



# App Happy

Mobile applications & websites that can help you succeed and achieve your goals

## Fitness/Exercise



**Nike Training Club** ([iPhone](#), [Android](#) – Free)  
Set your goals and this app will find tailored exercises, with video instructions, just for you. You are then given point-based incentives so exercising is more like a game with rewards.



**Gain Fitness Cross Trainer** ([iPhone](#) – Free)  
By sharing your fitness goals and workout preferences, this app will suggest exercises to help you succeed. You can save these workouts for different muscle groups, or chose from prebuilt workouts such as Torso Rush or Full Bod Livelong.



**My Fitness Pal** ([web](#), [all platforms](#) – Free)  
Like the help from a large community of people eager to help you? Myfitnesspal is a free resource where you can track and find support for diet, meals and exercise routines. Share your struggles and challenges with the community and receive support from the other members and the website's massive database.



**Workout Trainer** ([iPhone](#), [Android](#) – Free)  
This app provides you thousands of free workouts and premium Workout programs. Focus on specific areas like 6 pack abs, or use it to improve your running, yoga or lose weight in general. Workout trainer gives you step by step audio instructions and photo demonstrations and example videos.



**Fitness Buddy** ([iPhone](#), [Android](#) – Free)  
Provides instructions for more than 1,700 exercises. Plans and tracks your workouts, weight and body metrics and blood pressure. Also recommends exercises for you, or you can browse by muscle group.

## Weight Loss



**Lose It!** ([iPhone](#), [Android](#) – Free)  
Track your food and exercise with this easy to use, good looking app. The large database makes finding foods easy and your information is charted for your convenience.



**Weight Watchers Mobile** ([all platforms](#) – Free)  
Keep track of your points right from your mobile device. Also available is a barcode scanner for easy grocery shopping and a kitchen companion for the iPad.  
(Requires Weight Watchers membership)

## Nutrition



**Go Meals** ([iPhone](#), [Android](#) – Free)  
If you have a health condition like diabetes, information about what you eat can be important. This app was developed to help you make healthy lifestyle choices at home or on the go. Tools included: food tracker, activity tracker and glucose tracker.



**Fooducate** ([iPhone](#), [Android](#) – Free)  
A great companion at the grocery store. This app provides nutritional information on many packaged foods – just scan the barcode. You can even compare items.



**Livestrong.com My Plate** ([iPhone](#), [Android](#), [web](#) – Free)  
This Calorie Tracker can help you reach your diet, weight loss and fitness goals by tracking your daily calories and exercise. Lose weight easily by setting your weight goals and track your calories and progress with the comprehensive online food journal.



**Choosemyplate.gov** ([web](#) – Free)  
A wealth of information and resources. This government resource, provided by the USDA, has the information you are looking for. Be sure to check out the SuperTracker link to help you plan, analyze and track your diet and physical activity.



**Sparkpeople** ([web](#) – Free, [iPhone](#), [Android](#) \$3.99)  
The site hosts calorie counters and whole meal plans you can customize, fitness programs you can tweak to make your own, and a built-in system that rewards you for sticking to your goals. Sparkpeople provides a has a network of resources and community to help you reach your goals.

## Cooking/Recipes



**All Recipes Dinner Spinner** ([web](#), [iPhone](#), [Android](#) – Free)  
No need to search for recipes: this app lets you enter the foods you have or that you want to eat and then lists recipes to fit those preferences.



**Big Oven** ([all platforms](#) – Free)  
Keep thousand of recipes and archive your own into your phone – pictures, grocery lists and all. You can also find recipes based on ingredients you already have.

## Behavioral Change



**NCI QuitPal** ([iPhone](#) – Free)  
A free smartphone app to support smokers working to become smoke-free. This interactive app is developed using proven quit strategies and tools to help change behavior and assist you with giving up smoking.



**Quit Guide** ([iPhone](#), [Android](#), [Kindle](#) – Free)  
A free application developed by tobacco control professionals and cessation counselors, with the help of ex-smokers and experts, this app is designed to help you prepare to quit smoking and support you in the days and weeks after you quit.

\*Consult a registered dietitian or physician for more information if you plan to dramatically alter your diet or lifestyle.

