



Sometimes we need a little help keeping ourselves organized, and with smartphones, it's easier now than ever. Here are the top 10 apps that can help you stay motivated and focused on your physical, mental and spiritual health goals.

Our Top 10 Favorite Health & Wellness Apps (iOS and Android)



Meditation Studio

This easy to use app is well-designed for beginner or advanced meditators looking to achieve their zen goals.



Headspace

This app is for beginners or advanced meditators as well. However, this app starts you with a free Take10 program, giving you 10 minutes a day and introducing you to mindfulness exercises that last a few minutes up to a whole hour.



Edo

Take the guesswork out of whether or not a food is good for you with this label analyzing app. Scan a food label and the app rates the item 0-10. Foods with a 10 rating are

the healthiest, while foods with a zero rating have little to no nutritional value. The app can also help you discover if a food is gluten- or lactose-free.



Pill Reminder

Keep a list of all your medications, assign reminders for refills and set alarms for your regimen with this app.



GoodRx

Find the lowest prices on your prescriptions in your area.



ICE Medical Standard

Organize your personal medical information for first responders and physicians such as your emergency contact, medications, allergies and blood type. This information is very useful to quickly facilitate treatment during emergency situations.



Elevate Brain Training

Improve focus, speaking abilities, memory skills and much more with this handy app. Customize what you want to improve, and then schedule some time at least three times a week to train your brain.



My Fitness Pal

Use this app to track your nutrition and fitness to achieve your goals, whether you're looking to lose weight or just keep yourself accountable. It's no wonder this has been the top health and fitness app for the past four years.



Daily Water Balance Tracker

Keep track your daily water intake with this easy-to-use app. Poor fluid intake can cause headaches, muscle cramps, constipation and more serious conditions depending on the severity of dehydration.



Flo Period & Ovulation Tracker

This app tracks and predicts your menstrual cycles, ovulation and much more. It will send reminders of when your next period is due, which is helpful for those trying to conceive or just trying to plan a weekend getaway.

Use technology to help you stay on track!

If you have been diagnosed with diabetes, high blood pressure, high cholesterol, asthma, COPD or a high-risk pregnancy, please call 702-794-0272 ext. 2774 to enroll in one of our special health programs for a \$0 copayment to see your specialist and other added benefits at no cost to you!