Behavioral Health Apps to Improve Patient Care –

Compiled List from Forum for Behavioral Science in Family Medicine 2017

Companies

T2 Health Website for their apps

University of Texas Mind Body Lab

VA

Biofeedback

Cardia, My Calm Beat (Biofeedback)

Pediatrics

Triangle of Life (Pediatrics Anxiety, Depression)

Achy Penguin (Pediatric Pain)

Disability Assistance

Tap, Tap, See (for patients who are blind)

Be My Eyes

Therapy

Lantern (pretty expensive, but has therapist interacting via app)

Mindfulness

Calm

Mindfulness Daily

Depression

Virtual Hope Box

Booster Buddy

Pacifica

Stop, Breath, Think

Headspace

Anxiety

Virtual Hope Box

Pacifica

Stop, Breath, Think

Headspace

PTSD

PTSD Coach

Sleep

CBT-I Coach

Calm

Relax and sleep well

Health/Nutrition

My Fitness Pal

Lose It