

Health Apps Library

Safe and trusted apps to help you manage your health

The Health Apps Library makes it simple for you to easily find safe and trusted apps to help you manage your health. These apps have all been reviewed by the NHS to ensure they are clinically safe and relevant to people living in England.

Please visit our website for more details and to see the range of apps available-

<http://apps.nhs.uk/>

Included with this leaflet are details of some of the apps that appear on the site.

We welcome you to review and leave feedback for the apps you try, which will help as we work to expand and develop the quality of apps available.

GENERAL HEALTH

NHS Health and Symptom Checkers



Price: Free   

Get an assessment, information on your condition and advice on looking after yourself.

MENTAL HEALTH

1. Five Ways to Wellbeing



Price: Free

Available on  and 

Based on substantial research, use the Five Ways to improve your wellbeing.

Reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress – all from the comfort of your phone; whenever it suits you!

2. [SAM: Self-help for Anxiety Management](#)



Price : Free


Available on  and 

SAM is a self-help app for people who want to learn to manage their anxiety. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.

3. [Depression Calculator](#)



Price: Free

Available on 

Use this app to assess whether you may be depressed and make a tentative diagnosis of the severity

HEALTHY EATING

[British Heart Foundation Recipe Finder Recipes](#)



Price: Free  

Great meal options for people with cholesterol, high blood pressure and/or diabetes.

HEART

[Stable Angina Patient Decision Aid](#) [Decision aids](#)



Price: Free   

NHS Sound Doctor is an audio app which helps you understand your long term conditions in more detail so it is easier to look after yourself and get the best out of life.

DIABETES

[Diabetes UK Tracker App](#) [Diabetes](#)



Price: Free  

This official Diabetes UK app, Diabetes UK Tracker, is designed to be quick and simple to use, taking the chore out of logging your daily levels to help you effectively manage your diabetes.

NECK AND BACK

[NHS 24 MSK Help](#) [Joint pain](#)



Price: Free  

Muscle, back or joint problems

STROKE - [RCP Stroke Guideline Health information](#)



Price: Free  

The app provides information to patients and carers about stroke and the standards of care that they should expect to receive, based on the ICSWP national clinical guidelines.

The app also includes links to a variety of patient support organisations.

SMOKING CESSATION - [NHS Smoke Free](#)



Free 

Use the official NHS Quit Smoking App to help you successfully stop smoking.

HEALTHY LIVING - [NHS BMI healthy weight calculator and tracker](#)



Price: Free 

This is the official NHS app for measuring body mass index (BMI).

BREAST CANCER AWARENESS - [iBreast Check](#)



Price: Free  

1 in 8 women in the UK get breast cancer. Be breast aware - get iBreastCheck