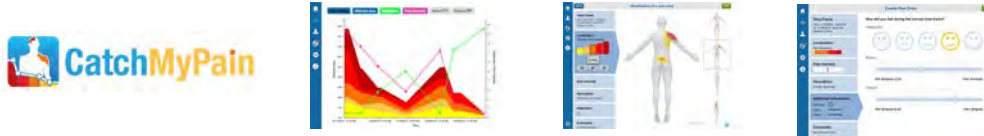


MOBILE APPS FOR PATIENT ASSISTANCE WITH PAIN & STRESS

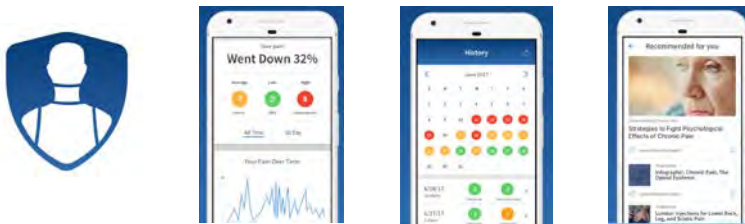
CATCH MY PAIN - <https://www.catchmypain.com/>

https://ukhealthcare.mc.uky.edu/pain_control/layouts/15/start.aspx#/SitePages/Home.aspx



- **What is it?** Pain tracking app to record time, intensity and location of pain. Track medication usage.
- **How much is it?** Free. Upgrade for fee.
- **Platforms:** iPhone, iPad and Android
- **Reviews:** Well organized for tracking pain, ease of use for marking pain areas. Ability to connect with other in pain through online community.

PAIN SCALE - <https://www.painscale.com/>



What is it? Pain tracking app by Boston Scientific.

How much is it? Free.

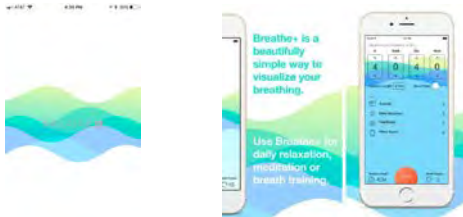
Platforms: iPhone, iPad or Android, and on computers.

Reviews: Easy to use log for pain intensity and location. Library of articles, videos, and meditations for pain relief. Connect with others experiencing pain. Pain reports.

Mobile apps are intended to compliment, not replace, the advice of your physician or healthcare professional. Individuals are advised to seek medical assistance commensurate with your specific needs.

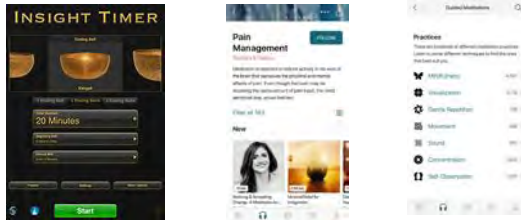
MOBILE APPS FOR PATIENT ASSISTANCE WITH PAIN & STRESS

BREATH+ - <https://dynamicappdesign.com/breathe/>



- **What is it?** Simple app you set at your pace, then breathe along with the picture as it flows up and down with the inhale and exhale. Mindful way to observe and relax breathing.
- **How much is it?** Free
- **Platforms:** iPhone or iPad
- **Reviews:** Easy to set to your breath rate. Can set prompts for vibration. Breathe in and out as you watch the soft colored screen rise and fall for the inhale and exhale.

INSIGHT - <https://insighttimer.com>



- **What is it?** Meditation app with timers, guided imagery, meditation talks, body scan, and meditations for stress, pain, anxiety, sleep, relaxation. Thousands of meditations with many different teachers.
- **How much is it?** Free. Pay if you like in thanks for the service or the individual teachers.
- **Platforms:** iPhone or iPad, or Android
- **Reviews:** Something for everyone. Easy to use. Tracks your meditating over time. Adults and children.

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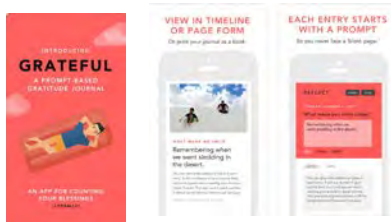
MOBILE APPS FOR PATIENT ASSISTANCE WITH PAIN & STRESS

STOP BREATH & THINK - <https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8>



- **What is it?** Meditation app – body scan, stress, anxiety, sleep, relaxation, guided imagery.
- **How much is it?** Free, extra cost for upgrades.
- **Platforms:** iPhone or iPad
- **Reviews:** Prompts you to check with how you are feeling, then suggests a mindfulness session that fits your needs. Easy to use. Lots to offer without paying for upgrades. Stop Breath & Think for Kids also available.

GRATEFUL - <https://itunes.apple.com/us/app/grateful-a-gratitude-journal/id1197512462?mt=8>

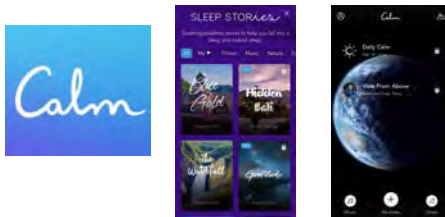


- **What is it?** Daily gratitude journal with the ability to add photos from your phone.
- **How much is it?** Free. Available upgrades, but the basic app is excellent for simple gratitude reflections
- **Platforms:** iPhone or iPad
- **Reviews:** Nice graphics. Easy to use. Can print out your journal. Great for individuals dealing with critical illness or pain.

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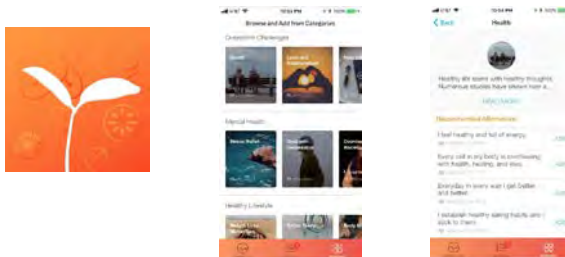
MOBILE APPS FOR PATIENT ASSISTANCE WITH PAIN & STRESS

CALM- <https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8>



- **What is it?** Meditation app – meditation, stress, anxiety, sleep, breath, music.
- **How much is it?** Free, extra cost for upgrades. Upgrades for talks about various subjects
- **Platforms:** iPhone, iPad and Android
- **Reviews:** Relaxing music, breathing bubble, meditations timed or open ended. Stories to help you sleep when your mind won't settle.

THINK UP- <http://thinkup.me/>



- What is it?** Positive affirmations in many subjects including health, depression, overcoming anxiety, better sleep, gratitude, support for caregivers and more.
- How much is it?** Free. Available upgrades, but the basic app is excellent for simple gratitude reflections
- Platforms:** iPhone, iPad or Android
- Reviews:** Read affirmations and record in your own voice to repeat throughout the day.

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