

13<sup>TH</sup> ANNUAL OHIO

***Employee  
Health &  
Wellness***  
CONFERENCE

# Workshop C

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***Advanced Practices – How to Maximize  
Technology to Advance Your Employee  
Health, Well-Being and Wellness Program***

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**9:45 a.m. to 11:00 a.m.**

## Biographical Information

**Katy Tombaugh, Founder & CEO, Wellness Collective**  
**1245 S. Sunbury Road, Suite 102, Westerville, OH 43081**  
**Phone: 614-832-5662 Fax: 614-678-5696**  
[katy@wellnesscollective.com](mailto:katy@wellnesscollective.com)

As founder of Wellness Collective, Katy contributes over 17 years of leadership and consulting experience to the workplace wellness field. She is both passionate and enthusiastic in her approach to leading organizations toward a culture of wellness.

Her work has taken her into Fortune 500 businesses, local organizations, non-profits, and schools both public and private. Katy is proud of her team's ability to design and deliver creative wellness strategies that positively impact adults, families and children.

A driven entrepreneur, Katy values professional development and continuing education for herself and the Wellness Collective team. Most recently, Katy graduated from the Leadership Engagement and Development Program hosted by Marathon Petroleum. And as of this July, Katy serves on the Board of NAWBO Columbus.

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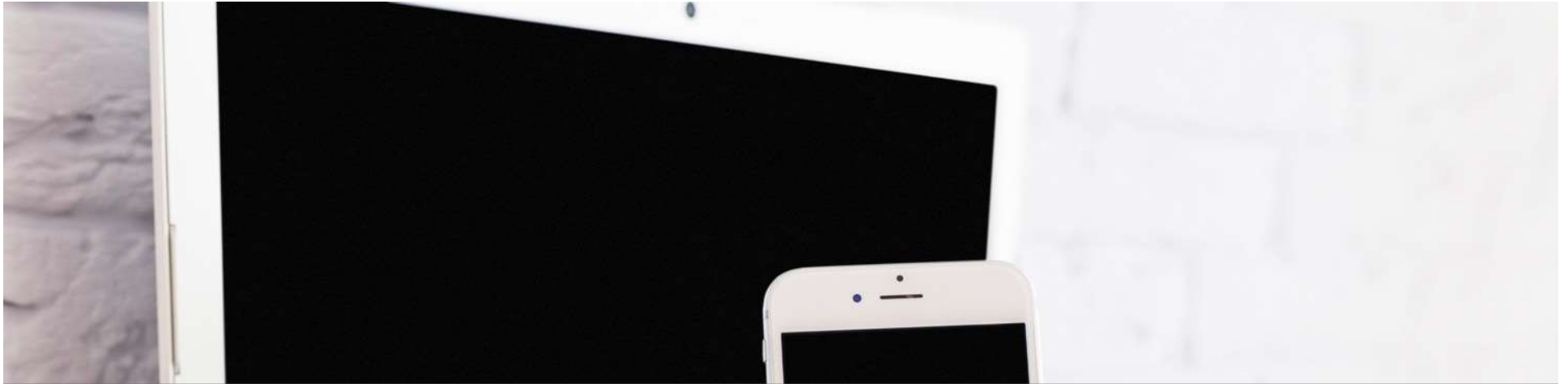
**Lauren Palm, Account Manager & Wellness Specialist, Wellness Collective**  
**1245 S. Sunbury Road, Suite 102, Westerville, OH 43081**  
**Phone: 937-572-3171 Fax: 614-678-5696**  
[lauren@wellnesscollective.com](mailto:lauren@wellnesscollective.com)

Lauren Palm is a Wellness Specialist with Wellness Collective where she consults with corporations on the design and implementation of their wellness programs. Her background is in health insurance and employee benefits. Lauren is also a Certified Personal Trainer, an online fat-loss and strength-training coach, and a motivational speaker. She is a Miami University graduate with advanced certifications in insurance, health and wellness, and religion.

Lauren travels around, speaking to both employers and organizations about employee benefits and corporate wellness programs, fitness and nutrition, and spiritual wellness-her ultimate passion! Lauren's hobbies include competing in body building competitions, teaching Sunday School, hiking, blogging, and traveling.



Katy Tombaugh, Founder & CEO | Lauren Palm, Wellness Specialist  
Wellness Collective



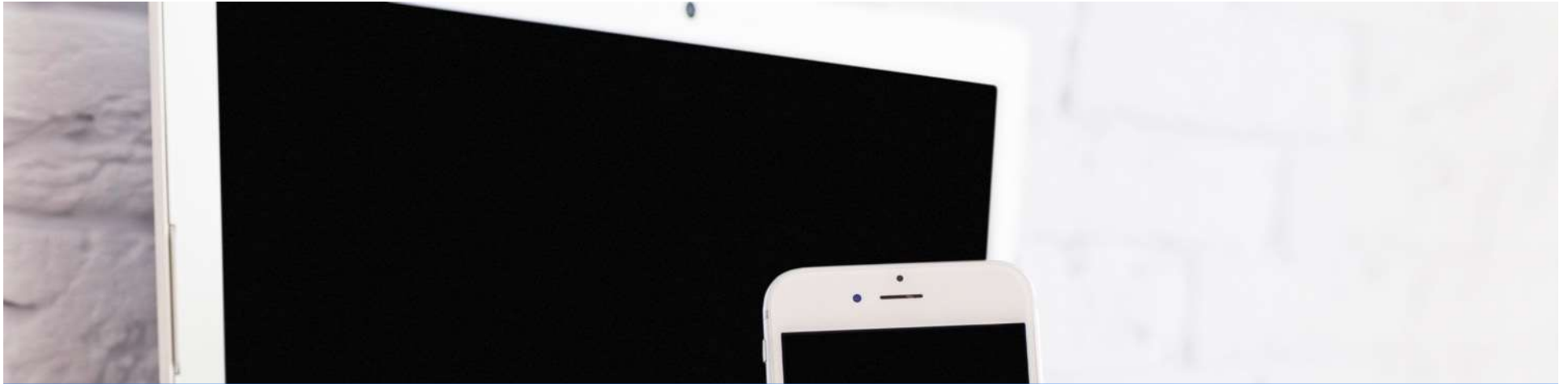
**TIMES HAVE CHANGED.**



# LEARNING OBJECTIVES

- Explore how technology trends are impacting healthcare and therefore health/well-being programs.
- Review best practices for leveraging technology and scaling its impact.
- Discuss cost effective and low-barrier to entry solutions – because there's an app for that!
- Share themes for integrating apps into existing programming to create a win-win for both employer & employees.

