

## Daily Living

	Name of App	Platform	Description
	Alarmed	iOS (Apple)	Reminder & timer app that includes pop-up reminder alerts with repeat scheduling, flexible snooze and full customization; pop-up timers with custom messages, countdown/court up time queues; and support for timed and location reminders.
	Amazon Alexa	iOS (Apple)	A companion to your Alexa device for setup, remote control, and enhanced features. Alexa is always ready to play your favorite music, provide weather and news updates, answer questions, create lists, and much more.
	Ariadne GPS	iOS (Apple)	This app offers you the possibility to know your position and to get information about the street, the number, and also lets you explore the map of what is around you.
	AroundMe	iOS (Apple)	Identifies your position and allows you to choose the nearest bank, gas station, hospital, etc.
	Board on Time	iOS (Apple)	Quickly find arrival times of the Valley Metro Light Rail Stations. By using the Find Nearest Station feature users are instantly shown what station they are closest to on their phone. Arrival times for the selected station for both directions are shown and automatically updated.
	Breathe 2 Relax	iOS (Apple)	A portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.
	CareZone	iOS (Apple)	Take pictures of meds (prescriptions, OTC, and supplements) and the names, dosages, and other details are automatically added for you. (No typing!); Always have a list of medications, dosages, and schedules with you; Receive reminders when it's time to take a med, or refill a prescription and track adherence progress by recording when doses are taken; Print a pre-formatted schedule to put on the fridge, or share a detailed med list with a doctor via email.
	CT Fit	iOS (Apple)	CT FIT is the app for MTK smart band and smart watch. MTK smart band and smart watch can track all-day activity, exercise, sleep, resting heart rate and exercise heart rate. With CT FIT runs on the phone, all data stored in smart band can be transferred to app and stored in the phone.
	Fahrenheit	iOS (Apple)	Weather and temperature on your Home Screen icon, Notification Center and Lock Screen.
	Find My Train	iOS (Apple)	With one tap, find out when the nearest Valley Metro Light Rail train is scheduled to arrive. Complete Valley Metro Light Rail schedule and an interactive Valley Metro Light Rail map.
	Flipboard	iOS (Apple)	Flipboard is a social magazine. It's a place to keep up on all your interests – reading, collecting and sharing stories you care about.
	Google Home	iOS (Apple)	With the Google Home app, you can set up and control your Chromecast, Google Home and other Assistant speakers.
	Google Maps	iOS (Apple)	Google Maps makes navigating your world faster and easier. Find the best places in town and the information you need to get there.
	Harmony Control	iOS (Apple)	Control your home from your iPhone. Dim the lights, close the blinds, crank the volume, and start the movie— with one touch. Combine home entertainment—TVs, stereos, cable/satellite set-top boxes, and game consoles—with home automation—connected lights, locks, blinds, thermostats, sensors, and more. The app works with Harmony Ultimate Home, Harmony Home Control, Harmony Home Hub, Harmony Ultimate, Harmony Smart Control, Harmony Smart Keyboard, or Harmony Ultimate Hub products (each sold separately)
	Insteon for Hub	iOS (Apple)	Connects users to their home from any smartphone or tablet to control Insteon light bulbs, wall switches, outlets and thermostats.
	iProcrastinate	iOS (Apple)	iProcrastinate for iOS is a simple task management application that syncs wirelessly with iProcrastinate on your Mac, or over the internet via iCloud, or Dropbox! No longer available on iTunes.
	Med Time	iOS (Apple)	Emits an alarm when you need to take a medicine. Med Time generates a schedule and manages days, dosages and pictures.
	NFB-Newsline Mobile	iOS (Apple)	Provides the text of over four hundred newspapers, fifty magazines, emergency weather alerts and seven day forecasts, personalized television listings, and now retail ads.
	Nucleus Mobile Companion App	iOS (Apple)	Nucleus makes it easy to stay close with people with a direct-to-home video connection that's almost as good as being there.
	Operation Reach Out	iOS (Apple)	Encourages people to reach out for help when they are having suicidal thoughts. Helps those who are concerned about family members, spouses, or fellow service members who may be suicidal. Provides a personal contact help center. Provides activities to help people who are depressed stay connected to others.
	Philips Hue	iOS (Apple)	Control every Philips Hue product in your home from the palm of your hand or from the Apple Watch. Personal wireless lighting. Requires Philips Hue starter pack and allows accessories to be added. To be used with separately purchased devices (Amazon Echo with Philips Hue Starter Kit & Insteon Starter Kit).

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	Red Panic Button	iOS (Apple) When you are in trouble press the Red Panic Button. You just have to set a panic number or mail address and the phone will send a message which contains your address and location, determined using the GPS coordinates.
	Remote Mouse	iOS (Apple) Remote Mouse turns your iPhone, iPad or iPod into a wireless user-friendly remote control for your Mac / PC.
	Revibe Connect	iOS (Apple) The Revibe Connect app is used to customize the Revibe Connect wearable device, sync data, and share insights related to attention span, focus rate, steps, and more.
	SafeWander	iOS (Apple)
	Sagely	Android The Revibe Connect device sends quiet vibration reminders to improve focus and attention.
	Sagely	iOS (Apple) Manage and schedule your medications and vitamins.
	Self-help for Anxiety Management	iOS (Apple) Offers a range of self-help methods for people who are serious about learning to manage their anxiety.
	Sleep Cycle alarm clock	iOS (Apple) An intelligent alarm clock that analyzes your sleep and wakes you in the lightest sleep phase – the natural way to wake up feeling rested and relaxed.
	SleepBot	iOS (Apple) A sleep cycle tracker and smart alarm. Customize how you want to sleep and wake up gently each morning during your lightest sleep phase. Listen to soothing ambient soundtracks as you fall asleep.
	SmartShaker	iOS (Apple) This app accompanies a wireless bed shaker that fits under your pillow and uses vibration to wake you up.
	SmartThings	Android With SmartThings, you can connect and control multiple devices quicker and easier. No matter where you are, you can monitor and control smart devices, home appliances (refrigerator, wine cellar, washer, dryer, oven range, dishwasher, cooktop, robot vacuum, air conditioner, air purifier and etc.), TVs, and speakers registered on the server.
	SmartThings Classic	iOS (Apple) Monitor, control, and secure your home from anywhere in the world using the SmartThings Hub device.
	T2 Mood Tracker	iOS (Apple) Allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time.
	TCL Alarm	iOS (Apple) This app works with the TCL Alarm Vibration Alarm hardware. Using Bluetooth 4.0 technology you can create alarm settings (both vibration and/or audible) by personal preference through an interface on your mobile devices.
	tecla	iOS (Apple) tecla is the companion app to the tecla-e assistive device, giving individuals with physical disabilities the ability to communicate, control and connect with the world from a mobile device.
	TransitTimes+	iOS (Apple) Comprehensive scheduled & real-time public transit information for USA and other countries. Includes directions search, offline schedules, wheelchair accessibility information, and departure/arrival alarms.
	Wemo	iOS (Apple) With the Wemo App, you can control all of your Wemos from anywhere in the world on your iOS devices.
	We Tap! For Belkin WeMo	iOS (Apple) This app allows to easily control of your Belkin WeMo switches, via WiFi, from the Apple Watch and the Today View of the Notification Center. This app requires at least one WeMo switch/link in order to work. WiFi is a requirement and you must be on the same WiFi network of the switched. Cellular is not supported.