## Medical Reference



**PEHP Provider Lookup** ([Mobile Website](#), – Free)  
Find a provider in your area using PEHP's provider lookup tool. Search by specialty or name, then narrow the results by location, language spoken or even gender.



**iTriage** ([iPhone](#), [Android](#) – Free)  
Created by two ER medical doctors, iTriage gives you quick access to a huge healthcare & medical database in your pocket. Find medications, diseases, and medical locations and instantly get answers to your health related questions.



**Medscape** ([iPhone](#), [Android](#) – Free)  
Medscape from WebMD (medscape.com) is the leading medical resource most used by physicians, medical students, nurses and other healthcare professionals for clinical information. Reference drug interactions, medical calculators, diseases, conditions and procedures.



**ZocDoc** ([iPhone](#), [Android](#) – Free)  
Find & book doctor/dentist appointments in 3 simple steps:  
1. Enter your zip code & insurance.  
2. See a list of doctors & their available times.  
3. Click to book an appointment!



**WebMD** ([iPhone](#), [Android](#), [Web](#) – Free)  
Research conditions, check your symptoms with our symptom checker, access drug and treatment information, get first aid essentials, and check local health listings on the go, from the most trusted brand in health information.

## Medication



**Epocrates Rx** ([iPhone](#), [Android](#) – Free)  
Worried about mixing medications? This drug reference provides photos of pills and describes how they interact.



**Drugs.com Med Guide** ([iPhone](#), [Android](#) – Free)  
The easiest way to lookup drug information, identify pills, check interactions and set up your own personal medication records.



**Pill Boxie** ([iPhone](#) – \$0.99)  
An easy, visual way to remember your meds. Over 100 combinations of med shapes and colors. Schedule reminders by dropping pills into a pillbox. Reminds you on time, even if your device is asleep.



**Medisafe Virtual Pillbox** ([iPhone](#), [Android](#) – Free)  
MediSafe is a beautiful, visual and easy-to-use medication reminder. It will help you take your medicine safely and on time. If you are a caretaker, this app can also help you monitor others as well.

## Baby/Pregnancy



**WebMD Baby** ([iPhone](#), [Android](#) – Free)  
The new WebMD Baby app has quick access to trusted and physician approved baby health and wellness information anytime, anywhere. Personalized for a baby's specific age, the WebMD Baby app delivers timely physician-approved guidance, helping parents stay informed and one step ahead of their baby's growth and development.



**Baby Bump Pregnancy** ([iPhone](#), [Android](#) – Free)  
BabyBump is a pregnancy tracker and social health network for Expecting families. Combining several features in one convenient application: pregnancy forums, babybump shop, pregnancy countdown, daily & weekly information & images and journal/weight tracking.



**BabyCenter** ([Babycenter Mobile Apps](#) – Free)  
Offering a suite of mobile applications for both iOS and Android Devices BabyCenter has you covered from pregnancy through those first couple years, there is even a BabyCenter Birth Class available for iPad.



**I'm Expecting – Pregnancy App** ([iPhone](#), [Android](#) – Free)  
The #1 pregnancy tracker and calendar for free! Track your symptoms, share with your doctor and compare with other moms; get weekly updates about your body; get weekly updates of your baby's growth.



**Sprout Pregnancy Essentials** ([iPhone](#), [iPad](#), \$3.99)  
A stunning app, complete with lifelike 3D illustrations of your baby's development and a smooth, easy-to-use interface. It will also keep you organized during the next nine months, with an appointment tracker, to-do lists, weight tracker, kick counter, and contraction timer.  
\*\*Also check out the [Sprout - Pregnancy Journal](#) and [Sprout Baby](#). (both free)

## Diabetes



**Glucose Buddy** ([iPhone](#), [Android](#) – Free)  
Glucose Buddy is a data storage utility for people with diabetes. Users can manually enter glucose numbers, carbohydrate consumption, insulin dosages, and activities. Then, you can view all of your data on your free glucosebuddy.com online account.



**Diabetes Plus** ([iPhone](#), [Android](#) – Free)  
Developed by diabetics for diabetics. This app lets you administer your readings on your device and saves time by enabling you to send the data directly to your doctor. Administer your blood glucose, your dosage of insulin, carbohydrates, sport activities, blood pressure, pulse, weight and notes simple and effective.

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