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# TREND WATCH



# HR TECH FOR 2018: 10 DISRUPTIONS AHEAD

1. A Massive Shift from *Automation* to ***Productivity***
2. Acceleration of HRMS & HCM Cloud Solutions
3. Continuous **Performance** Management is Here
4. Feedback, Engagement & Analytics Tools Reign
5. Reinvention of Corporate Learning is Here

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# HR TECH FOR 2018: 10 DISRUPTIONS AHEAD

- 6. Recruiting Marketing is Thriving with Innovation
- 7. The Wellbeing Market is Exploding
- 8. People Analytics Matures & Grows
- 9. Intelligent Self-Service Tools
- 10. Innovation within HR Itself

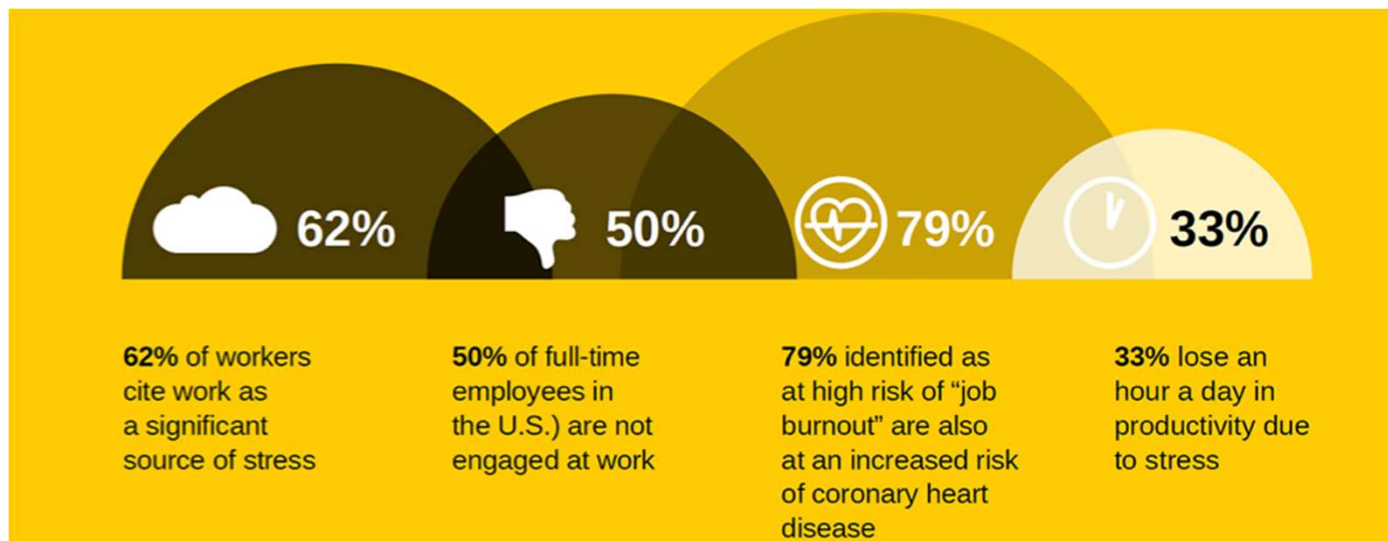
*Source: Forbes.com*

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# WORKFORCE TRENDS

In the U.S. employee Health and Wellness have become a **top-of-mind** problem to solve.



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# TECHNOLOGY TRENDS

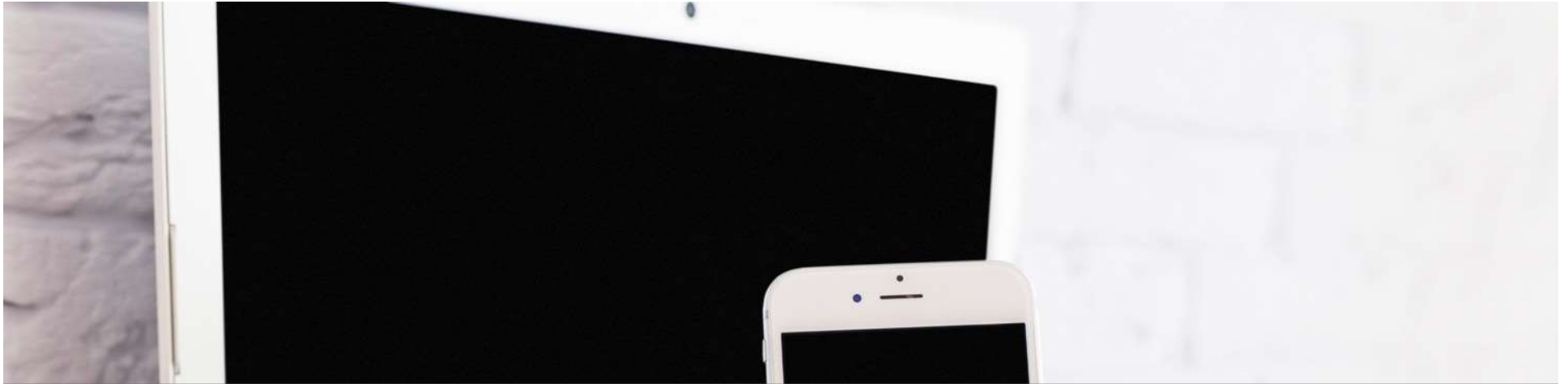
- Healthcare on demand; the rise of telemedicine.
- Technology as an engagement tool.
- Technology as a scalability tool.
- Technology as a tracking tool.
- Also note trending wellness topics:
  - *Social Connectivity, Purpose-Driven Living, EQ, Mindfulness, Resiliency, Sleep & Mental Health.*

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# WHAT IS A WELLNESS PLATFORM?

- A technology tool/solution to compliment an existing wellness program
- Allows for mass upload/import of past & present health data
- Oftentimes will provide HRA, PHA or Health Survey
- Contributes a variety of features/benefits by brand
- Tracks program participation by activity
- Provides digital wellness content
- Establishes a secure landing place & central hub

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# BEST PRACTICES



# WHO NEEDS A WELLNESS PLATFORM?

**Variables impacting *need* versus *want* (and a look at best practices):**

- Group Size (>300)
- Group Location(s)
- Slim Wellness Team
- Compliance Concerns
- Desire to Integrate Wearables

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# WHO NEEDS A WELLNESS PLATFORM?

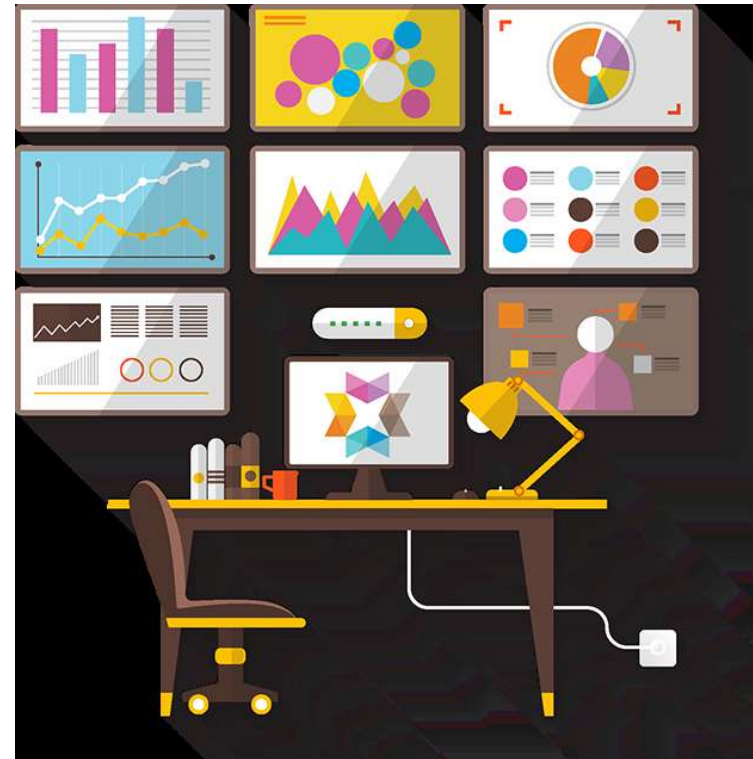
**Variables impacting *need* versus *want* (and a look at best practices):**

