



APPS TO HELP YOU SHARE HEALTH INFORMATION

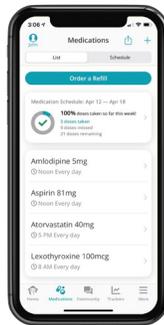
It can be tough as a patient or caregiver to stay in touch and share health information with family and friends. Some social media websites may feel too public to share information about your health and treatment. Being able to safely and easily share health information with others is important. These apps may help.



CARINGBRIDGE

COST Free

CaringBridge allows you to safely share health information to family and friends. It gives you the options to post updates, share photos and even connect to GoFundMe for personal fundraising.



CAREZONE

COST Free

CareZone helps you organize health information as well as access health services. The app can allow for you to keep track of important health vitals that can be shared to others. You can even scan your medications to easily keep track of them and set reminders of when to take your pills.



CARING VILLAGE

COST Free

Caring Village lets you create a wellness journal that can be shared with your personalized "village" of loved ones.

You can also create to-do lists and calendars to coordinate schedules and avoid missed appointments.



LOTSA HELPING HANDS

COST Free

Lotsa Helping Hands allows for you or your caregiver to coordinate help, communicate updates and receive emotional support in one place.

The app can help you create personal blogs, and even schedule meal deliveries or rides to appointments with family and friends.

