

APPS FOR A HEALTHIER LIFESTYLE



Manage Your Health

Provides

information on a number of conditions including diabetes, asthma, COPD, Atrial Fibrillation, hypertension and stroke.



The NHS App

lets you book appointments, order repeat prescriptions, see your medical record, or check symptoms on the NHS website.



First aid by British Red Cross

has a wealth of advice and videos to guide you through most emergencies.



Student Health

has reliable health information to support people living away from home for the first time.



NHS weight loss plan is a 12-week course to lose weight.



Drinkaware

helps you reduce how much alcohol you consume.



fitter.

Couch to 5K is a programme to help you get



every day.

Active 10 helps you walk briskly for 10 minutes

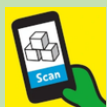


fitness programme which takes only 7 minutes a day.

7 minutes workout is a challenging



Healthy Eating UK has lots of recipe ideas.



in the food you buy.

Change 4 Life Food Scanner tells you what's



in 28 days.

Smoke Free is designed to help you quit smoking



about the person they care for. (cost £2.99)

Jointly enables carers to share information



for carers.

NHS Help 4 Carers has lots of information

