



# Healthy Living Apps for adults of all ages



Healthy living apps are tools that can help us make informed decisions about our health and help us change our behaviour and achieve a healthier lifestyle. Using these apps you will be able to transform your mobile device into a health guru that you can take with you anywhere

## **APPS:-**

### **Activity Apps**

- Couch to 5K
- Strava
- Map my Walk by Under Armour
- Fitbit
- Home Workout- no equipment
- Relive
- Meetmobile
- Samsung Health

### **Dietary Apps**

- My Fitness Pal
- Fodmap
- Australian Calorie Counter – Easy Diet Diary
- DietBet
- Total Wellbeing Diet
- Drink Water Aquarian
- DrinkCoach+

### **Sleeping Apps**

- Sleep Cycle alarm
- Sleep Bug
- Elite HRV

### **Medication Management**

- Pill Reminder
- MyMedSchedule
- MyMeds

### **Brain Games Apps**

- Lumosity
- Peak
- Elevate
- Fit Brains Trainer
- Brain HQ
- Brain Yoga
- Duolingo

### **Wellbeing Apps**

- Unwinding Anxiety
- Headspace
- Headgear
- Calm
- Smiling Mind
- Daily Yoga

### **Insurance Claims**

- Medicare
- Health Insurance – ie. myBupa

### **Government Apps**

- My Health Record
- My Gov



### Think critically

1. Can you easily set goals?
2. Can you easily track yourself?
3. Does it reward you when you make progress toward your goals?
4. Does it send notifications to help you stick to your goals?
5. Can you share your progress with others to stay motivated?

### Selecting Apps

1. Download safe apps, check publisher, reviews and ratings
2. Try the free version before you buy
3. Buy the app if you want to reduce ads in the free version
4. Many apps require a subscription so consider the cost over the year if you need to subscribe
5. Download over your home WiFi if possible

### Settings

1. Do not create an account or sign in using your Facebook account, use an email address
2. Set a strong password
3. Be careful about entering personal information
4. Turn on location services only if it is going to help the app provide you with information you need
5. Some apps provide the ability to start tracking you a set distance away from your home
6. Check notifications, do you want them on
7. Only accept followers or friends that you know

### Look for warning signs

1. It's expensive and you do not know why
2. You are not sure if you can trust the company
3. It does not suit your needs
4. There are extra set up costs
5. There is a lot of assumed knowledge
6. It is complicated to use

### Medical Emergency Apps

1. Set up ICE contacts
2. Health app (iPhone)
3. Locked Screen Message (most smartphones)
4. Set an ICE contact details as your locked Screen Photo (all photos)



## Keep learning

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## Book a 1-on-1 appointment

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