- Access to an Assessment Tool
- Volume of Metrics to Capture
- Access to Content & Coaching
- Existing Data to Import/Upload
- Program Ties to an Outcomes-Based Incentive

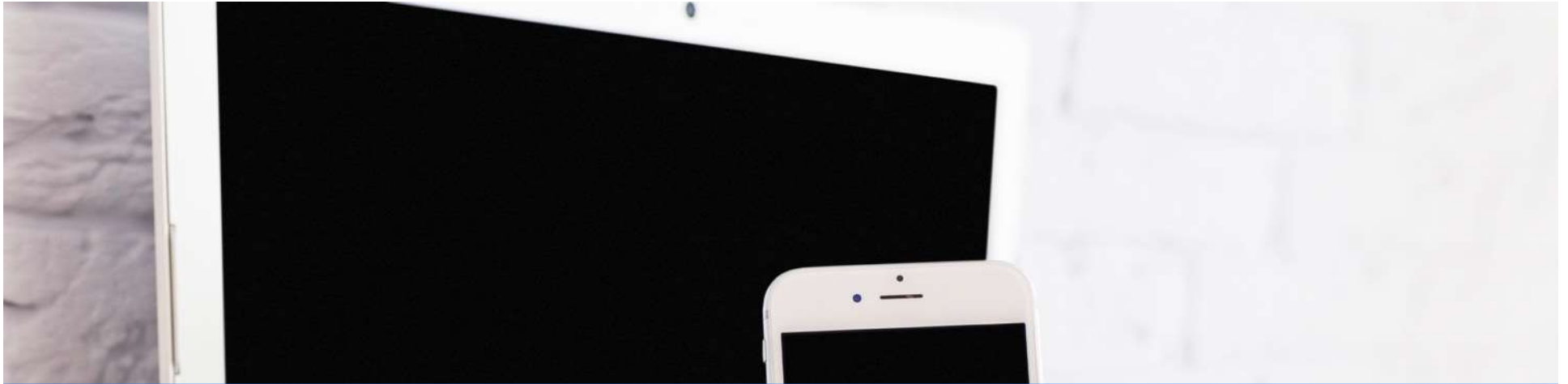
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# WHAT TO LOOK FOR IN A WELLNESS PLATFORM

- Secure
- Supportive
- Customizable
- Strong Reporting Capabilities
- Compliant: HIPPA, GINA, ADA



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# SOLUTIONS





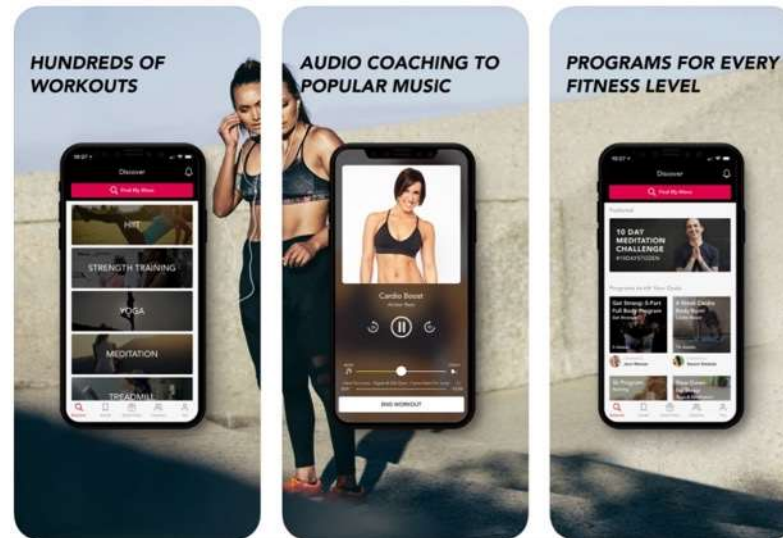
# MID-DAY MOVEMENT BREAKS

*And other PHYSICAL HEALTH apps!*



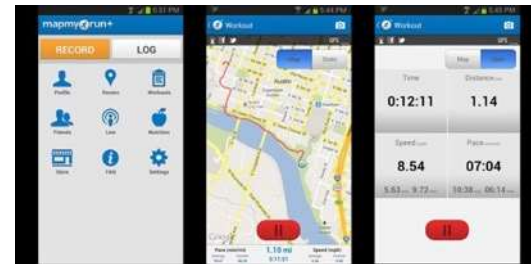
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- **\*MoveWith:** Free Trial / Subscription

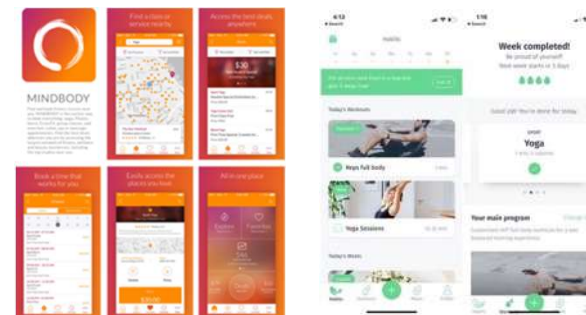


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- **Map My Run: Free**



- **MindBody: Free**



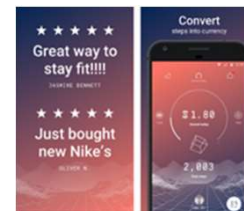
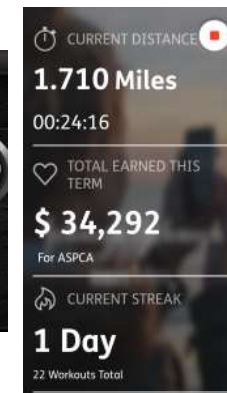
- **\*8-Fit: Free / Subscription**

- **Human: Free**



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- **FitStar:** Free
- **C25K:** Free
- **Charity Miles:** Free
- **Sworkit Pro:** \$2.99
- **SweatCoin:** Free



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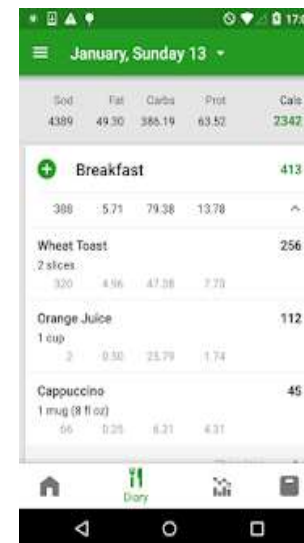
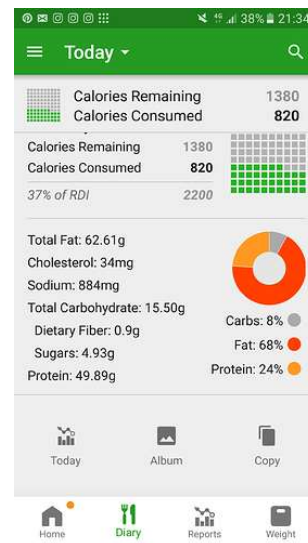
# HEALTH COACHING PROGRAMS

