

Health and Wellness Phone Applications:

These phone apps can be downloaded on your smart phone from Google Play (Android) or the Apple app store. These apps are geared to help improve your health and well-being!

Name	Description	Apple	Android	Price
A Friend Asks	Provides warning signs of suicidal ideation and tips for getting help for a friend (or yourself) who may be struggling with thoughts of suicide.	Yes	Yes	Free
Calm	Guided meditation, sleep stories, breathing & stretching exercises, and relaxing music.	Yes	Yes	Free with optional in app purchases
FitOn	Provides home workout classes with celebrity trainers in strength, HIIT, yoga, Pilates, dance and more.	Yes	Yes	Free with optional in app purchases
GoodRx	Provides coupons for medications.	Yes	Yes	Free
Insight Timer	Guided meditations, music tracks and talks from the world's mindfulness experts.	Yes	Yes	Free with optional in app purchases
My Fitness Pal	Log the food you eat daily. Barcode scanner for food nutritional information. Healthy recipes. Tracks all your nutrients for the day.	Yes	Yes	Free with optional in app purchases
My 3	Helps you create a network and an action plan to stay safe in times of crisis or when feeling suicidal.	Yes	Yes	Free
Nike Run Club	Run tracker with GPS tracking, audio guided runs, personalized running plans and goals.	Yes	Yes	Free
Rain Rain Sleep Sounds	Rain and nature sounds to help you relax and fall asleep.	Yes	Yes	Free with optional in app purchases
Self-help for Anxiety Management	Helps manage anxiety by helping you be aware of triggers and understanding anxious thoughts.	Yes	Yes	Free
Smiling Mind	Mindfulness, meditation and sleep guided sessions.	Yes	Yes	Free
Stop, Breathe & Think	Provides short "check-ins" and 1-5 min activities that can help keep you calm.	Yes	Yes	Free with optional in app purchases