

App is an abbreviation for *application*. An **app** is a piece of software. It can run on the Internet, your computer, your phone, or other electronic devices.

The **apps** listed below are run through Apple iOS devices (iPhone, iPod touch, iPad, and occasionally Apple Watch) and/or Android devices. They can be downloaded from the App Store on iOS devices and from Google Play in the Apps section for an Android device.

The purpose of this guide is to provide you with suggested **apps** to manage your cancer and cancer related symptoms.

Cancer-related Apps



- **Cancer Coach**
Genomic Health, Inc.
 - Cost: Free
 - Features: My Cancer Coach, developed in partnership with BreastCancer.org and Fight Colorectal Cancer, is a free mobile tool, designed for cancer patients, to provide specific information about personalized cancer treatment options and to help manage your cancer journey. This app provides breast and colon cancer patients with treatment information specific to their diagnosis, includes calendar, note-taking and audio-recording functions, and has a glossary of terms as well as links to additional resources.
 - Available for Apple iOS devices and Android devices.



- **Cancer Guide + Tracker**

LIVESTRONG

- Cost: Free
- Features: LIVESTRONG created the cancer guide and Tracker iPad app which lets you store and access information relevant to your treatment and survivorship electronically. The Cancer Guide will help you learn what to expect, what questions to ask, and how to connect to resources.
- Available for Apple iPad.



- **Cancer Navigator**

MD Acuity

- Cost: Free
- Features: Cancer Navigator is an app designed by oncologists specifically for cancer patients and their families. Chemotherapy, radiation therapy, and surgery are difficult treatments, and this app was created to help patients through the process.
- Available for Apple iOS devices.



- **Cancer.Net Mobile**

American Society of Clinical Oncologists

- Cost: Free
- Features: Accurate oncologist-approved cancer information from Cancer.Net, with tools to help plan and manage your cancer treatment and care.
- Available for Apple iOS devices and Android devices.



- **CareZone**
CareZone
 - Cost: Free
 - CareZone offers patients a simple way to keep track of all their medical information. Several of its features include a journal for documenting symptoms, to-do lists, contacts (doctors, pharmacies, insurance providers, etc.), medication information (names, dosages, reminders for when it's time to refill, etc.) and a calendar for keeping track of appointments and other important dates. Any information you input remains private and secure.
 - Available for Apple iOS devices and Android devices.



- **Chemo Brain Doc Notes FREE**
CrowdCare Foundation Inc.
 - Cost: Free
 - Features: Chemo Brain Doc Notes FREE allows you to remember the important questions for your next doctor's visit. Before your appointment, record your critical issues quickly and easily in text or voice memo format. At your visit, refer back to your questions to make sure your urgent issues are addressed. This app also allows you to record your visit so you can remember what was discussed.
 - Available for Apple iOS devices, Android devices, and Windows.



- **Chemo Calendar**
Health Monitor Network
 - Cost: Free
 - Features: Helps you track your blood cell counts, symptoms, and medications during chemotherapy treatment. This Health Monitor Chemo Calendar can quickly capture and organize all your information in one place. Reports, in graphical or detailed format, can be emailed to your doctors and/or caregivers.
 - Available for Apple iOS devices.



- **Clinical Trial Seek**

Novartis

- Cost: Free
- Features: Searches the National Institutes of Health clinicaltrials.gov database for information on cancer clinical trials and gives information on all available clinical trial options.
- Available for Apple iOS devices.



- **Cure Magazine**

MDNG

- Cost: Free
- Features: Cure Magazine for cancer patients, survivors, and caregivers, combines science and humanity to make cancer understandable.
- Available for Apple iOS devices.



- **EPA's SunWise UV Index**

United States Environmental Protection Agency

- Cost: Free
- Features: The UV Index provides a daily and hourly forecast of the expected intensity of ultraviolet (UV) radiation from the sun. Overexposure to the sun's ultraviolet radiation can cause immediate damage, such as sunburn, and long-term problems, such as skin cancer and cataracts.
- Available for Apple iOS devices and Android devices.



- **Habitica**

HabitRPG, Inc

- Cost: Free
- Habitica is a video game that allows you to “gamify” your life by turning your daily activities and to-do lists into monsters to conquer. It can help motivate you to change your habits by giving you in-game incentives every time you complete a task.
- Available for Apple iOS devices and Android devices.



- **Lilly Oncology Clinical Trials Resource**
 - Cost: Free
 - Features: Find information on open trials for specific cancers, compounds, phase of trial, and location.
 - Available for Apple iOS devices and Android devices.