*And other NUTRITIONAL HEALTH apps!*



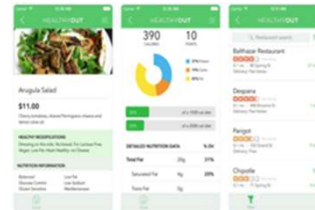
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- **\*Fat Secret: Free**

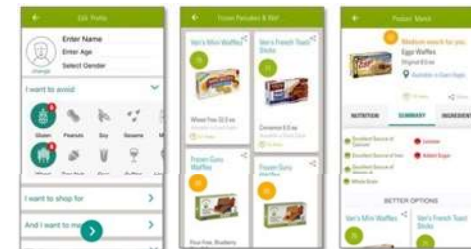


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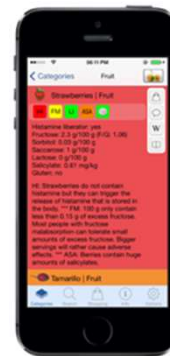
- **\*HealthyOut: Free**



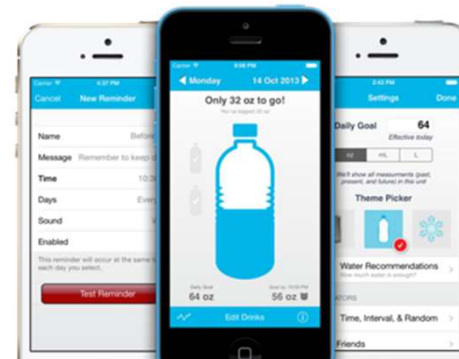
- **ShopWell: Free**



- **Food Intolerances: \$4.99**

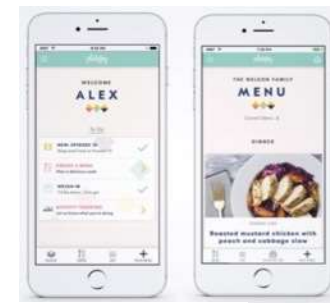
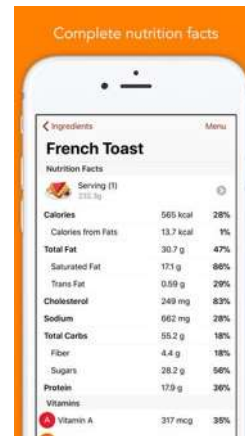


- **Waterlogged: Free**



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- **Nutrients:** \$4.99
- **\*PlateJoy:** Free
- **Good Food:** \$2.99

