

Apps to help you track your symptoms

CancerGraph

<http://myhealthapps.net/app/details/532/cancergraph>

Allows you to track your cancer symptoms and side effects over days, months and years, and compiles the data into graphs and reports to share with your doctor.

Apps to support you after cancer treatment

Active 10 Walking Tracker

<https://www.nhs.uk/oneyou/active10/home>

Just 10 minutes of brisk walking every day can benefit your health. Active 10 shows you how many 10 minute walks you're doing and how to fit more in.

Easy Meals

<https://www.nhs.uk/oneyou/apps/#one-you-easy-meals>

Plan and eat healthier meals – choose from over 150 easy, calorie-counted recipes.

iPrescribe Exercise

<https://apps.beta.nhs.uk/iprescribe-exercise/>

Creates a 12-week exercise plan based on health information entered by you. It can be used to manage some long-term health conditions.



Smart Recipes

<https://mealmixer.change4life.co.uk/>

Search over 160 easy, calorie-counted recipes - with the click of a button you can plan all your day's meals and create a shopping list.

Resources signposted in this leaflet are not intended to be a substitute for a medical consultation. You should always consult a suitably qualified healthcare professional if you are concerned about your health.

Apps to support cancer patients

Apps to help you cope and relax

Catch It

<https://apps.beta.nhs.uk/catch-it/>

Records and rates your mood and prompts you to reflect and think about a better way of dealing with a problem, using CBT techniques.



Chill Panda

<https://apps.beta.nhs.uk/chill-panda/>

Measures your heart rate to work out your current emotional state and suggests activities to take your mind off your worries.

Cove

<https://apps.beta.nhs.uk/cove/>

Helps you to create music to capture your mood and express your feelings.

Headspace

<https://www.headspace.com/headspace-meditation-app>

10 free introductory sessions on the basics of meditation and mindfulness. Subscription required to access full content.

In Hand

<http://www.inhand.org.uk/>

A digital friend to help you in times of stress or low mood with fun simple activities to restore your balance.

Pzizz

<https://apps.beta.nhs.uk/pzizz/>

Helps you to quiet your mind, fall asleep fast, stay asleep, and wake up refreshed. Basic content free, but subscription required to access full content.

SilverCloud

<https://apps.beta.nhs.uk/silvercloud/>

Online course to help you manage stress, anxiety and depression. Free via NHS referral.



Stop, Breathe & Think

<http://www.stopbreathethink.org/>

Helps you to apply kindness and compassion in your daily life through meditation, using the process Stop, Breathe, Think. Some activities free, but subscription required to access full content.

Stress & Anxiety Companion

<https://apps.beta.nhs.uk/stress-anxiety-companion/>

Helps you to handle stress and anxiety on the go, with breathing exercises, relaxing music and games. Small charge to access.

Apps to help you organise



Echo

<https://apps.beta.nhs.uk/echo/>

Helps you order and manage your NHS repeat prescriptions and reminds you when and how to take your medicines.

MacMillan – My Organiser

<https://www.macmillan.org.uk/yourmacnews/archives/winter2014/features/myorganiser.aspx>

Helps you record everything from appointment times and contact details, to when to take your medication.

Rally Round

<https://rallyroundme.com/>

Secure online tool that allows family, friends and carers to organise support for an older person and keep everyone in the loop.

Apps to support breast cancer patients

BECCA Breast Cancer Care app

<https://apps.beta.nhs.uk/becca-breast-cancer-care-app/>

Provides specialist support to help you live with, through and beyond breast cancer.



Owise breast cancer

<https://apps.beta.nhs.uk/owise-breast-cancer/>

Keep track of your treatment and your wellbeing. Record fatigue, appetite, pain and other health facts to spot trends and help improve your care.

Apps to find support from other cancer patients



Cypher

<https://apps.beta.nhs.uk/cypher/>

Anonymous peer-to-peer social network to share your feelings and secrets, give and receive support, and connect to other support organisations.

HealthUnlocked

<https://apps.beta.nhs.uk/healthunlocked/>

Find and connect with people with a similar health condition.