

# Health and Wellness Apps for Transition-Age Youth

(Apps within each category are in alphabetical order.)

These criteria were considered when selecting apps to include on this list:

- Intuitive to learn and easy to navigate
- Visually engaging with interactive features
- Accessibility features –
  - Information presented in various formats to support different user needs (such as visual, text, audio, and video)
  - Text accessible by screen reader
- Cost – Free or free level to trial app before needing to purchase

## Health

- **CareZone**, iOS & Android, Free
  - Manage prescriptions, get medication reminders, and save personal health information
  - Use trackers to record wide range of health data, such as mood, pain, headache, etc.
  - <https://carezone.com/home>
- **Healthspek – Personal Health Record**, iOS only, Free
  - Track your health conditions, medications, labs, and allergies
  - Dashboard with customizable “speks” - health topics with tips and articles
  - Can email code to doctor to share health data on ChartNow.com
  - <https://www.healthspek.com/>
- **Mango Health**, iOS & Android, Free
  - User-friendly streamlined app with medication reminders and record of pills taken
  - Daily check-ins to track mood and selected healthy habits
  - Engaging visual format with bold icons - requires only basic reading
  - <https://www.mangohealth.com/>
- **Sleep Time: Cycle Alarm Timer**, iOS & Android, Free or Premium (\$9.99/mo. or \$29.99/yr.)
  - Fall asleep to soothing sounds, and use alarm clock that performs sleep analysis
  - Set 30-minute wake-up window and app wakes you at best time in your sleep cycle
  - <https://www.azumio.com/s/sleeptime/index.html>

## Fitness & Nutrition

- **Daily Workouts Fitness Trainer**, iOS & Android, Free
  - Easy-to-follow videos for 5-10 minute workouts for target areas or cardio
  - Follow voice command with timed videos, with optional text tips below the video
  - <http://dailyworkoutapps.com/>

- **EatRight – Food Diary/Journal – Simple Daily Nutrition and Fitness Checklist**, iOS only, \$1.99
  - Easy-to-use food journal that records portions, not calories
  - Slide color bars to track vegetables, fruits, grains, protein, water, and exercise
  - <http://slidetorock.com/apps/EatRight-food-diary-fitness-app.html>
- **MyFitnessPal**, iOS & Android, Free or Premium (\$9.99/mo. or \$49.99/yr.)
  - Record food you eat, track calories and nutrients, log exercise, and set weight loss goals
  - <https://www.myfitnesspal.com/>
- **Start Simple with MyPlate** (USDA), iOS & Android, Free
  - Easy-to-use app to pick daily food goals, see progress, get support, and earn badges
  - <https://www.choosemyplate.gov/startsimpleapp>
- **Yoga for Beginners | Mind+Body**, iOS & Android, Free
  - Yoga videos from a variety of sources sorted into beginner, intermediate, and advanced
  - Includes audio instructions with steps outlined in text below video
  - <https://apps.apple.com/us/app/yoga-for-beginners-mind-body/id1382141225>
  - [https://play.google.com/store/apps/details?id=net.workoutinc.yoga.beginners.free.workouts.studio&hl=en\\_US](https://play.google.com/store/apps/details?id=net.workoutinc.yoga.beginners.free.workouts.studio&hl=en_US)

## Relaxation & Meditation

- **Breathing Zone: Guided Breathing for Mindfulness**, iOS & Android, \$3.99
  - Walks you through breathing exercises with calming colors and music
  - Visual app that does not require reading
  - <http://www.breathing.zone/>
- **Headspace: Meditation & Sleep**, iOS & Android, Free or Premium (\$12.99/mo. or \$94.99/yr.)
  - Teaches mindfulness meditation for beginners through audio recordings
  - Free version offers 10 ten-minute exercises to help learn the practice of meditation
  - Mostly audio with very limited reading required
  - <https://www.headspace.com/>
- **Mindfulness Coach** (US Dept of Veteran Affairs), iOS & Android, Free
  - Self-guided audio program to practice mindfulness exercises and manage anxiety
  - All audio meditation exercises include text captioning
  - Mindfulness lessons are text-based and require reading, but work with screen reader
  - <https://mobile.va.gov/app/mindfulness-coach>
- **Oak – Meditation & Breathing**, iOS only, Free, (Mantra Meditation course - \$5.99)
  - Audio tracks to help you learn to meditate, practice slow breathing, or go to sleep
  - Features customizable time and sounds, with very limited reading required
  - <https://apps.apple.com/us/app/oak-meditation-breathing/id1210209691>