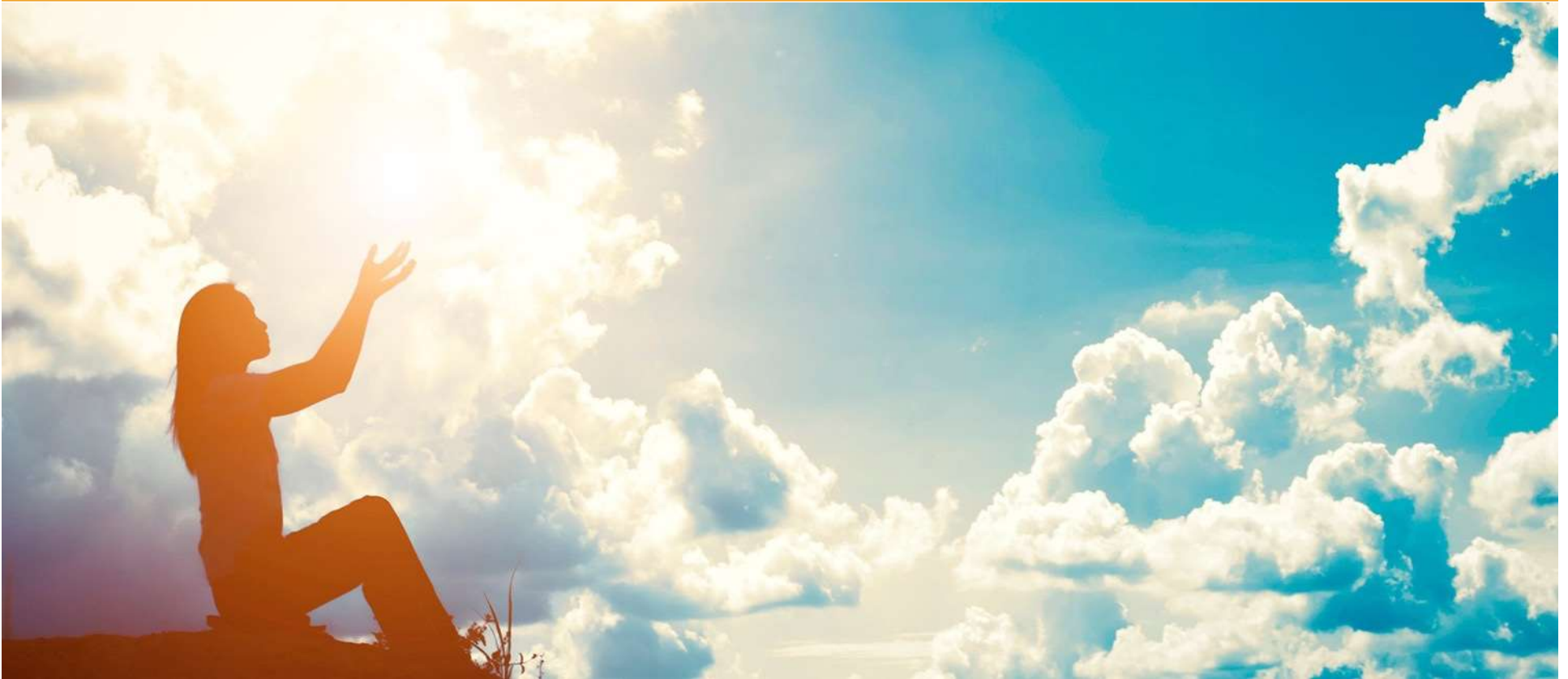


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# PRE-MEETING MEDITATION

*And other SPIRITUAL HEALTH apps!*

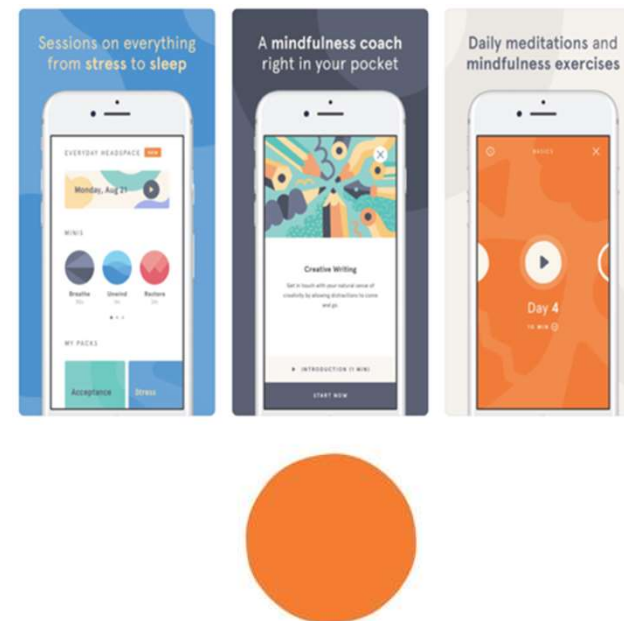


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- **Holy Bible: Free**

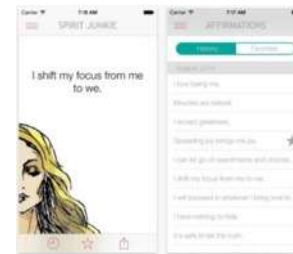


- **Headspace: Free**



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- **Laudate:** Free
- **All-In Yoga:** \$0.99
- **Spirit Junkie:** \$1.99
- **Jesus Film Project:** Free
- **Self Healing:** Free

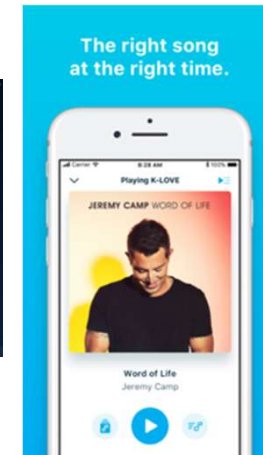


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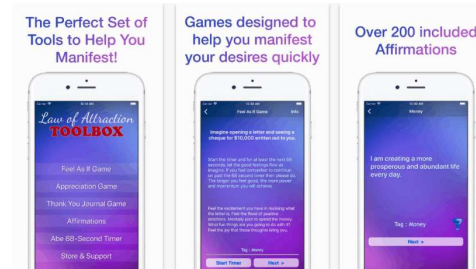
- **Verses – Bible Memory:** Free



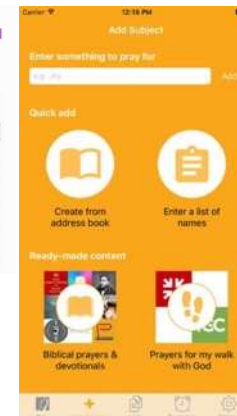
- **K-Love:** Free



- **The Law of Attraction Toolbox:** Free



- **PrayerMate:** Free



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# EDUCATIONAL SEMINARS

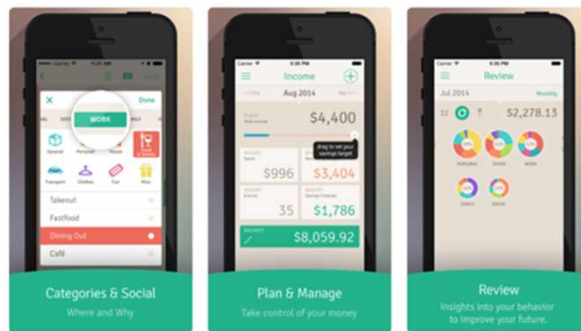
*And other FINANCIAL HEALTH apps!*



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- **Wally: Free**



- **The Secret to Money: \$4.99**



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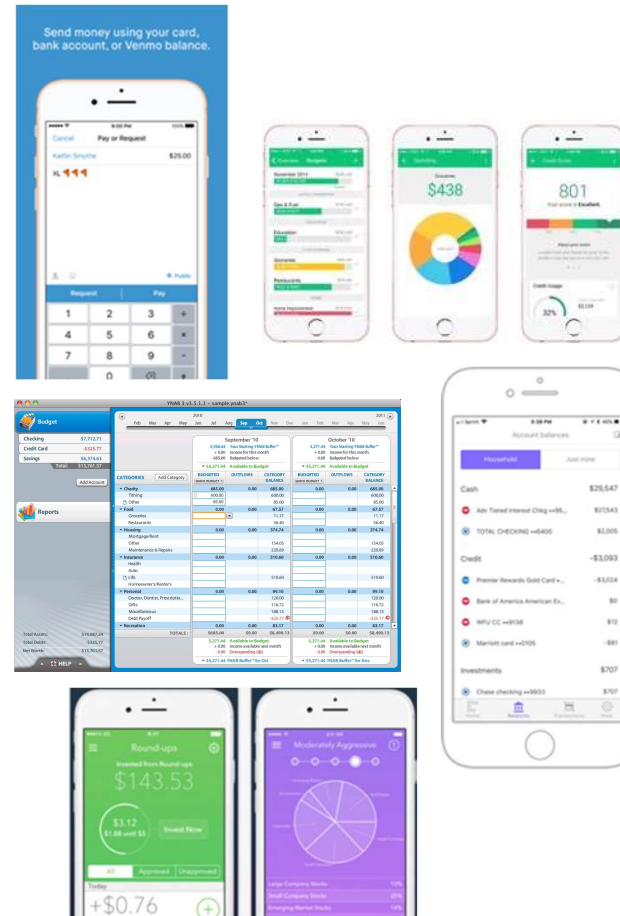
- **Venmo: Free**

- **Mint: Free**

- **You Need a Budget: Subscription**

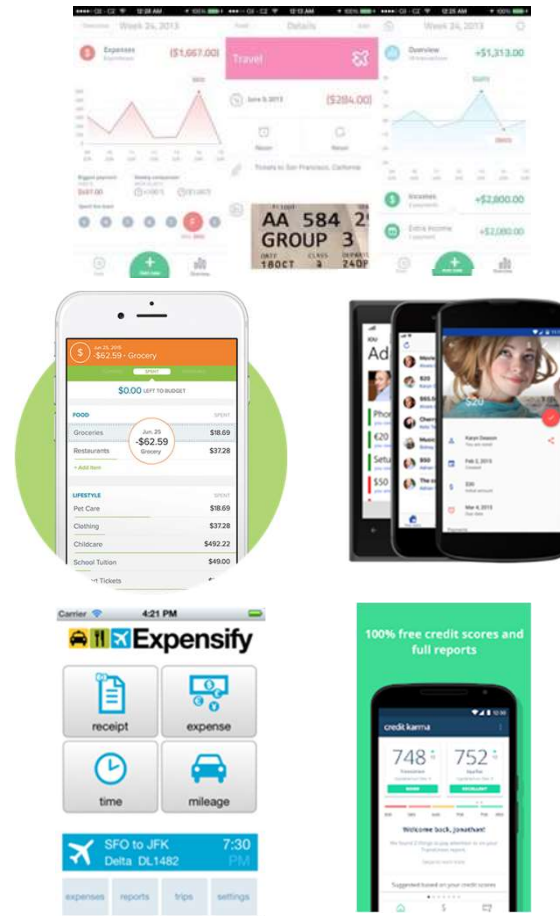
- **Acorns: Free**

- **Honeyfi: Free**



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- **Spendee:** Free
- **EveryDollar:** Free
- **IOU:** \$0.99
- **Expensify:** Free
- **Credit Karma:** Free



