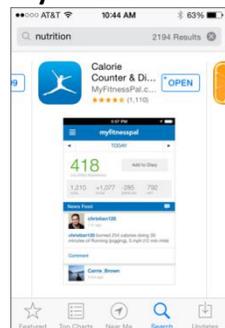


Popular Free Nutrition Apps

MyFitnessPal



Smart Food Tracker

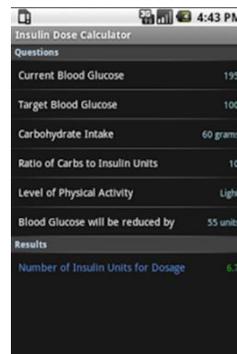


Lose It!



Popular Free Medication Apps

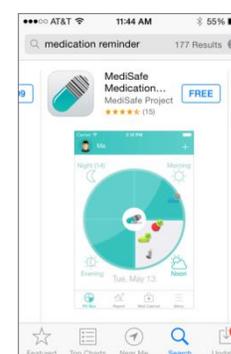
Insulin Dose Calculator



MedCoach

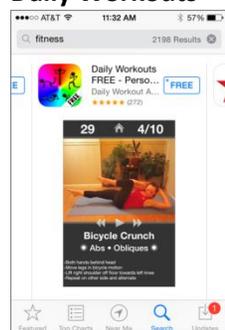


MediSafe

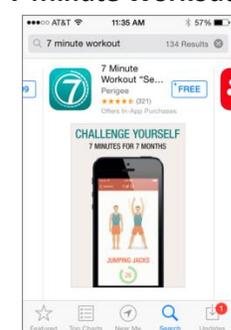


Popular Free Exercise Apps

Daily Workouts



7 Minute Workouts



Run with Map



Current Meters that link directly to Apps

iBGstar

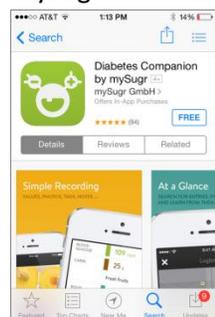
OneTouch Verio Sync

Telcare

Glooko (needs cable)

Popular Free Glucose Tracking Apps

MySugr



Blood Sugar Tracker



Glucose Buddy



There's an App for That!

There are many more apps available that all have their own unique features, pros/cons. Find one that works for you. This list is only a place to get you started. Search key terms in the App store and look at the descriptions, screen shots, and reviews to make sure it will do what you expect it to.

Created 6/2014. (note the information does not stay current long)