



Healthcare Apps

Medical Records

My Chart*
Health Timeline Medical Record
Insurance/Hospital Records App*

Clinical

Cardiac Device App*
MyChart/Hospital App*
Pediatric Cardiology
Care Clinic Tracker and Reminder
My Heart App (specific to cardiac symptoms)

Meditation/Sleep

Insight Timer
Headspace
Calm
Sleep Cycle / Sleep Tracker

Fitness/Exercise

Map My Walk / Map My Run
Runkeeper
Sworkit
Yoga | Down Dog

Diet/Nutrition

My Fitness Pal
Lifesum
Nutritionist

Medication

Medisafe- Pill Reminder &
Medication Tracker
CareZone
Good Rx

Women's Health

Period Tracker
Know Your Lemons
Flo My Health

Brain Health/Training

Lumosity
Elevate
Peak

*** These Apps will be specific to your center, insurance, or cardiac device.
Search your app store for their name.**

