, specialized tools and resources, the ability to create reminders for appointments and medication schedules, and a home delivery option to refill prescriptions.

Who should use it?

Both patients and caregivers benefit from the reminders, tools, and refill options available from the MyRefill Rx app. Anyone who takes or administers regular medication, makes healthcare appointments, or needs to monitor their vital signs on a regular basis can take advantage features offered.

How does it work?

If you are new to Intelecare, begin by quickly creating a secure account. If you already have an account, just login! With a few taps, scrolls and keystrokes, you can create reminders, order medications, learn about high blood pressure and how to engage your doctor. Turn on and off features like regular lifestyle tips and set reminder notifications via email, SMS, voice, or push notification - all based on your preferences.

Links: <http://www.myrefillrxapp.com/>

iPhone: <https://itunes.apple.com/us/app/myrefill-rx/id372376803?mt=8>

Android: http://www.appbrain.com/app/myrefill-rx/com.intelcare.android_hbp

This app is free

For healthcare providers and consumers

DIABETES

Diabetes App - blood sugar control, glucose tracker and carb counter

By BHI Technologies, Inc.

Description

Blood sugar control is often the central theme when it comes to diabetes management. Diabetes Buddy is built to help you manage your diabetes by –

- √ Tracking the factors that influence your blood sugar level
- √ Monitoring the fluctuations
- √ Planning ahead accordingly
- √ Sharing your data with your doctor

Key Features

- Put together your daily carb intake, glucose, water consumption, weight directly on the calendar.
- Built-in offline powerful food database that you can add food consumed for direct carb calculation.
- Log and monitor your glucose levels. You can view the trend on chart or email the data directly to your doctor.
- Log your insulin injections.
- Log your medications.
- Manage your activities and exercises.
- Mange glasses of water you consumed for the day.
- Track your weight and BMI changes.
- Budget your daily carb allowance.
- Blood pressure tracking
- Retina display
- Backup and restore over WiFi
- Integrated with Twitter.
- Use passcode to protect your data.
- Support both US and SI units.

Food Database

- Powerful offline food database with over 200,000 foods for common food, restaurant food and branded food.
- Add and manage your custom foods.

- Build recipes with combinations of foods in the database.
- No internet required to access food database.
- Monitor other nutrition for each food, including Calories, Protein, Fiber, Sugar, Cholesterol, Sodium, etc.
- Easy-to-use food search.
- Email your daily food intake to your doctor as email.

Proper diabetes management can help you lead a full and active life. Let Diabetes Buddy help you manage it better.

Link:

iPhone: <https://itunes.apple.com/us/app/diabetes-app-blood-sugar-control/id387128141?mt=8>

This app is \$6.99

For consumers

OnTrack Diabetes

OnTrack is an application to help diabetics manage their diabetes by tracking various items such as blood glucose, food, medication, blood pressure (BP), pulse, exercise and weight.

Features include:

- easy to use interface makes it a snap to add new entries
- Add multiple entries simultaneously, for example add glucose and medication at one time quickly and easily
- a variety of detailed graphs and reports
- a detailed log book with tables and graphs suitable for sharing with your doctor
- Supports both US (mg/dl) and international (mmo/l) glucose units.
- export your data in a variety of non-proprietary formats including CSV,HTML,XML
- annotate each entry with a category (breakfast, lunch, dinner, etc)
- customize categories, medications, exercise types and more by adding, removing or renaming as desired
- automatically have OnTrack select the right category for new entries based on time of day
- activate reminders on new entries, for example remind yourself to test two hours after eating food.
- Your data is your data, backup and restore as needed and even move it from one phone to another

Link:

Android: <http://www.appbrain.com/app/ontrack-diabetes/com.gexperts.ontrack#descriptionsection>

This app is free

For consumers

DiabetesIQ with UCSF

By Quantia Communications

Description

“Angry birds – Diabetes edition” -- iMedicalApps

“DiabetesIQ promises to teach people in a playfull, educational manner, using positive incentives to promote adequate diabetes management.” -- medGadget

