

# Apps for Managing PsO and PsA

- **Skin Advocate:** connects patients to advocacy and the support they may need
  - <https://itunes.a.../id465525999?mt=8>
- **ADD Psoriasis App:** offers insights into psoriasis and treatment options
  - [www.aad.org/mobile-psoriasis](http://www.aad.org/mobile-psoriasis)
- **Track + React:** helps individuals with PsA identify triggers for flares
  - [https://play.google.com/store/apps/details?id=com.isbx.android.trackreact&hl=en\\_US](https://play.google.com/store/apps/details?id=com.isbx.android.trackreact&hl=en_US)
- **CatchMyPain:** a digital pain diary for people with chronic pain conditions like PsA
  - [https://play.google.com/store/apps/details?id=com.sanovation.catchmypain&hl=en\\_US](https://play.google.com/store/apps/details?id=com.sanovation.catchmypain&hl=en_US)