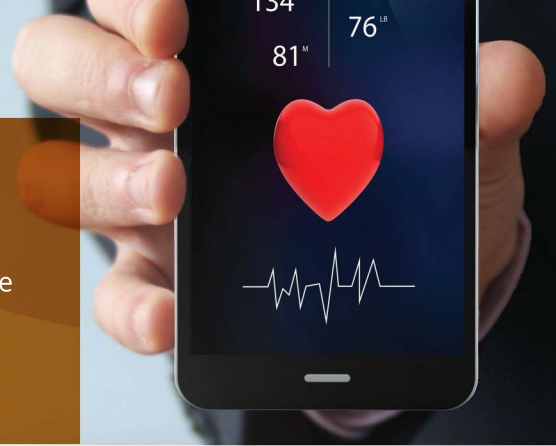



Staying Healthy

Personalized healthcare available 24/7 is now a reality, available in the palm of your hand. New technology makes managing medical issues easier than ever before.



Type	Name of App, Website, or Device	Description
Caregiving and Medical Management 	AARP Caregiving	This webpage has resources to help organize important information, coordinate family and caregivers, and make sure everyone is informed
	Care.com	Families can search for, qualify, vet, connect with, and ultimately select caregivers in a low-cost, reliable, and easy way
	Honor Expert	Helps aging adults continue to live at home by connecting families who need care with professionals
	Medisafe	With the app, get personalized reminders for each of your medications and vital drug interaction warnings. Caregivers can get real-time missed medication alerts.
	MedMinder	Help loved ones stay independent with this automated, elderly-friendly pill dispenser
	PillPack	Each month PillPack sends a month's supply of your medications, divided into daily packets at no extra cost, just the same copay.
Health and Wellness 	Fitbit	Stay motivated and improve your health by tracking your activity, exercise, food, weight, and sleep
	Apple Watch or Galaxy Watch	Manage everything from everyday stress to calories burned. They monitor your heart rate and let you know if it detects something of concern. They also have fall detection.
	Dexcom Mobile CGM System	A small, wearable sensor and transmitter sends your glucose numbers to a smart device or receiver every 5 minutes
	KardiaMobile	FDA-cleared personal EKG device. Take your EKG outside of the doctor's office anytime, anywhere. Then it's easy to share these EKGs with your doctor.
	SilverSneakers	Focuses on getting aging adults out of their homes and into the gym and their community. Work out at participating locations or at home with over 200 videos.
	The Mirror—Home Fitness System	Enjoy cardio, strength, yoga, boxing, Pilates, barre and more in your own home. Trade your gym for The Mirror, the home fitness system hiding in plain sight.
	Vitality Society	Live a longer, happier life when you connect with people beyond your usual social circle of family and close friends. They connect you with people at a similar stage of life and surround you with the support of coaches via an online platform.
Telehealth 	Connect With a Telehealth Provider	Your primary care doctor may offer virtual visits. However, if you need medical care but can't reach your doctor, telehealth apps can connect with a health care provider from the comfort of your home. To find one, google telehealth providers.