

Mobile Apps to Live a Healthy and Productive Life

It's time to empower yourself! Mobile apps can help bridge the gap between clinician visits and help you track moods, and view experiences and thoughts in a more concrete way. Access the following applications all from the convenience of your mobile device.

Category	Mobile App Name	Mobile App Description
Anxiety	Tactical Breather	Gain control of your heart rate, emotions, concentration, and other responses to your body during stressful situations.
	Breathe2Relax	A portable stress management tool and hands-on breathing exercise to help decrease the body's 'fight-or-flight' response, and help with mood stabilization, anger control, and anxiety management.
	Anxiety Forum Help and Support	A community for people suffering from phobias, anxiety, and panic attacks. A life with anxiety, fear, or panic attacks can be difficult, but the right information, resources, and support can be incredibly helpful.
Autism	AutismXpress	A tool to help understanding children's emotions, to educate Autistic children on how to express their feeling and engage them through interactive games, emotion memory, and expression questions.
	TapToTalk	Give non-verbal children a voice with this innovative app.
	Autism Tracker Pro	Track what matters to your child and your family. Use the visual calendar and multi-item graphs to view and discuss patterns. Share individual events or entire screens with your team.
Depression	DepressionCheck	The M3 is a state-of-the-art, research validated screen that assesses your risk of depression in 3 minutes.
	Optimism	Mood charting app that helps you develop strategies for managing depression, bipolar or other mental health conditions.
	My Provider Locator	Locate an EAP provider through your Magellan program in your area.
Health and Nutrition	WebMD Pain Coach	Offers a holistic approach to balancing lifestyle with chronic pain conditions to help inspire a better day.
	WebMD	Check your symptoms, access drug & treatment information, and get first aid essentials on the go.
	Pedometer Ultimate GPS +	This popular pedometer app counts your steps and speed, body tracker, progress reports and set goals.
	Lose It!	Ready to get serious about weight loss? Lose It! can help you make your goal a reality.
Mood Tracking/Stress	T2 Mood Tracker	Self-monitor, track, reference your emotional experience.
PTSD	PTSD Coach	Access information about PTSD, information professional care, a self-assessment for PTSD, opportunities to find support and tools that can help users manage the stresses of daily life with PTSD.
Sleep	Relax Completely	A fantastic hypnosis session for deep relaxation by one of the UKs leading hypnotherapists and trainers.

These applications are available through the [Apple iTunes®](#) store and [Google Play](#), simply enter the app names above for more information or to download.

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