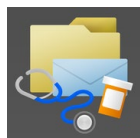
- **My Cancer Manager**
Cancer Support Community
 - Cost: Free
 - Features: This app empowers people living with cancer to rate and track concerns over time and report progress to their health care team and others. My Cancer Manager also assists users in locating a nearby Cancer Support Community affiliate with the added option of joining our Online Community.
 - Available for Apple iOS devices.



- **My Care Plan**
Journey Forward
 - Cost: Free
 - Features: This app helps patients begin their own Survivorship Care Plan, and complete it with the help of their oncology provider. The app provides disease information, and information about ongoing symptoms one might have, like pain and fatigue.
 - Available for Apple iOS devices and Android devices.



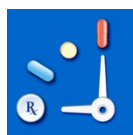
- **myHomework**
Rodrigo Neri
 - Cost: Free
 - The myHomework app is a virtual planner for students. You can track when assignments, essays or projects are due, track your class schedule and receive due date or test reminders.
 - Available for Apple iOS devices and Android devices



- **MyChart**
Epic
 - Cost: Free
 - Features: Use your existing MiChart (MyUofMHealth.org) patient portal account to manage your health information and communicate with your doctor on your mobile device.
 - Available for Apple iOS devices and Android devices



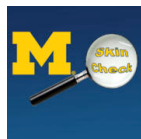
- **MyTherapy**
smartpatient GmbH
 - Cost: Free
 - MyTherapy gives you reminders when it's time to take your medication, take measurements or do exercises, and it also serves as a journal where you can track your symptoms and overall health.
 - Available for Apple iOS devices and Android devices.



- **MyMedSchedule**
MedActionPlan.com
 - Cost: Free
 - Features: Creates a list of the meds you take, doses, etc. Can print pill schedules in different sizes (standard, large type, or wallet-sized) and formats (list by time, weekly, or monthly checklist). Can set up reminders (email or texts) to take meds and to order prescription refills; find nearest pharmacy (location and phone number).
 - Available for Apple iOS devices and Android devices.



- **Pocket Cancer Care Guide**
National Coalition for Cancer Survivorship
 - Cost: Free
 - Features: This app helps you, your family, and your friends to quickly and easily build lists of practical questions used to guide conversations between you and your doctor.
 - Available for Apple iOS devices.



- **UMSkinCheck**
University of Michigan
 - Cost: Free
 - Features: UMSkinCheck is intended for skin cancer self-exam and surveillance that allows users to complete and store a full body photographic library, track detected moles/lesions, access informational videos and literature, and fill out a melanoma risk calculator.
 - Available for Apple iOS devices.

Exercise Apps



- **7 Minute Workout Challenge**
Fitness Guide Inc.
 - Cost: \$1.99
 - Features: The “7 Minute Workout” is a research-backed workout program that was popularized by the New York Times. The “7 Minute Workout” is simple but effective. Researchers have selected 12 exercises that are performed for 30 seconds with 10 second rest intervals. This high-intensity training with little rest results in higher daily metabolism and is the equivalent for working out for over an hour – for only slightly longer than 7 minutes.
 - Available for Apple iOS devices and Android devices.



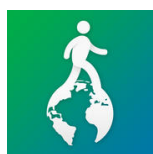
- **iTreadmill: Pedometer Ultra with PocketStep**
 - Cost: \$1.99
 - Features: Pedometer – senses motion as you walk and determines the length of your stride and estimates calories burned in the process. Once you establish your pace, it can select a tune with a matching beat. Also tracks time, speed, and distance walked.
 - Available for Apple iOS devices.



- **MapMyWalk**
MapMyFitness
 - Cost: Free
 - Features: MapMyWalk is a pedometer and a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your work-out details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map.
 - Available for Apple iOS devices.



- **Calorie Counter & Diet Tracker by MyFitnessPal**
 - Cost: Free
 - Features: This app has a user-friendly exercise log and food diary. It features the largest food database of all apps and also has a built-in barcode scanner to get nutrition facts.
 - Available for Apple iOS devices and at <http://myfitnesspal.com>

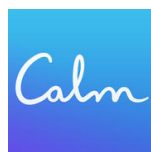


- **Virtual Walk**
Virtual Walk LLC
 - Cost: Free
 - Features: Track your walking using GPS or a treadmill, and use your accumulated miles towards different walking routes around the world. Even if you are just walking on your treadmill at home, circling your neighborhood, or walking on your local high school track, you can challenge yourself to complete the Appalachian Trail or take a tour of the memorials in Washington D.C.
 - Available for Apple iOS devices and Android devices.



- **Yoga Studio**
Modern Lotus
 - Cost: \$3.99
 - Features: This app is loaded with more than 250 poses complete with advice, images, and tips for each one. There are 30 ready-made video classes and users can even mix and match to create their own tailored routines.
 - Available for Apple iOS devices.

