



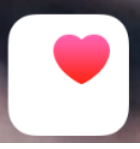


The mobile phone/device applications listed below are to be used in addition to medical therapy to improve abilities. Some applications may have an associated fee.

***Disclaimer:** These applications are meant to be used in addition to therapy to help develop skills, NOT as an alternative to medical advice or treatments.

SELF-MANAGEMENT				
Name		How to access	What it does	Price
Breathe2relax		Apple App Store Google Play Store	Stress management tool, learn diaphragmatic breathing to help relaxation	Free
ePocrates drug reference		www.epocrates.com Apple App Store Google Play Store	Drug information, safety information, medical news	Free (in-app purchases)
Smoke Free		Apple App Store Google Play Store	Help to quit smoking: track progress	Free (in-app purchases)
Blood pressure companion		Apple App Store Google Play Store	Monitor blood pressure by words, charts, and graphs – explore reasons for high blood pressure	Apple: Free Android: \$0.99
Health		On iPhone	Has a section to input medical information that may be important in a medical emergency.	Free

Note: These mobile applications were compiled by the West GTA Stroke Network. Information contained may be subject to change. Please visit the mobile app companies' websites for more information.