DiabetesIQ was created by the collaborative efforts of the University of California, San Francisco Diabetes Teaching Center and QuantiaMD. This mobile application is an innovative new way for patients to explore their knowledge of the forms, progression, treatment, and complications of diabetes. Users participate in quizzes with extensive feedback, comparing results with other contestants as they progress through multiple game levels by solving visual puzzles. Participants are also able to discover and explore resources from the UCSF Diabetes Teaching Center. Diaries let users track their glucose, blood pressure, weight, and exercise and share trends with a health professional or caregiver. UCSF clinics, teaching and research facilities can all be reached from a mobile directory. Users can also look up and save their personal physician and pharmacies.

Links:

iPhone: <https://itunes.apple.com/us/app/diabetesiq-with-ucsf/id464049959?mt=8>

Android: <http://www.appbrain.com/app/diabetesiq-with-ucsf/com.quantia.co.diabetesiq>

This app is free

For consumers

OBESITY

Lose It!

Lose It! is a mobile application and website that has helped millions of users lose more than 7 million pounds since it was created in 2008. Lose It! combines a medically sound approach to weight loss, mobile technology, social networking, and game dynamics to create a truly engaging way for people to become more healthy.

Lose It! helps users make healthy choices by setting a clear calorie budget, by permitting users to track their fitness and activity level, and by providing them insight into their nutrition (including a great 'MyPlate' report on Loseit.com as well a set of badges that reward users for their adherence to MyPlate fruit and vegetable guidelines). In addition, Lose It! integrates with wireless devices such as the Fitbit tracker and Withings wireless scale, making it easy to track your activity and weight change without entering any data in Lose It!. Sharing is easy- you can have reports emailed daily or weekly, share your progress on Facebook or Twitter, or download your data as a comma separated file.

Lose It! is simple and fun to use, but includes great features:

- Simple, attractive, streamlined interface
- Comprehensive database of foods and activities
- Quickly add new foods or exercises to the database
- Setup recipes for more complicated foods
- Quickly add to your log with previous meals, my foods, and other shortcuts
- Track nutrients such as protein, fat, carbohydrates, and more
- Works with or without a network connection
- No advertisements

In addition, set up a free Loseit.com account to gain access to features and capabilities that no other weight loss application has:

- Log your food and exercise on Loseit.com
- Automatically keep a back-up of your data

- Add friends for extra support and motivation
- Earn badges to recognize your success
- Share custom foods, exercises, and recipes with friends
- See more detailed online reports
- Export your data to excel
- Setup daily or weekly email reports
- Share your progress on Facebook or Twitter
- Keep your data private or share with friends- you are in control
- Connect your Withings scale to automatically log your weight in Lose It!
- Connect your Fitbit tracker to automatically update activity in Lose It!

With more than a million active users every month, Lose It! has already helped many people and we're working hard to reach more people and give them the best weight loss experience in the world, bar none.

Lose It! is available on:

- iPhone, iPod Touch, iPad (download it from the iTunes App Store).
<http://itunes.apple.com/us/app/lose-it!/id297368629?mt=8>
- Android 2.0 devices (download it from the Android App Market)
<https://market.android.com/details?id=com.fitnow.loseit&hl=en>
- Kindle Fire (download it from the Amazon AppStore) <http://www.amazon.com/FitNow-Inc-Lose-It/dp/B0061S5NNO>
- The web version of Lose It! is available at <http://www.loseit.com>

This app is free
For consumers

MyFood - Nutrition Facts

By Pomegranate Apps

MyFood provides complete nutrition data for hundreds of foods and also includes common servings sizes for each food. MyFood is completely free to use and comes with additional features which can be purchased within the app.

Nutrition data that includes a complete breakdown of vitamins and minerals is available FREE with more foods added every update!

