

THERE'S AN APP FOR THAT

Smartphone and Tablet Apps* to Help YOU Keep Track of Your Health

GENERAL KIDNEY HEALTH



H2Overload: Fluid Control for Heart-Kidney Health - Tracks daily fluid intake, weight, and blood pressure and notifies if any measurement is out of range and when to notify a healthcare provider **(AP)**



Care After Kidney Transplant (AlloCare Transplant) - Assists with self-management after kidney transplant, communication with healthcare providers, and information related to medications, minimalizing complications, and information on community resources **(AP/AN)**



Gout Central - Provides tools to control gout and protect your kidneys **(AP/AN)**



VA Launchpad for Veterans - Helps veterans manage care, track progress, connect with physicians, and improve mental health **(AP/AN)**

NUTRITION



MyFitnessPal - Assists with tracking food intake to help manage carb, protein, and fat intake **(AP/AN)**



Fooducate - Tracks proteins/fats/carbs and teaches how to read food labels; includes recipes **(AP/AN)**

MEDICATION



Pill Reminder: All in One - Keeps a complete list of your medications, set reminders, and alerts when it is time for a refill **(AP)**



Medisafe Medication Management - Keeps a complete list of medications, sets reminders, tracks blood sugar, weight, blood pressure, and alerts when it is time for a refill **(AP/AN)**

THERAPY



BetterHelp (\$\$) - Help from licensed therapists trained in a variety of areas including depression, couples counseling, family troubles, and anxiety **(AP/AN)**



Talkspace (\$\$) - Connects you with a licensed therapist right from your phone **(AP/AN)**

MINDFULNESS



Calm (\$\$) - Help with meditation and sleep; includes breathing exercises, sleep stories, relaxing music, and stretching exercises; helps lower anxiety and stress **(AP/AN)**



Exhale - Designed for Black, Indigenous, Women of Color (BIWOC) to assist with emotional well-being, includes meditation techniques, breathing exercises, coaching, and affirmations **(AP/AN)**



MyLife - Meditation and mindfulness exercises to help wind down and relieve stress; includes a series to tackle financial stress **(AP/AN)**



Smiling Mind - Meditation to create a sense of calm, improve concentration, and reduce worry and anxiety **(AP/AN)**

AP: Available on Apple platforms | AN: Available on Android platforms

\$\$: App has associated costs. Check with your insurance provider. Some sessions may be covered under certain plans.

* This list is provided for informational purposes only and does not imply endorsement by Quality Insights.