



Trustworthy apps to manage your health and wellbeing



Across the world, there are now over 318,000 apps solely dedicated to helping improve your health and wellbeing. Choosing which apps to use can be a big challenge, especially if you've only just started using them and aren't sure which ones contain reliable information.

This is a list of tried and tested apps for you to download to your smartphone or tablet. Each one has a different health or wellbeing focus, so you might want to download a couple of them and see what they have to offer. There is an app for pretty much everything, so no matter what aspect of your health or wellbeing you'd like to improve, there'll be something on the App Store or Google Play to help you on your journey.

Tip: if you're not sure how to download an app, ask your Digital Health Mentor to show you how to download them and how to make sure they're free.

Tip: when you're looking for a new app to download, always check the reviews to see what other people have said about the app first.

While the internet can be useful for researching health and wellbeing, it's important to remember that apps and websites should not be used to diagnose yourself or others if you are sick. Always seek the advice of a medical professional if you are unwell. There are a few different ways you can do this:

1. Visit your GP or healthcare professional.
2. Call the HealthDirect Helpline on 1800 022 222 for 24-hour non-emergency advice from a registered nurse.
3. Call 000 in an emergency situation.



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Calm

Calm is an app designed to aid sleep, mindfulness and meditation. It features sleep stories designed to send you to sleep, along with guided breathing programs and stretching exercises.

MyFitnessPal

MyFitnessPal helps you track your weight, nutrition and exercise all in one place. You can set goals for yourself in terms of weight loss, getting fitter or even drinking more water to help increase your overall health.

Apple Health

The Health app makes it easy to learn about your health and start reaching your goals. It consolidates health data from iPhone, Apple Watch and third-party apps you already use, so you can view all your progress in one convenient place.

Day One

Day One is a journaling app that enables to you log your thoughts, feelings and photos all in one place. You can protect the app with a passcode to keep your journals private.

Couch to 5k

Couch to 5k is designed to help encourage people to get active through a combination of running and walking. At the end of the 8 week program, users should be able to run 5k without stopping.

Smoke Free

Smoke Free encourages smokers to stop through showing them how much many they've saved and how long they've been smoke free, Rewards are given in the form of badges to those who abstain from smoking.