### General Kidney Health

- **H2OOverload: 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)
- **Gout Central** - Provides tools to control gout and protect your kidneys (AP/AN)
- **Care After Kidney Transplant (AlloCare Transplant)** - Assists with self-management after kidney transplant, communication with healthcare providers, and information related to medications, minimizing complications, and information on community resources (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)

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