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| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Genetics play a pretty powerful role in predetermining what your overall health and longevity will be. Yet, even though you can’t choose or change your genetics there are certain preventative measures you can take in maintaining your health that can increase your quality of life and your ability to function independently longer.  With so much important health information to manage, it’s good to know which apps are available to help you. Here are four I think you should look into to help you and your family members stay on top of medical needs.   1. **Blood Pressure Monitor (iOS) and Blood Pressure (Android).** These apps help to track and record your weight, blood pressure and resting heart rate. You can email your history to your doctor, or print it and take it with you to your next appointment. It produces charts and graphs to help explain the highs and lows of your blood pressure, which is helpful in determining the times and situations they occur. 2. **My Medical (iOS, Android).** The more information you have available to you and your doctors about your medical history, the better the care you can receive. Instead of having only bits and pieces of your medical history scattered around as loose pieces of paper and files throughout different doctors’ offices, My Medical helps you organize everything in one secure, comprehensive digital location. And this app connects to your calendar, so you can set-up and remind yourself of past and upcoming appointments. 3. **Pillboxie (iOS) and My Pillbox (Android).** Remembering which medications and vitamins to take and when is difficult at any age, and it definitely doesn’t get easier as you get older. And skipping medications can lead to potential health complications. These apps allow you to input all of your medications and then schedule reminder alerts of which pills to take, when to take them and note what they look like. 4. **Stress Check Pro (iOS, Android).** One common cause of chronic illness is high levels of unchecked stress. One way to know if you’re stressed is by measuring and keeping track of your heart data, specifically your heart rate variability (HRV). This app keeps track of your HRV and measures your body’s reaction to a variety of stress producers so you can try to better manage your stress levels during certain situations.   All the best,  From the desk of Debbie Hall | | | | | https://s3.amazonaws.com/static.contentres.com/email/template/shared/shadow.png | |
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