

# SAN BENITO COUNTY PUBLIC HEALTH'S FAVORITE HEALTH APPS

We wish that our selection of health and wellness apps can add to your healthy lifestyle choices.



## FOODUCATE

Empowers you to achieve your diet, health, and fitness goals. You can scan, search, or input what you eat and see what grade your choices are, with suggestions for healthier options.



## THINK DIRTY

Is the easiest way to learn about any toxic ingredients in your products. Scan the barcode and Think Dirty will give you easy-to-understand info on the product, its ingredients, and shop cleaner options!



## POISON CONTROL

If you or someone else may have been exposed to a poison, this tool can help you decide if it's safe to stay home, call poison control, or visit the emergency room.



## MINDFULNESS

Provides a program designed to help understand and adopt a simple mindfulness practice. It offers info about mindfulness with 12 audio-guided exercises and more to help you track your progress over time. It has customizable reminders and access to other support and crisis resources.



## ZERO

A fasting tracker used for customizable circadian rhythm fasting and nighttime eating.



## YOGA

This free app guides you through a variety of sessions and ranges from 7 to 15 minutes.



## HEARING TEST

Give yourself a preliminary test using the app. It will give you an idea of how your hearing is doing and help you decide whether or not it's worth seeing a doctor.



## MYFITNESSPAL

Tracks diet and exercise to determine optimal caloric intake and nutrients for your weight and nutrition goals.



## CALM

The perfect mindfulness app for beginners, includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3 to 25 minutes so you can choose the perfect length to fit with your schedule



## BF GUIDE

This is an informational app focused on breastfeeding from health care professionals on everything you need to know.



## LACT MED

This database contains info on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes info on the levels of substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. It also suggests potentially safer therapeutic alternatives.



## RED CROSS APPS

Red Cross offers everything from blood donation, environmental disaster warnings, to pet safety apps. Download one or all for whatever your needs might be.



## CARE ZONE

Track your medications, glucose levels, weight, and health conditions all in one app!



## ASK ROO

[roo.plannedparenthood.org](http://roo.plannedparenthood.org) is a web-based chat bot to answer questions about bodies, relationships, STDs, sex, and more.



## PLANT NANNY

This app will estimate, according to your weight and activity level, the amount of water you should have every day. Track your daily water intake by taking care of a plant, watching it thrive as you hydrate.



## MAGIC TIMER

An interactive toothbrush timer creates a fun way for children to brush their teeth for the correct amount of time and manner.



## CLICKOTINE

Wanting to make a change in your life by cutting out nicotine and tobacco products? Here is the app for that, it works by making a customized quit plan for you.