Foods

Apples, Apricots, Artichokes, Asparagus, Avocados, Bananas, Beets, Bell Peppers, Blackberries, Blueberries, Broccoli, Brussels Sprouts, Cantaloupe, Carrots, Cauliflower, Celery, Cherries, Coconut, Corn, Cranberries, Cucumber, Dates, Eggplant, Fennel, Figs, Garlic, Ginger Root, Grapefruit, Grapes, Green Onions, Kiwi, Leeks, Lemons, Limes, Mangos, Mushrooms, Nectarines, Okra, Olives, Onions, Oranges, Papayas, Parsnips, Passion Fruit, Peaches, Pears, Pineapple, Plums, Pomegranates, Potatoes, Radishes, Raspberries, Squash, Strawberries, Tomatoes, Turnips, Watermelon, Yam, Zucchini

Categories

Beans (41 foods), Cheese (42 foods), Eggs (13 foods), Fish (39 foods), Grains (29 foods), Herbs & Spices (49 foods), Juice (10 foods), Leafy Greens (25 foods), Meats (58 foods), Milk (28

foods), Nuts & Seeds (30 foods), Oils & Vinegars (27 foods), Seafood (18 foods), Sweeteners (10 foods)

The following additional features can be purchased in MyFood.

NUTRIENT BROWSER (*REQUIRES IN-APP PURCHASE)

Use the new nutrient browser to sort foods by vitamin, mineral and more! Find foods high in fiber or high in Vitamin A.

CATEGORY SELECTOR (*REQUIRES IN-APP PURCHASE)

Show and hide food categories such as hiding meats for vegetarians and hiding cheese and milk for vegans. This feature is a great complement for the nutrient browser.

Nutrient data for this app is provided by the USDA National Nutrient Database.

Link:

iPhone: <https://itunes.apple.com/us/app/myfood-nutrition-facts/id396836856?mt=8>

This app is free

For consumers

Fitness Builder

Whether you're starting an exercise routine for the first time, or just want some workout inspiration, Fitness Builder can help. This app lets you choose from an impressive library of more than 5,600 exercise images and videos, or, you can even ask a personal trainer for helpful advice.

Price: free on iPhone and Android. [Download here.](#)

For consumers

STROKE

iPad Apps for Stroke Patients

After an acute stroke it is sometimes hard to rehabilitate, but you can use technology to help you overcome some of your disabilities. Many iPad apps are out there that are games to waste time with, but some of them can help stroke victims in particular. If you have an iPad, it may just be in your best interest to download some of these apps to see if they can help you in your everyday life after a stroke. Some are informational, some are rehabilitative, and some are can make a strong impact in your ability to communicate with others.

Verbally

This iPad app actually gives you a screen of words to choose from, and then speaks whatever you select. If you are suffering from aphasia after an acute stroke, you likely have trouble saying what you want. With this handy app, the ability to communicate is just a few taps away. Instead of struggling to make yourself understood, you can easily enter your ideas into the computer, and it will speak your thoughts in a male or female voice. It's an expensive app at just under \$100,

but it is worth it if you can speak clearly. You can get the free version, but it does not have the same features as the full version.

MyTalkTools

In keeping with the communication idea, MyTalkTools is for the stroke victim who suffers from aphasia and is not able to recognize words. This app displays a picture of the words, and you simply tap the picture to speak the idea. The screen includes a large green checkmark for yes and a large red x for no. It also has categories for items such as food, drink, and greetings. If the stroke victim's aphasia does not allow them to say or recognize words, they may be able to communicate through the pictures in this app.

MyVoice Communication Aid

The MyVoice Communication Aid app is expensive at \$189, but it is the most fully functioning communications app on the iTunes store. In addition to providing type in capabilities and pictographs for items, it will also scan the location you are at and suggest words and phrases that are appropriate to the situation. For instance, if you are standing in front of a theater, it will display the theater's name and suggest appropriate sentences. For those who cannot communicate but are mobile, this app would be a big help.

ComprehensionTherAppy

ComprehensionTherAppy is a fun game for anyone who has had a stroke. The app presents users with pictures of an item. It clearly announces an item, and the stroke victim has to select the correct picture for it. Alternatively, it will present you with a word, and you select the picture it indicates. It has large, clear pictures and keeps a running total of the number of right and wrong answers. It will even produce a report to give to your therapist to demonstrate your progress with the tool. This app will definitely help you with improving your communication and language skills after an acute stroke.