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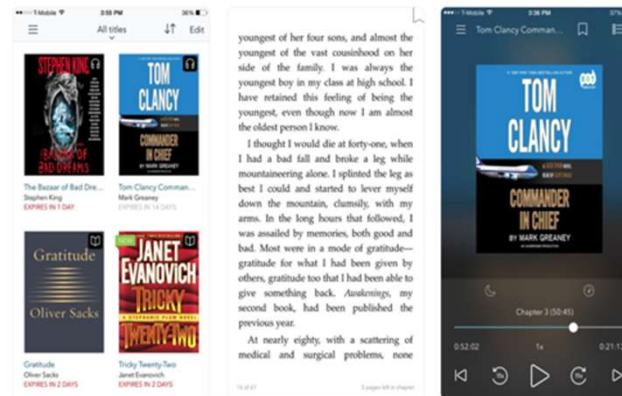
# PERSONAL DEVELOPMENT GROUPS

*And other MENTAL HEALTH apps!*



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- Overdrive: Free

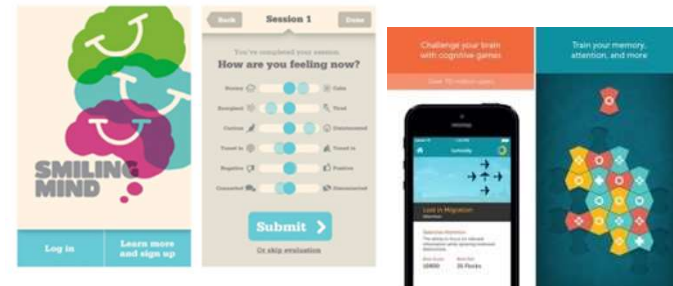


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- Podcasts: Free



- Smiling Mind: Free



- Lumosity: Free

- Sleep Cycle: \$4.99



- Breath to Relax: Free



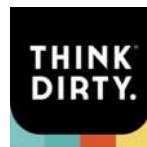
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# MISCELLANEOUS APPS

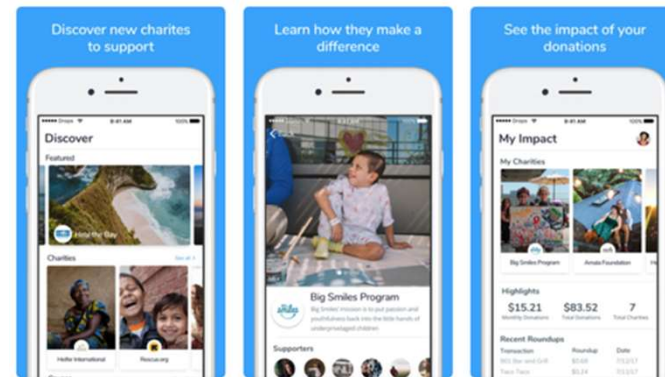


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- **Think Dirty: Free**



- **Drops: Free**



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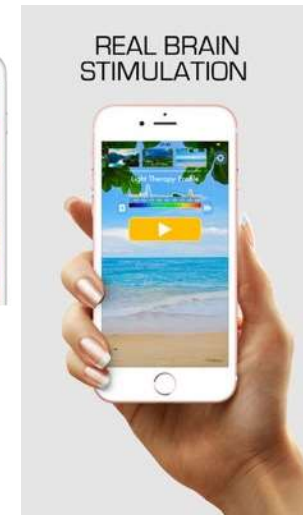


- **\*MyFlo: \$1.99**

- **Blue Light: Free**

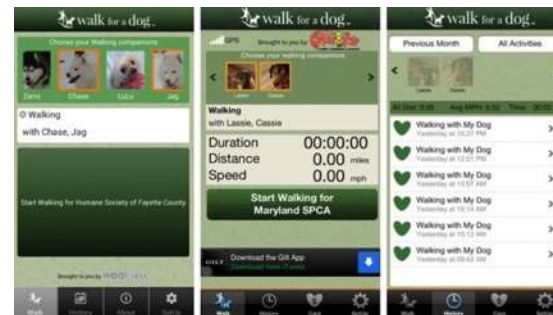
- **The Good News Network: Free.**

- **Donate a Photo: Free**



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- **Feedie: Free**
- **The Kindness App: Free**
- **Walk for a Dog: Free**



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# WHAT APPS ARE YOU USING?



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# QUESTIONS?



**Contact Katy Tombaugh:**

- [katy@wellnesscollective.com](mailto:katy@wellnesscollective.com)

**Contact Lauren Palm:**

- [lauren@wellnesscollective.com](mailto:lauren@wellnesscollective.com)

wellnesscollective

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# There's an App for That!

## App Directory

### PHYSICAL HEALTH

- **Featured, \*MoveWith:** (subscription) Free trial code: [www.movewith.com/join/garrettnicolewood](http://www.movewith.com/join/garrettnicolewood)

MoveWith brings you audio workouts you can count on, led by best-in-class coaches who know how to push you, featuring awesome music that will keep your energy and motivation up. From high intensity cardio, strength, and running workouts, to mindful yoga and meditation, get all the benefits of boutique fitness wherever you are, whenever you want.

- **STRONG BODY, INSPIRED SOUL:** Get unlimited access to hundreds of audio classes in the palm of your hand, including strength training, meditation, yoga, running, indoor cycling, indoor rowing, treadmill, and HIIT workouts.
- **AUDIO GUIDANCE FROM ELITE COACHES:** Press play to start a motivating, music-driven experience with expert audio instruction from coaches who push your limits with every workout. It's like having an awesome instructor standing right beside you.
- **MUSIC YOU LOVE:** Have more fun with motivating playlists filled with popular songs for every class.
- **NEW WORKOUTS ADDED WEEKLY:** Stay inspired with fresh audio workouts added each week, and reach new milestones with seasonal programs and community-based challenges.
- **REACH YOUR GOALS:** Work out daily with classes ranging from 7 to 60 minutes, or follow curated MoveLists and commit to plans like our 5k and half marathon training programs.
- **TRACK YOUR PROGRESS:** Get credit for every audio workout you do and send your stats to the Health app with our Health app integration.

- **Map My Run:** (free) Track and map every run with MapMyRun and get feedback and stats to improve your performance. Discover the best running routes, save and share your favorites, and get inspired to reach new running goals with a community of over 50 million runners. Whether you're a beginner looking to log your first mile or a seasoned runner, you'll find the features and tools you need to stay on track and motivated along the way.
- **MindBody:** (free) With MINDBODY, tapping into the best fitness, wellness & beauty services has never been easier. Whether you're searching for a new spa or scheduling your go-to workout, find and book classes or services where you want, at the price you want.
- **\*8-Fit:** (free/subscription) Skip the gym and realize your true potential. 8fit workouts take 15-20 minutes and can be done at home without special equipment. In addition to custom workout plans, 8fit provides delicious, wholesome nutrition plans based on your dietary needs and preferences.

