



# Technology – Free Australian Health Apps

## National Heart Foundation of Australia: My Heart, My Life



The Heart Foundation is a charity dedicated to fighting the single biggest killer of Australians – heart disease.

The free mobile app helps you manage your medicines and health stats like blood pressure and cholesterol. Also learn about heart attack warning signs and what to do.

## Diabetes Australia



The Diabetes Australia app is a great resource for meal planning, latest news and health articles.

The services section on the home page gives you easy access to contact details for healthcare professionals. By default, the app will find services closest to your physical location or you can type in a location.

## Quit line: My Quit Buddy



My Quit Buddy is a personalised app to help you on your journey to become smoke-free.

You can set your own goals, the reason you are quitting and include photos of loved ones.

Every day you stay smoke free a new health benefit is revealed.

## Smiling Mind



Practice your daily meditation and mindfulness exercises from any device.

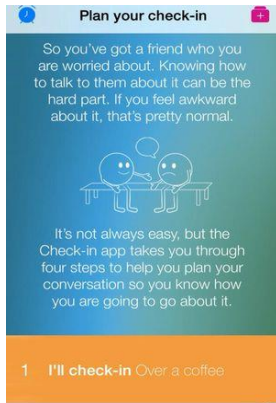
Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.



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## Health Apps

### Beyond Blue: The Check in



Do you need help to check in with a friend but are concerned about saying the wrong thing or making the situation worse?

“This app really takes the ‘fear’ aspect out of having a conversation with a friend about how they are going. It's not an easy conversation to have, and this app provides the building blocks for how you would approach this conversation and reinforces the importance of talking about concerns.”

### Health Direct App



Australia’s free health app that helps you make informed decisions about your health. You can use the healthdirect app to:

- Check your symptoms
- Find a health service when you need it
- Search for trusted health information

### National Prescribing Service: MedicineList+

#### MedicineList+ App

The smart way to manage medicines for yourself and the people you care for ▶

For app support contact  
02 8217 8700



Barcode scan your medicines or select from a pick list. Follow links to more medicine and health information on the NPS MedicineWise website.

You can:

- Edit, update and print an easy-to-read *Medicines List*.
- Set alarms for medicine doses.
- Set calendar alerts for refilling prescriptions.
- Add details about your health conditions.