

## Mobile Apps to Live a Healthy and Productive Life

It's time to empower yourself! These free mobile apps can help bridge the gap between clinician visits and help you track moods, and view experiences and thoughts in a more concrete way. Access the following apps from the convenience of your Android or Apple mobile device.

Category	App's Name	App's Description	Available for
<b>Anxiety</b>	Tactical Breather	Gain control of your heart rate, emotions, concentration, and other responses to your body during stressful situations.	Android iPhone
	Breathe2Relax	A portable stress management tool and hands-on breathing exercise to help decrease the body's 'fight-or-flight' response, and help with mood stabilization, anger control, and anxiety management.	Android iPhone
	Anxiety Forum Help and Support	A community for people suffering from phobias, anxiety, and panic attacks. A life with anxiety, fear, or panic attacks can be difficult, but the right information, resources, and support can be incredibly helpful.	Android iPhone
<b>Autism</b>	AutismXpress	A tool to help understanding children's emotions, to educate Autistic children on how to express their feeling and engage them through interactive games, emotion memory, and expression questions.	Android iPhone
	TapToTalk	Give non-verbal children a voice with this innovative app.	Android iPhone
	Autism Tracker Lite	Track what matters to your child and your family. Use the visual calendar and multi-item graphs to view and discuss patterns. Share individual events or entire screens with your team.	iPhone
<b>Depression</b>	DepressionCheck	The M3 is a state-of-the-art, research validated screen that assesses your risk of depression in 3 minutes.	iPhone
	Optimism	Mood charting app that helps you develop strategies for managing depression, bipolar or other mental health conditions.	iPhone
<b>Health and Nutrition</b>	WebMD Pain Coach	Offers a holistic approach to balancing lifestyle with chronic pain conditions to help inspire a better day.	iPhone
	WebMD	Check your symptoms, access drug & treatment information, and get first aid essentials on the go.	Android iPhone
	Accupedo	This popular pedometer app accurately monitors your steps, sets daily goals and allows you to track your progress.	Android iPhone
	Lose It!	Ready to get serious about weight loss? Lose It! can help you make your goal a reality.	Android iPhone
<b>Mood Tracking</b>	T2 Mood Tracker	Self-monitor, track, reference your emotional experience.	Android iPhone
<b>Provider Search</b>	My Provider Locator	Allows Magellan members to search for local providers.	iPhone
<b>PTSD</b>	PTSD Coach	Access information about PTSD, information professional care, a self-assessment for PTSD, opportunities to find support and tools that can help users manage the stresses of daily life with PTSD.	Android iPhone
<b>Sleep</b>	Relax Completely	A fantastic hypnosis session for deep relaxation by one of the UK's leading hypnotherapists and trainers.	Android iPhone

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