

Preventing Another Stroke

ICON	Title/Description/Cost
	<p>Stroke Riskometer Pro \$2.99</p> <p>The Stroke Riskometer Pro consists of a unique and easy to use tool for assessing your individual stroke related risk, and provides internationally recognized stroke guidelines on managing the risk factors to help you reduce your five to ten year stroke risk.</p>
	<p><30 Days FREE</p> <p>Heart & Stroke Foundation. Empowers one with information and support to reduce risk of heart disease and stroke. Identifies risk factors and priorities. Supports breaking unhealthy habits.</p>
	<p>My Heart & Stroke Health FREE</p> <p>Access My Heart & Stroke Risk Assessment, Blood Pressure Action Plan and Health Check Recipe Tool.</p>
	<p>Blood Pressure Companion FREE</p> <p>Blood Pressure Companion is a blood pressure, heart rate and weight tracker.</p>
	<p>Blood Pressure Monitor - Family Lite FREE</p> <p>Blood Pressure Monitor - Family Lite turns your device into a personal blood pressure and weight health monitor. It comes with lifetime data visualization, statistics reporting, medication correlation, email import/export, built-in reminders and much more.</p>

ICON	Title/Description/Cost
	<p>Diabetes App Lite FREE</p> <p>Blood sugar control, glucose tracker and carb counter. Blood sugar control is often the central theme when it comes to diabetes management. Diabetes Buddy is built to help you manage your diabetes by:</p> <ul style="list-style-type: none"> ✓ Tracking factors that influence your blood sugar level ✓ Monitoring the fluctuations ✓ Planning ahead accordingly ✓ Sharing your data with your doctor
	<p>Obstructive Sleep Apnea Screener \$0.99</p> <p>Obstructive Sleep Apnea Screener provides access to screening tools that identify patients suffering from obstructive sleep apnea.</p>
	<p>Quit Pro: your smoking cessation coach FREE</p> <p>Quit Pro is a brand new approach to help you quit smoking. Quit Pro helps you monitor your progress, understand when, why and where you smoke, as well as read motivational quotes to help you quit smoking.</p>
	<p>Quit It Lite FREE</p> <p>Quit It is a motivating program that supports and encourages smokers to quit smoking and helps ex-smokers to remain smoke-free.</p>
	<p>Body Tracker \$0.99</p> <p>Body Tracker keeps all of your essential measurements in one place and allows you to track your progress over time. You can view your progress by measurements or using pictures.</p>

ICON	Title/Description/Cost
	<p>StrokeLink \$9.99</p> <ul style="list-style-type: none"> ✓ Participate in exercises designed to help you to regain mobility and independence ✓ Choose how your exercises are presented: either as videos, pictures, speech, or text instructions ✓ Create your own exercises in any location using the iPad's camera ✓ Track your progress and rehab intensity over time ✓ Read about and listen to the latest stroke-related information and treatments
	<p>Breathing Zone - Relaxing Breathing Exercises FREE</p> <p>Breathing Zone is a doctor-recommended breathing exercise that can reduce stress and anxiety and improve your mood. Used daily, Breathing Zone can also help manage high blood pressure.</p>
	<p>Breathe2Relax FREE</p> <p>Breathing and stress management tool that provides detailed information on proper breathing techniques and stress management</p>
	<p>Universal Breathing – Pranayama FREE</p> <p>Supports meditation and deep breathing. Uses relaxing music and visual model/supports for slower, deeper breathing.</p>
	<p>Optimism FREE</p> <p>Mood charting app that helps you develop strategies for managing mental health conditions</p>