

Helpful Cell Phone Apps

Get digital support!

Go to the App store on your smart phone device, and search any of the following applications to use. Many are free. Details may vary depending on your device.

Name of App	Description
Pill Identifier	Helps identify medications based on shape, color, size and markings
MedOClock	Free pill reminder with health journal
Cozi	calendar app for organizing and also scheduling (good for those who have caregivers on schedules)
Step Counter	track how far you've walked, how many steps, drink reminders, calorie counter and weight loss tracking.
Relax Melodies	instrumental and white noise to help relax or sleep
Whiteboard	sketch or take notes
Brighter and Bigger	reading glass tool to enlarge and illuminate
SayIt	type and speak, also with word prediction
MindMate	healthy brain games
Blink List	books compiled into key insights to read or listen to in just 15 min