My Heart&Stroke Health

This app is a great tool for anyone who has had an acute stroke or is concerned about their stroke risk. You can input your recent blood pressure readings and keep track of them with this handy app. It also has an area where you can enter all the medications you are on. This is very helpful when visiting the doctor or upon admission into the hospital. You can keep the drug names, doses and frequencies at your fingertips. It also gives you a place to record doctor's appointments and has a list of low sodium foods to keep your blood pressure under control.

Neurology Book

If you are interested in the medical side of your condition, this is a book that is aimed at the layman. It has quite a bit of information about the nerve system of the body, but it has a stroke section to explain the ins and outs of your current condition. Sometimes medical education can be a bit overwhelming, but this book app takes the time to explain things in easy to understand language. It can help you understand the pathological side of your condition and help you understand your doctor a bit better.

Link: <http://www.neuroaid.com/en/blog/other-information/ipad-apps-for-stroke-patients/>

Stroke

Stroke is a medical emergency that happens when a blood clot blocks an artery, or a blood vessel ruptures in the brain. When blood flow is interrupted, brain cells begin to die and the resulting damage can lead to paralysis or loss of ability to speak. This animation discusses the types of stroke, risk factors, symptoms, diagnosis, medications, surgery and endovascular treatment. Recovery, rehabilitation and self-care are also explained.

With this application from the worldwide leader in medical animation, you can better understand disease conditions through a virtual tour of the human system in these extremely accurate and incredible animation videos.

- Visual media is particularly well-suited to the science of medicine
- Medicine is simplified with the use of visual media and innovative health animations
- Medical and health information have never been so easily understandable or more accessible
- Take a virtual tour of the human body through extremely accurate and high quality animations
- Effortlessly understand chronic illness and diseases, therapies, procedures or techniques.
- Perceive and understand the cellular world, metabolism, and body functions through incredible animated videos accompanied by audio.
- Created with the expertise and support of internationally reputed opinion leaders
- Easily explain medical conditions to students, colleagues, patients, and family members with the aid of this visual media

App Features:

- Medical animation explaining Stroke (Running time: 8:11 minutes)
- Summary of topic highlights
- Transcript - with links to medical terms for more information
- Notes pages for each of the main sections covered in the video

Editor: William Whitely, BM, BCh, MRCP, is Specialist Registrar in Medical Neurology Division of Clinical Neurosciences in the University of Edinburgh at Western General Hospital.

Focus Medica Clients:

Boehringer International, Roche, MSD, Norgine, Novartis, Nycomed, Sanofi Pasteur, Otsuka, Dr. Reddy's, Ranbaxy, Sun Pharmaceutical Industries, Ltd., Wyeth, Janssen-Cilag Pharmaceuticals, Allergan, Schering-Plough, Banyu, Cipla, Glenmark, Zydus, Sanofi-Aventis, GlaxoSmithKline, Pfizer, Bayer, Astra-Zeneca, Piramal Healthcare, Wockhardt, Unichem Laboratories Ltd., Lilly, Torrent.

DISCLAIMER: The information provided through these applications are only intended to be informative and should not be construed as a substitute for medical advice.

Link:

Android: <https://play.google.com/store/apps/details?id=com.focusmedica.stroke&hl=en>

This app is \$9.99

For healthcare providers and consumers

Stroke

By Doctot

Doctot Stroke is a suite of the most widely used clinician-administered assessment scales related to Stroke patients. Doctot Stroke affords the medical practitioner a highly efficient and easy-to-use tool to measure important functions of Stroke patients.

The interactive scales available in Doctot Stroke are:

- National Institute of Health's Stroke Scale (NIHSS)
- CHADS2 Score for Atrial Fibrillation Stroke Risk (CHADS2)
- Barthel ADL Rating Scale (Barthel)
- Modified Rankin Scale (mRS)
- Orpington Prognostic Score (OPS)
- Oxfordshire Community Stroke Project - Bamford Scale (OCSP)

Each assessment scale is presented in wizard format so the user can easily navigate through the interview components to record patient status.