- **Human:** (free) 30 Minutes of daily activity is the best form of preventive medicine. Every minute you spend walking, running or biking throughout the day counts towards your goal on Human. It's never been this easy to stay motivated along the way, every day.
- **FitStar:** (free): FitStar Personal Trainer is great whether you're already a fitness fanatic or just starting out. This finely tuned fitness app helps you craft a personalized workout plan you'll actually want to use. FitStar offers videos you can watch on your TV via AirPlay, plus fun achievements and social features that motivate you between workouts.
- **C25K:** (free): C25K is just what it sounds like! An app designed to get you from the couch to a 5k! The C25K program was designed for inexperienced runners who are just beginning an exercise routine. The plan's structure prevents new runners from giving up and at the same time challenges them to continue moving forward. This app partners with MyFitnessPal for seamless integration.
- **Charity Miles:** (free) Join the Charity Miles community where you can earn money for charity when you walk, run or bike. So far our members have earned over \$2.5 million for charity - helping others and themselves at the same time.
- **Sworkit Pro:** (\$2.99): Sworkit Pro provides workouts that fit your busy schedule and lifestyle. Sworkit routines guide you through video exercises demonstrated by professional personal trainers.
- **SweatCoin:** (free) Sweatcoin converts your steps into currency units called, as you might have guessed it, sweatcoins. You can then spend them on goods, services and experiences on our market place with our partners or exchange them with your friends and family for whatever you fancy. The fitter and healthier you become the wealthier you get. Movement has value!

## NUTRITIONAL HEALTH

- **Featured, \*HealthyOut:** (free) Looking for healthy food when you eat out? HealthyOut finds you dishes at local restaurants that match your diet and nutrition preferences. Under 500 calories, low-carb, Italian? HealthyOut has just the meal for you, making it easy to eat healthy and stay on track while eating out! Use filters like Low Calorie, Low Carb, High Protein and Heart Healthy to narrow down your search results.
  - Dietary restrictions like Vegetarian, Vegan, Lactose and Gluten Sensitive.
  - Popular diets like Paleo, Atkins, South Beach, Zone and more.
  - A unique Calorie and Points filters to find a meal in your target range.
  - Filter by Cuisine, Ingredients and even the Type of Dish.
  - Tired of salads? You can find dishes by our most popular filter - "Not a Salad"
  - See detailed nutrition information for dishes including calories and points
  - Eat out confident that you made a healthy choice!

- **ShopWell:** (free): ShopWell helps you eat healthier food and achieve your nutrition goals. Scan barcodes at home or in the grocery store to find out if they are a good match for your goals. The app will even suggest foods that are a better fit for your health.
- **Food Intolerances:** (\$4.99) The app Food Intolerances is a tool to help everyone who must stick to a restricted diet because of food intolerances or allergies. Typical application cases are: histamine intolerance, mastocytosis, fructose malabsorption, sorbitol intolerance, aspirin intolerance, gluten sensitivity, lactose intolerance or a diet low in FODMAPs.
- **Waterlogged:** (free) You're not drinking enough water. We can help with charts and reminders (upgrade) to keep you going.
- **Nutrients:** (\$4.99) Nutrients (previously called Foodle) is nutrition at your fingertips! How much sugar is in an apple? How much potassium is in a banana? Discover nutrition facts on tens of thousands of foods complete with all vitamins, minerals, amino acids, fats, fatty acids, sugars, sterols and more compounds like caffeine.
- **\*PlateJoy:** (free) Healthy eating, simplified. Achieve your health & fitness goals with custom-designed meal plans and grocery lists tailored to you. Personalized meal plans for any lifestyle: Paleo, Gluten Free, Weight Loss, Kid Friendly, Vegetarian, Vegan, Low Carb, Low Fat, Diabetic & Prediabetic, Low FODMAP and more.
- **Good Food:** (\$2.99) Good Food puts healthy recipes at your fingertips. Search for new recipes by course and look forward to dozens of low calorie yet indulgent options and healthy ingredient lists. Check out videos for improving basic cooking skills – you'll be having fun in the kitchen in no time.
- **Featured, \*Fat Secret:** (free) Fat Secret is fast, simple to use and has all the cool tools to help you succeed with your diet. An easy to use food diary to plan and keep track of what you're eating. A wonderful community that's ready to provide support and turbo charge your weight loss. Image recognition of foods, meals and products so you can take photos with the camera and track nutrition with pictures. A barcode scanner and auto-complete functions. Health app and Fitbit exercise tracking integration. An exercise diary to record all the calories you burn. A diet calendar to see your calories consumed and burned and a weight tracker.
  - Detailed reporting and goals and a journal to record your progress.
  - Reminders for meals, weigh-ins and journals.
  - Fantastic recipes and meal ideas.
  - Sharing and interacting with your professional of choice.
- **My Fitness Pal:** (free): Enjoy accessing what's said to be the largest food database around. Easy entry of your food and exercise makes tracking a breeze. This app fully syncs with the web to give you the option of tracking from your desktop or phone which allows you to back up all your data entries.

- **My Plate:** (free) Find out which foods you eat contain the most calories. Use our handy barcode scanner to find and track food easily. Stick to a healthy diet with a detailed 8-Week Meal Plan consisting of balanced macronutrients. Get a personalized daily calorie goal. Keep track of your weight and progress over time. Review detailed data and create custom goals for your macronutrients and micronutrients. Keep track of your water intake. Follow along with in-app workouts you can do at home, at the gym or anywhere. Get real-time, 24/7 support from members of our motivational community and others on a similar journey. Set meal reminders to keep you on track.

## SPIRITUAL HEALTH

- **Featured, \*Holy Bible:** (free) Over 1,000 Bible versions, in hundreds of languages. Read even without network access. Listen to audio Bibles and enjoy all-new skip, playback speed, and timer controls. Comment to share your thoughts, ask questions, and have meaningful conversations in the app as you study God's Word together.
  - Hundreds of Plans- you'll find devotionals, as well as Plans that lead you through specific topics, portions of the Bible, or even the entire Bible in a year.
  - Highlight with custom colors. Bookmark passages: Share, memorize, or just keep track of your favorites.
- **Featured, Headspace:** (free) Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.
  - Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you.
  - The Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness.
- **Laudate:** (free) Daily Mass Readings (with Saint of the Day and Reflections). Liturgy of Hours, Latin Liturgy of Hours, Latin Mass, New American Bible, interactive Rosary and Chaplet of Divine Mercy, Seven Sorrows Rosary, Chaplet of St. Michael, Franciscan Crown Rosary, Latin Rosary, Latin Chaplet of Divine Mercy, Servite Rosary, Chaplet of Sacred Heart, Chaplet of Holy Spirit, Chaplet of St Joseph, Chaplet of St Mary Magdalene, multiple Stations of the Cross, searchable prayers and Latin prayers with English translation.
- **All-In Yoga:** (\$0.99 cents): Access HD quality content including photos of over 300 poses, videos and 3-D muscle models for every pose! Choose between one of many yoga programs already created or create your own and access dozens of instructions for various breathing exercises. This app has something for everyone – beginning, intermediate and advanced yogis alike!
- **Spirit Junkie:** (\$1.99) With the Spirit Junkie app, wake up to a new affirmation every day. Set a reminder anytime to surface today's affirmation or choose from any of the hundreds of previous affirmations to turn inward and shift your perception. Save your favorite affirmations, and share with friends to spread the love.
- **Jesus Film Project:** (free) The Jesus Film Project app is a full digital library of more than 200 full-length movies, miniseries, and short films produced to help the world know Jesus better. Everything on the app is free to watch, download, and share with anyone you meet, wherever you meet them.

