

## iPhone, iPad, iPod (Itunes)

### [www.meditationoasis.com](http://www.meditationoasis.com)

meditation podcasts for free  
variety of apps for relaxation and sleep                      \$.99 to \$2.99  
(limited Android and Blackberry apps available)

### [www.mymedschedule.com](http://www.mymedschedule.com)

mymedschedule app  
schedule, reminders, refills    free

### HealthyStar (ebook)

relaxation exercise for younger children                      free

### RelaxMelodies

White noise ambience for sleep, meditation, yoga  
30 relaxing sounds/music    free

### Gaze HD Beach Lite

6 calming beach scenes    free  
10 calming beach scenes    \$ .99

### Gaze HD Beautiful Views Life

Variety of 8 scenes    free

### MyCalmBeats

Promotes heart rate variability through  
breathing exercises    free  
(Android and Blackberry apps available)

### Breath2relax

Psychoed component stress management  
Beats/change tones    free

### Tactical Breather

Manage physiological/psychological response to stress  
Geared for older teens/adults  
(Android available)    free

### Factor Track

Interactive app track hemophilia A Factor VIII Infusion  
free

iHeadache		
HA diary		
(Blackberry available)		free
TCPal (Norvartis)		
CF treatment tracker		free
T2 Mood Tracker		
(Android available)		free
Icouchcbt		
“therapy in your pocket”		\$.99
(Android available)		

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**Android (goggle play)**

Guidedimageryforchildren		
scripts for older kids		free
Relax Light		free, upgrades for fee
Relaxing Sounds		free, upgrades for fee
Stress checks		
Teens/adults		
Yoga tips		free, upgrades for fee
<u>Procedure Pain</u>		
Angry Birds		free except for Angry Birds Space
Cat vs Dog		free
Talking Tom Cat		free
Cake Decorate		free

(itunes comparable apps but fee if for education vs game app)

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## Staff Picks

Urbanspoon

GasBuddy

MyFitnessPal

Calorie counts, diet, exercise journals

Lose It!

Weight lose

MapMyRun

GPS connects to i-phone

Trail running

(all have [www.com](http://www.com) for sites)