

# Your Data Your Device Your Apps

Use Technology for Your Health



## Mobile Health Resources for You

**MedlinePlus®** is a mobile friendly resource for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, drug information, interactive tutorials with audio, news, surgery videos, and more.

[medlineplus.gov](http://medlineplus.gov)

**HerbList App** gives you fast, free access to science-based summaries on more than 50 popular herbs. Available for Android and Apple iOS.

[nccih.nih.gov/Health/HerbListApp](http://nccih.nih.gov/Health/HerbListApp)

**Milestone Tracker App** tracks your child's developmental milestones from age 2 months to 5 years. Available for Android and Apple iOS.

[cdc.gov/ncbddd/actearly/milestones-app.html](http://cdc.gov/ncbddd/actearly/milestones-app.html)

**QuitGuide App** can help you understand your smoking patterns and build the skills needed to become and stay smoke free. Available for Android and Apple iOS.

[smokefree.gov/tools-tips/apps/quitguide](http://smokefree.gov/tools-tips/apps/quitguide)

**AIDSinfo® HIV/AIDS Drug Database App** provides access to the same drug information provided by the AIDSinfo Drug Database. The app includes two versions of each drug summary—one for consumers (English and Spanish) and one for health care professionals. The app automatically refreshes content so the information is always up-to-date. Available for Android and Apple iOS.

[aidsinfo.nih.gov/apps](http://aidsinfo.nih.gov/apps)

**BAM! Dining Decisions App** helps you make smart food choices to stay powered up. Designed for kids ages 9–12. Available for Android and Apple iOS.

[cdc.gov/bam/nutrition/mobileapp.html](http://cdc.gov/bam/nutrition/mobileapp.html)

**CDC Mobile App: Health and Fitness** gives you access to timely, vital health information wherever you go. Available for Android and Apple iOS.

[cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html](http://cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html)

**CDC's Health IQ App** is an interactive, educational, and fun health trivia application. Available for Android and Apple iOS. Available in English and Spanish.

[cdc.gov/mobile/applications/healthiq/index.html](http://cdc.gov/mobile/applications/healthiq/index.html)

**CDC's TravWell App** helps you plan for safe and healthy international travel. Available for Android and Apple iOS.

[wwwnc.cdc.gov/travel/page/apps-about#travwell](http://wwwnc.cdc.gov/travel/page/apps-about#travwell)