Mind/Body Health



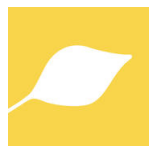
- **Calm**
Calm.com
 - Cost: Free
 - Features: This app can help calm your mind and help you to meditate, sleep, relax, breathe, and focus more.
 - Available for Apple iOS devices and Android devices.



- **CaringBridge**
CaringBridge.org
 - Cost: Free
 - Features: CaringBridge connects you with the support of friends and family when its needed most. This app makes it simple: create a website, visit a friend's page, add updates or encouraging notes, and share your story.
 - Available for Apple iOS devices and Android devices.



- **Coach.me**
Lift Worldwide
 - Cost: Free
 - Coach.me helps you reach your goals through coaching, community, and data to help you make daily progress on things that matter. On the most basic level, you add habits to your Coach.me dashboard and check in on them daily when you complete them. This basic accountability provides a surprisingly powerful incentive to keep you on track.
 - Available for Apple iOS devices and Android devices.



- **Guided Mind**

AppSimple LLC

- Cost: Free
- Features: Let this app lead you to a less stressful, more mindful state of being. Through directed suggestions, you can guide your imagination toward a state of relaxation. Also includes a Cancer Healing Meditation Series.
- Available for Apple iOS devices.



- **Happier**

Happier, Inc.

- Cost: Free
- This app includes a course for happiness, a gratitude journal, and a large community of supporters ready to cheer you onto happiness.
- Available for Apple iOS devices and Android devices.



- **Headspace**

Headspace meditation limited

- Cost: Free
- If you're new to meditation or mindfulness, this is a great app to help you start. Using scientifically proven meditation and mindfulness techniques, they'll show you how to train your mind for a healthier, happier, more enjoyable life.
- Available for Apple iOS devices and Android devices.



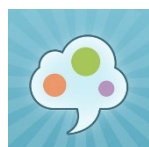
- **The Mindfulness App**

MindApps

- Cost: \$2.99
- Features: Has relaxation exercises as well as guided meditations with instructions.
- Available for Apple iOS devices and Android devices.



- **Omvana – Meditation for Everyone**
Mindvalley Creations Inc.
 - Cost: Free
 - Omvana makes meditation fun, much easier, more effective, powerful, and puts you in the particular states of mind to be more productive, focused, and creative. Use this app to help you relax, meditate, and sleep better.
 - Available for Apple iOS devices and Android devices.



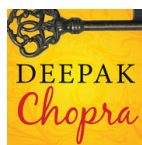
- **SAM App – Self-help for Anxiety Management**
University of the West of England
 - Cost: Free
 - SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. It helps you notice anxiety and manage it with several simple tools.
 - Available for Apple iOS devices and Android devices.



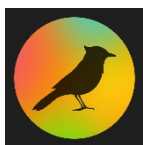
- **Sleep Cycle Alarm Clock**
Northcube AB
 - Cost: \$0.99
 - Features: Sleep hygiene. You sleep with your device on the corner of your mattress, held in place under the fitted sheet. This app uses your phone's motion sensor to chart sleep patterns. Within a week, it supposedly knows you well enough to find the best moment (within a preset 30-minute period) to wake you with your choice of tones or tunes.
 - Available for Apple iOS devices and Android devices.



- **Stop, Breathe & Think**
Stop, Breathe & Think
 - Cost: Free
 - This meditation app encourages you to stop what you're doing and check in with how you're feeling, practice some mindful breathing, and think deeply to broaden your perspectives and increase your level of relaxation.
 - Available for Apple iOS devices and Android devices.

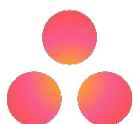


- **Stress Free with Deepak Chopra**
bLife, Inc.
 - Cost: \$0.99
 - Features: Selection of relaxation tricks and exercises including meditation, yoga, journaling, and even emailing privileges with the master himself.
 - Available for Apple iOS devices.



- **TaoMix 2**
inookta studio inc.
 - Cost: Free
 - Living with chronic illness and brain fog can be stressful, and while it's important to keep track of your physical health, caring for your mental health is necessary, too. TaoMix 2 provides you with soundscapes you can mix and match to help you relax or meditate. Whether you're soothed by the sounds of waves crashing on the beach or the quiet chatter of people in a café, this app can help take your mind off the stresses of chronic illness.
 - Available for Apple iOS devices and Android devices.

Other Apps



- **Asana**
Asana, Inc.
 - Cost: Free
 - For those who work with a company or business, Asana is an app that can help you and your team stay organized, manage projects and track your progress. This app allows you to create project task lists and personal to-do lists, track when work is due with a calendar and converse with coworkers about various tasks or projects.
 - Available for Apple iOS devices and Android devices.



