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Health Apps

App Name	Price	Provider	Description
MyFitnessPal	Free	Apple/Android	Calorie counter to help you keep track of your daily food and nutrient intakes.
SWORKIT	Free	Apple/Android	Creates workouts you can use anywhere, any time. Uses only bodyweight exercises, so no equipment needed.
FODMAP Grocery Guide	\$1.99	Apple	FODMAP Grocery Guide is designed to make shopping and selecting foods easier for those following the low FODMAP diet.
Runtasty	Free	Apple/Android	Runtasty is a healthy recipe app that caters to a variety of dietary needs and provides step-by-step cooking videos and nutrition information.
AnyList	Free	Apple	AnyList allows you to create grocery shopping lists and collect and organize your recipes. You can share a list with spouse, roommates, etc. for free.
MyPlate Tips	Free	Apple	Provides high quality, easy-to-follow tips to incorporate each of the 5 food groups to build healthy meals and eating habits.
Simple Feast Recipes	Free - upgrades available	Apple/Android	Provides recipes and cooking videos from chefs and nutritionists. Upgrades will allow you to consult with a coach or personalize recipes based on your health goals.
One Drop Diabetes Management	Free - upgrades available	Apple/Android	An app to help you manage diabetes. Subscriptions allow you consult with a diabetes coach and obtain a glucose monitor and test strips that sync with your phone.
SparkPeople	Free	Apple/Android	Food and fitness tracker with demonstrations of exercises. Also includes nutrition and exercise articles written by professionals.
PepperPlate	Free	Apple	Recipe, menu, and cooking planner. Helps you scale recipes to the right number of people and organize your shopping and cooking like a pro!
MapMyRun	Free	Apple/Android	Tracks and maps your runs. Records statistics



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			and helps with ways to improve your run.
Fabulous	Free - upgrades available	Apple/Android	A science-based app that helps you build habits to promote a healthy and happy lifestyle.
Down Dog	Free	Apple/Android	Creates yoga sessions to your preferences in the comfort of your own home.
Today Habit Tracker	Free	Apple	Customize your dashboard to create healthy habits and set reminders.
Innit	Free	Apple/Android	A platform that allows you to create a personalized meal for one night or the week, create shopping lists, and shows step-by-step cooking instructions
Loselt	Free - upgrades available	Apple/Android	Food and exercise tracker to help you lose weight. Enter foods manually, by scanning barcodes, or taking pictures!
Monash University Low FODMAP Diet	\$7.99	Apple/Android	Created for those with IBS. You'll have easy access to recipes and recommendations about the foods you should eat – and those you should avoid – at every meal.
Rise	\$48/mo \$120/3 mo	Apple	Daily coaching and review of your dietary intake for weight loss by a coach or dietitian.
MealShare App	Free - upgrades available	Apple	Post pictures of your meals to track your intake. Upgrades available to have dietitians review your meals or offer virtual consults by appointment.
Vida	Free	Apple/Android	Vida offers personalized health coaching. Whether you want to train for your first 5K, build healthy eating habits, or cope with a stressful life event, Vida can help.
Calorific	Free	Apple	Calorific shows you exactly what 200 calories look like with beautiful photography. Great for visual learners!
Inlivo: Healthy Weight Coach	Free-upgrades available	Apple	24/7 wellness coaching, dietary intake and physical activity tracking.
Grocery IQ	Free	Apple/Android	Grocery shopping made quick and easy. Build lists from our extensive product database using text, barcode, or voice search; sync and share lists with other devices and the



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			GroceryIQ.com website; find related coupons and much more!
HealthyOut	Free	Apple	Find healthy restaurant meals near you! Can also be used to find restaurant meals for specific dietary needs, such as vegan or gluten free.