The tool automatically generates the scale total and categorizes this score - based on the user input. Each scale has an "Information" section to provide the user with background details. A "Help" section is included to aid in the use of the tool.

Functionality is also included for:

- PIN Protection for security purposes
- Patient Results Management (save, delete & sort options)
- Automatic Email Generation of each patient assessment result
- Shake-to-Reset Scale functionality
- Stopwatch functionality where it is required to time patient activities

Link:

iPhone: <https://itunes.apple.com/us/app/stroke/id364759988?mt=8>

This app is \$1.99

For healthcare providers and consumers

MENTAL HEALTH

Mental Illness

By Michael Quach

Description

★★★★★ FREE for a Limited Time! ★★★★★

Best App on Mental Illness!

Topics include:

- Anxiety
- ADHD
- Autism

- Depression
- Bipolar Disorder
- Eating Disorder
- Memory
- Learning Disorder
- OCD
- PTSD
- Schizophrenia
- Stress
- Panic Disorder
- Personality Disorders
- Postpartum Depression
- Dementia
- And many more...

Everyone feels worried, anxious, sad or stressed sometimes. But with a mental illness, these feelings do not go away and can be severe enough to interfere with your daily life. It can make it hard to meet and keep friends, hold a job or enjoy your life.

Mental illnesses are common – they affect about one in five families in the U.S. It is not your fault if you have one. These disorders – depression, phobias, bipolar disorder, schizophrenia and many others - are real diseases that you cannot will or wish away. Fortunately, they are often treatable. Medicines and therapy can improve the life of most people with mental illnesses.

This useful app discusses the most important topics in mental health and is ideal for all medical professionals, medical residents and interns, nurses, medical students, and of course curious lay people who just want to learn more about mental illnesses.

Legal disclaimer: The content on this application is presented for informational purposes only. Never disregard professional medical advice from your physician or health care provider or delay in seeking it because of something you have read on this application. This application offers health information for general educational and informational purposes only. It is not the intention of this application to provide specific medical recommendation or professional advice. You should always consult with your physician or health care provider before trying any homeopathic remedies, new treatment, diet or fitness program. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified health care provider. You should never disregard professional medical advice or delay in seeking it because of something you have read on this application. This application provides the information content on an 'as is' and 'as available' basis. No warranty is expressed or implied that this application is a comprehensive source of information on any topic of health or otherwise. In no event shall the creator of this application be liable in any manner for any direct, incidental, consequential, indirect or punitive damages arising out of your access, use or inability to use this application, or any errors or omissions in the information on this application. The creator of this application reserves the right at any time and from time to time to add, change, modify, update, or discontinue, temporarily or permanently, this application (or any part thereof) with or without notice. The creator of this application shall not be liable to you or to any third party for any addition, modification, suspension or discontinuance of this application.

Link:

iPhone: <https://itunes.apple.com/us/app/mental-illness/id332173994?mt=8>

This app is free for a limited time

For healthcare providers and consumers

Better Brain

Your brain is a muscle, so daily exercise is needed to help keep it strong and fit. This app features both audio and visual tasks to help boost your memory levels.

Price: \$2.99 on iPhone and iPad. [Download here.](#)

For consumers

Stress Check

Join over 800,000 Stress Check users around the world to UNDERSTAND and LOWER your stress now!!

Stress Check is a stress test developed by clinical psychologists with expertise in Stress Management. This research-based assessment tool provides users with an overall stress score that illuminates their current level of stress. After receiving their overall score, users can deepen their insight by examining the specific areas their stress affects them (interpersonal, physiological, situational, control). All results are paired with useful descriptions and actionable recommendations. With this deeper level of insight, users can more effectively target and reduce high stress areas.

With this latest version of Stress Check, users can now save their scores and track the development of their stress over time. This is an excellent way to monitor progress on a stress reduction initiative, or to simply achieve a baseline of your stress over a period of time.