- **ColorNote**

Social & Mobile

- Cost: Free
- This Android app lets you make color-coded notes and checklists to help you stay organized. You can also set reminders for each note to make sure you get each task done on time.
- Available for Android devices.



- **Cozi**

Cozi

- Cost: Free
- Cozi is an organization app specifically designed for families. You can keep all of your family's activities and appointments in one place, and create checklists (grocery lists, chore lists, to-do lists, etc.) to share with other family members.
- Available for Apple iOS devices and Android devices.



- **Evernote**

Evernote

- Cost: Free
- Evernote is a note-taking app that helps you stay organized in your personal and/or professional life. You can add notes in a variety of forms, including text, sketches, photos, audio, video, PDF and web clippings, and have everything saved in one place.
- Available for Apple iOS devices and Android devices.



- **Google Calendar**

Google, Inc.

- Cost: Free
- Google Calendar can help you keep track of important dates or events. You can view the calendar by day, week, or month, color code events, and, if you use Gmail, import dates from there. You can also schedule reminders to give you a heads up about upcoming events.
- Available for Apple iOS devices and Android devices.



- **ICE Contact**

Minute Apps LLC

- Cost: Free
- If you have a medical condition and ever find yourself in an emergency situation, an ICE (In Case of Emergency) app may be of use. You can store all your personal and medical information here for either yourself or others to access in an emergency. Having this information handy can also be useful if you struggle with brain fog.
- Available for Apple iOS devices.



- **Medisafe**

Never forget a med again

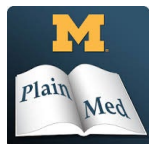
- Cost: Free
- Medisafe helps you keep track of which medications you need to take and when. Each day is divided into four quadrants - morning, afternoon, evening, night - with visual representations of which pills you should be taking at which time. The app will send you reminders when it's time to take your pills, and it also provides you with information about each medication. Physicians and pharmacists are also able to connect with patients and communicate through Medisafe.
- Available for Apple iOS devices and Android devices.



- **Microsoft OneNote**

Microsoft Corporation

- Cost: Free
- Microsoft OneNote is a place you can jot down any important notes, information or thoughts that cross your mind - in whichever way works best for you. You can type, write, draw, make to-do lists or clip things from the web, and OneNote keeps everything organized and easy to find.
- Available for Apple iOS devices and Android devices.



- **Plain Med – Plain Language Medical Dictionary**
University of Michigan
 - Cost: Free
 - Features: This free basic app converts medical language into everyday English.
 - Available for Apple iOS devices and Android devices.



- **Waze**
Waze Inc.
 - Cost: Free
 - Waze is a navigation app that lets you know what traffic conditions are like in real time and which route you should take. Waze can also give you reminders when it's time to leave based on both the time you need to arrive and current traffic. After you arrive at your destination, park your car and close Waze, it will automatically drop a pin to remind you later on exactly where you parked.
 - Available for Apple iOS devices and Android devices.

Tobacco



- **American Cancer Society's BMI, Exercise, Target Heart Rate, Calorie and Cigarette Calculators**
 - Cost: Free
 - Features: Use these calculators to help determine your ideal body weight, how many calories you need each day and how many you can burn with activities, and what your target heart rate should be during exercise. Smokers can find tools to help them determine how many cigarettes they have ever smoked and how much the habit has cost them.
 - Available online at:
<https://cancer.org/healthy/tools-and-calculators/calculators.html>



- **LIVESTRONG: My Quit Coach**

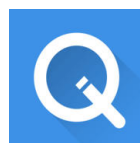
- Cost: Free
- Features: MyQuit Coach application creates a personalized plan to help you quit smoking. Through a physician approved, interactive and easy to use app, you'll evaluate your current status, set attainable goals, and adjust preferences according to your needs.
- Available for Apple iOS devices.



- **NCI QuitGuide**

MMG, Inc.

- Cost: \$2.99
- Features: This app, sponsored by the National Cancer Institute, supports smokers working to become smoke-free. This app provides insight into such things as what to expect when you quit and tips to use during cravings.
- Available for Apple iOS devices and Android devices.



- **Quit Smoking – Quit Now!**

Fewlaps, S.C.

- Cost: Free
- Features: This app will show you the time, down to the minute, since your last cigarette. You can also see how much time and money you've saved by avoiding cigarettes. This app also shares health improvement statistics for each day you go cigarette free. You can also share your successes on Facebook, Twitter, and other social media platforms.
- Available for Apple iOS devices and Android devices.

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