

Apps for Staying Healthy

- **MyFitnessPal:** tracks exercise and caloric and nutrition intake
 - <https://itunes.apple.com/us/app/myfitnesspal/id341232718?mt=8>
- **Microsoft HealthVault:** a place to store all individual and family medical, prescription, and insurance information
 - <https://international.healthvault.com/us/en>
- **LiveHealthOnline:** used to browse a menu of doctors and connect for a live consult 24/7 through video call from smart device
 - <https://itunes.apple.com/us/app/livehealth-online-mobile/id597917484?mt=8>