For a small fee, Stress Check also offers optional stress management tools including Office Yoga videos and mindfulness meditation exercises. Office Yoga videos are designed to relieve work stress and restore energy through special techniques that can be done in a small office space. Mindfulness meditation exercises are designed for deep relaxation and maintaining optimism in the workplace.

Link:

iPhone: <https://itunes.apple.com/us/app/stress-check/id3330049595?mt=8>

Android: <http://www.appbrain.com/app/stress-check/com.officeharmony.stresstest#descriptionsection>

This app is free

For consumers

Drug Addiction

By Michael Quach

Description

★★★★★ FREE for a Limited Time! ★★★★★

Best App on Drug Addiction!

Topics include:

- Alcohol
- Marijuana

- Cocaine
- Club Drugs
- Methamphetamine
- Tobacco
- And many more...

Drug abuse is a serious problem that affects almost every community and family in some way. Each year drug abuse results in around 40 million serious illnesses or injuries among people in the United States.

Drug abuse also plays a role in many major social problems, such as drugged driving, violence, stress and child abuse. Drug abuse can lead to homelessness, crime and missed work or problems with keeping a job. It harms unborn babies and destroys families.

This useful app discusses the most important topics in drug abuse and addiction and is ideal for all medical professionals, medical residents and interns, nurses, medical students, and of course curious lay people who just want to learn more about drug abuse and addiction.

Legal disclaimer: The content on this application is presented for informational purposes only. Never disregard professional medical advice from your physician or health care provider or delay in seeking it because of something you have read on this application. This application offers health information for general educational and informational purposes only. It is not the intention of this application to provide specific medical recommendation or professional advice. You should always consult with your physician or health care provider before trying any homeopathic remedies, new treatment, diet or fitness program. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified health care provider. You should never disregard professional medical advice or delay in seeking it because of something you have read on this application. This application provides the information content on an 'as is' and 'as available' basis. No warranty is expressed or implied that this application is a comprehensive source of information on any topic of health or otherwise. In no event shall the creator of this application be liable in any manner for any direct, incidental, consequential, indirect or punitive damages arising out of your access, use or inability to use this application, or any errors or omissions in the information on this application. The creator of this application reserves the right at any time and from time to time to add, change, modify, update, or discontinue, temporarily or permanently, this application (or any part thereof) with or without notice. The creator of this application shall not be liable to you or to any third party for any addition, modification, suspension or discontinuance of this application.

Link:

iPhone: <https://itunes.apple.com/us/app/drug-addiction/id332357360?mt=8>

For healthcare providers and consumers

depressioncheck

By M-3 Information, LLC

Description

The M3 is a state-of-the-art, research validated screen that in 3 minutes assesses your risk of depression, bipolar and anxiety disorders (including PTSD). After completing the short checklist you receive a personalized confidential report sharing how much burden these symptoms may be causing you. Please reach out to a professional should you feel a need for help.

Link:

iPhone: <https://itunes.apple.com/us/app/depressioncheck/id398170644?mt=8>

This app is free

For consumers

Positive Thinking

Positive thinking and positive attitudes!

Healthline.com picked the Positive Thinking application as one of the "10 iPhone & Android Apps for Depression Patients 2012" and "Top 12 Apps for Eating Disorder Patients 2012".

<http://www.healthline.com/health-slideshow/top-depression-iphone-android-apps#3>

<http://www.healthline.com/health-slideshow/top-eating-disorder-iphone-android-apps#6>

Key Features:

- Beautiful – Easy to use and beautiful user interface.
- Personal – Add your own quotes.
- Widget – Excellent customizable widget.
- Themes – Select between an number of beautiful themes.
- Share - Upload and share your quotes instantly.
- Search – Full text search.

Link:

Android: <http://www.appbrain.com/app/positive-thinking/quotes.positivethinking>

This app is free

For consumers

Alcohol aware

This app keeps a daily track of the amount of alcoholic drinks you're imbibing, as well as the effects those glasses of wine will have on your waistline. Obviously, if you can't focus on your screen to input the info, then you've had enough.

Price: \$1.99 on iPhone and iPad. [Download here](#)

For consumers