

Digital Tools to Support Your Wellness Goals

Resource Guide

- **Education & Awareness**

- Health Information
 - Harvard Health Publications <http://www.health.harvard.edu>
 - Medline Plus <http://www.medlineplus.gov>
 - Family Doctor <http://www.familydoctor.org>
- Technical Information
 - Shopwell www.shopwell.com (iPhone/iPad)
 - Fooducate <http://www.fooducate.com/> (iPhone/iPad)
 - Whole Foods Recipes www.wholefoodsmarket.com/recipes (iPhone/iPad, Android)
 - TheSnackApp <http://www.everydayhealth.com/the-snack-app.aspx> (iPhone/iPad)
 - DailyBurn <http://dailyburn.com> (iPhone/iPad; Android)
 - Nike Training Club http://www.nike.com/us/en_us/c/womens-training/apps/nike-training-club (iPhone/iPad)

- **Self-Tracking & Monitoring**

- Food & Exercise Self-Monitoring
 - My Fitness Pal www.myfitnesspal.com (iPhone/iPad, Android, Blackberry, Windows Phone)
 - Fitday www.fitday.com (iPhone/iPad)
- Health Conditions
 - Glucose Buddy <http://www.glucosebuddy.com> (iPhone/iPad)
 - Withings Blood Pressure Monitor <http://www.withings.com/us/en/products/blood-pressure-monitor>

- **Support & Motivation**

- Find Support
 - SparkPeople www.sparkpeople.com
 - EverydayHealth Community www.everydayhealth.com
 - Mayo Clinic Connect Online Health Community <https://connect.mayoclinic.org>
- Accountability
 - Intent www.Intent.com
 - StickK www.stickk.com