

Apps

Nike Training Club - Free

itunes.apple.com/us/app/nike-training-club/id301521403?mt=8

Nike Training Club gives you your own personal trainer, anytime, anywhere. Get lean, toned and strong with more than 85 custom-built workouts.

Office Yoga Pro - \$4.99

<https://itunes.apple.com/us/app/office-yoga-pro-fitness-at/id372971620?mt=8>

Exercises are organized by time of day and for a variety of situations: waking stretches; commute exercises; on-the-phone and at-the-copy machine stretches. (Also available in book format.)

Simply Being - \$1.99

itunes.apple.com/us/app/simply-being-guided-meditation/id347418999?mt=8

Enjoy the deep relaxation, stress relief and benefits of meditation without prior experience. Listen to the guided meditation with or without music or nature sounds.

Sworkit – Free

<https://itunes.apple.com/us/app/sworkit-workouts-plans/id527219710?mt=8>

Workout programs for all ages and abilities.

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

Contact Us

Call (608) 775-5995 or
(800) 362-9567, ext. 55995

Visit us online at
gundersenhealth.org/libraries

Email:

mooneylibrary@gundersenhealth.org

John & Nettie Mooney Library –
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,
With the Stanek Cancer Library
Level 2, East Building

April 2019

Health Information: Apps

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

GUNDERSEN
HEALTH SYSTEM®

Apps

Ada – Your Health Guide – Free

<https://itunes.apple.com/us/app/ada-your-health-guide/id1099986434?mt=8>

Find out what's wrong if you or someone you care about is not feeling well.

Baby Connect – \$4.99

itunes.apple.com/us/app/baby-connect-activity-logger/id326574411?mt=8

Record not only feedings, nursing, naps, diapers, milestones, pumping, but also the baby's mood, temperature, what kind of game he's playing.

Calorie King Food Search – Free

itunes.apple.com/us/app/calorieking-food-search/id454930992?mt=8

The CalorieKing Food Database contains over 70,000 foods and includes 260 fast food chains and restaurants.

First Aid by American Red Cross - Free

itunes.apple.com/us/app/first-aid-by-american-red/id529160691?mt=8

The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand.

GoodRx – Save On Prescriptions - Free

itunes.apple.com/us/app/goodrx-prescription-drug-prices/id485357017?mt=8

Provides current cash and sale prices, manufacturer coupons, pharmacy discounts and valuable savings tips.

Glucose Buddy Diabetes Tracker– Free

itunes.apple.com/us/app/glucose-buddy-diabetes-logbook/id294754639?mt=8

Enter glucose numbers, carbohydrates, insulin dosages, and activities.

Health App – Free on iPhone

Highlights four categories: Activity, Sleep, Mindfulness, and Nutrition. Automatically counts your steps or you can import data from other apps you use.

Lose It! – Free

itunes.apple.com/us/app/lose-it!/id297368629?mt=8

Comprehensive database of foods and activities; add new foods or exercises; works with/without a network connection.

MedlinePlus Mobile -

m.medlineplus.gov

A mobile web site - Health information for patients and families. Covers diseases, conditions, medications, wellness topics. In English and Spanish.

MyChart – Free

itunes.apple.com/ca/app/mychart/id382952264?mt=8

MyChart provides access to lab results, appointments, current medications, immunization history, and more. Provides access to your medical record at Gundersen Health System.

MyFitnessPal – Free

itunes.apple.com/us/app/calorie-counter-diet-tracker/id341232718?mt=8

Contains a large food database, has an easy food and exercise entry, and over 350 exercises.

My Pollen Forecast – Allergies -Free

<https://itunes.apple.com/us/app/my-pollen-forecast-allergies/id1244428929?mt=8>

View hayfever forecasts for up to 5 days and keep a diary of your symptoms.

My Pregnancy & Baby Today Daily Calendar & Tracker - Free

itunes.apple.com/us/app/my-pregnancy-today-babycenter/id386022579?mt=8

Your pregnancy day by day: Learn how your body's changing, what's ahead, and how to cope.

WebMD – Free

itunes.apple.com/us/app/webmd-trusted-information/id295076329?mt=8

Includes WebMD symptom checker, conditions, drugs & treatments, pill identification, and first aid info.

(Also WebMD Baby and WebMD Pregnancy.)

Fooducate Nutrition Tracker - Free

itunes.apple.com/us/app/fooducate-diet-tracker-healthy/id398436747?mt=8

Track your diet, calorie quality, and exercise. Scan a product barcode and get a food nutrition grade.