- **Smiling Mind**, iOS & Android, Free
  - Mindfulness app from Australia with wide range of resources sorted into age groups
  - Primarily guided audio meditations, but some reading is required
  - <https://www.smilingmind.com.au/smiling-mind-app>
- **Stop, Breathe & Think**, iOS & Android, Free or Premium (\$9.99/mo. or \$58.99/yr.)
  - Straightforward and easy-to-use app with guided audio meditations
  - Starts with a physical and mood check-in, then recommends mindfulness sessions
  - Very little reading is required
  - <https://www.stopbreathethink.com/>
- **White Noise**, iOS & Android, Free or Full/Pro versions (\$.99-2.99)
  - Offers range of nature sounds and white noise with image to help you relax or sleep
  - Customizable features include mixes, favorites, sleep clock, and fade-in alarm
  - Reading is not required
  - <http://www.tmssoft.com/white-noise/>

## Mood Tracking & Emotional Support

- **BoosterBuddy**, iOS & Android, Free
  - Canadian app designed for teens and young adults to improve their mental health
  - Includes mature behavior categories that should be monitored by a parent/guardian (such as alcohol and drug use, self harm, and depression)
  - Library of coping methods organized by challenge area with tips and activities
  - Has some animation, but content is mostly text-based (not accessible by screen reader)
  - <https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app>
- **Centered** (Blue Cross Blue Shield), iOS only on iPhone & Apple Watch (Not iPad); Free
  - Record your mood and listen to a variety of audio mindfulness exercises
  - Syncs with the health stats from your iPhone, such as number of steps taken
  - <https://apps.apple.com/us/app/centered/id901402639>
- **Daylio Journal**, iOS & Android, Free or Premium (\$2.99/mo. or \$23.99/yr.)
  - Easy-to-use journal for tracking mood and activities with graphics – no writing required
  - Can track activities in these categories: social, hobbies, sleep, and health
  - Primarily a visual diary with only basic reading required
  - <https://daylio.webflow.io/>
- **MindShift CBT – Anxiety Canada**, iOS & Android, Free
  - Helps you learn to relax, develop helpful ways of thinking, and take charge of anxiety
  - Mostly reading-based, but text works with screen reader; has some audio exercises
  - Can create your own list of strategies and coping tools
  - <https://www.anxietybc.com/resources/mindshift-app>

- **Sanvello for Stress & Anxiety**, iOS & Android, Free or Premium (\$8.99/mo. or \$53.99/yr.)
  - Strategies and resources to cope with stress, anxiety, and depression
  - Track your mood and health, listen to audio exercises, and make journal entries
  - Some reading is required
  - <https://www.sanvello.com/>

## Creating Healthy Habits

- **Done: A Simple Habit Tracker**, iOS & Android, Free or Premium (\$8.99)
  - Easy to use for tracking your progress on any goal or habit
  - Free version allows up to 3 goals; premium version gives unlimited number of goals
  - <http://thedoneapp.com/>
- **Habitica: Gamified Taskmanager**, iOS & Android, Free
  - Habit building task manager in a game format with avatars, rewards, and quests
  - <https://habitica.com/static/front>
- **Remente – Self Improvement**, iOS & Android, Free or Premium (\$4.99/mo. or \$34.99/yr.)
  - Goal setting app with 8 different categories of personal wellness
  - Courses in steps with reading and activities; lesson text works with screen reader
  - <https://remente.com>
- **Simple Habit Tracker (HighDream)**, iOS only, Free
  - Colorful, fun format that can help you learn to choose and create new habits
  - <https://itunes.apple.com/us/app/selfcare-habits/id1132999120?mt=8>
- **Way of Life – Habit Tracker**, iOS & Android, Free or Premium (\$4.99)
  - Track and improve daily habits with a visual green and red color system
  - Add journal notes for your habits, such as exercising; free version limits you to 3 habits
  - <http://wayoflifeapp.com/>