- **Self Healing:** (free) Self Healing App teaches the voice guided healing sessions, which helps to heal naturally from inside. Also, it provides smoothing sounds, which calms your mind and helps to relax. Its teaches self healing by various scientific proven methods like prayers, crystals healing, mantra recitation, deep breathing, aum chanting, meditations, touch healing.
- **Verses – Bible Memory:** (free) Start memorizing more Scripture with Verses! Join others who have played over 6 million memory games and learned passages perfectly over 500,000 times! Memorize quickly and easily with fast-paced memory games. Stay motivated by tracking your progress over time using Verses memory health tracking. Use Discover to find the right passages to memorize with topical passage lists written by pastors, teachers, and authors.
- **K-Love:** (free) K-LOVE delivers positive and encouraging music from these artists and many more directly to your mobile device with the K-LOVE Radio App.
- **The Law of Attraction Toolbox:** (free) Includes 7 separate Law of Attraction games and exercises as well as tools such as; Affirmations, Daily Empowering Questions, 68 Second Timer and Emotional Scale. Includes 7 separate Law of Attraction games and exercises: Money - Receive and Spend Game, List of Positive Aspects exercise, Feel As If Game - The Feel As If Game includes a countdown timer to encourage you to focus for the minimum recommended amount of time, Focus Wheel Feature, The Magic - Daily Gratitude Diary, Thank You Journal - The Thank You Journal game includes an actual journal so you can see and retrieve your previous entries - perfect for that quick pick-me-up we all need from time to time, Appreciation Game.
- **PrayerMate:** (free) Every day, PrayerMate will select a person or topic that you've entered from each of your main categories (perhaps "My family" or "My small group at church") and show them to you as a series of index cards - then just swipe between them to pray. It brings together prayer points you've entered manually, regular updates from a whole host of Christian charities and churches, PDF prayer letters and daily prayer pointers from "Operation World".

## FINANCIAL HEALTH

- **Featured, Wally:** (free) Wally Lite is the simplest and fastest way to track your expenses, income, set a savings target and scan receipts. Wally is personalized to you, whether you want insights into your personal finances, or you want to reach a specific goal.
  - When your location services are on, Wally will automatically identify and categorize the venue. All you need to do is enter the amount you spent.
  - Whether you have an upcoming payment, or you've reached your savings goal, Wally's Smart notifications remind you of what's important. Never miss a thing.
  - Wally adapts to your preferences and behaviors by leveraging machine learning, artificial intelligence, and badass algorithms. It learns from you and with you.



- **Featured, The Secret to Money:** (\$4.99) The Secret to Money is an app that is designed to change the way you think about money, and to radically change the circumstances of money in your life.
  - Inspired by Rhonda Byrne's worldwide bestselling phenomenon, The Secret, in this app you will develop a whole new perspective on your own personal finances and potential to live a life of abundance.
  - The Secret to Money is a personal development program of games and daily activities created by Rhonda Byrne herself, featuring 5 powerful Secret-inspired practices that will help you develop a wealth mindset: Desires, Purchases, Manifested Money, Daily Inspirations, Affirmations.
- **Venmo:** (free) Venmo is the simple, fun money app for sending cash quickly between friends and shopping at your favorite online stores. Split purchases to avoid awkward IOUs, share your new buys, and catch up on what your friends are doing on the feed.
- **Mint:** (free) Mint is the free money manager and financial tracker app from the makers of TurboTax® that does it all. We bring together your bank accounts, credit cards, bills and investments so you know where you stand. See what you're spending, where you can save money, and track your bills in Mint like never before. You can even keep track of your credit score to help you be smart about it, no credit card required.
- **You Need a Budget:** (subscription) YNAB—Budget, Personal Finance, Expense Tracker. YNAB will help you break the paycheck to paycheck cycle, get out of debt, and save more money. On average, new users save \$600 in the first two months, and more than \$6,000 in the first year.
- **Acorns:** (free) Invest spare change automatically into more than 7,000 stocks and bonds! Then sit back, stick with it and watch it grow over time. With Acorns, it's easy, fast and secure to invest and save regularly in the background of life.
- **Honeyfi:** (free) Honeyfi is a free app that makes it easy to manage money as a couple. With Honeyfi, it's easy to collaborate with your partner about money. Just link your accounts to the app, choose what to share with your partner, and see your household finances – organized and categorized – in one place.
- **Spendee:** (free) Understand your finances better with Spendee, the budgeting app that tracks your spending, optimizes your budget and helps you save money. Spendee will help you track your money (both expenses and income) automatically through bank sync or manually so that you can analyze, organize and budget them for the future. You can invite others to manage your shared family or household budgets. With Spendee you can take control of your money in multiple currencies and across multiple bank accounts.
- **EveryDollar:** (free) EveryDollar uses the zero-based budget approach, recommended by top personal money management expert Dave Ramsey. Millions already use Ramsey's proven financial planning method to create a monthly budget in just a few short minutes. Make the best budget for your home, yourself and your family today!
- **IOU:** (\$0.99) IOU (I owe you) tracks people who owes you money. It's simple and fast. IOU App works by keeping a running tally between you and your friends. When someone owes you more money, you add it to her tally.
- **Expensify:** (free) With over five million users worldwide, Expensify is the #1 tool for expense report management, receipt tracking, and business travel. Snap a photo of your receipt using SmartScan and Expensify takes care of

the rest! Designed for small businesses, accountants, and individuals who are sick of wasting time with spreadsheets, Expensify streamlines business travel and tax compliance with expense reports that don't suck!

- **Credit Karma:** (free) Start by digging into your credit profile and finding out what goes into your credit scores. Then get important updates with credit monitoring, check out personalized recommendations, even file your taxes for free with Credit Karma Tax. Check your scores – Log in anytime to look, it will never hurt your scores.

## MENTAL HEALTH

- **Featured, \*Overdrive:** (free) Link to your local library, all you need is a library card. Borrow eBooks, audiobooks, and streaming video from your library using OverDrive on your iPad, iPhone, and iPod touch, all for FREE, and listen/use anywhere.
  - More than 30,000 libraries worldwide offer titles from OverDrive.
  - Available 24/7, now the library comes to you.
  - No more late fees. Titles are automatically returned.
  - Place holds, create wish lists, and return titles easily.
  - Sync libraries, bookmarks, and recent positions across mobile devices.
- **Podcasts:** (free) Discover free audio stories that entertain, inform, and inspire. Explore shows you'll love from entertainment and comedy to news and sports. Stream from over 450,000 shows with over 15 million episodes. Save your cellular data and listen anywhere.
- **Smiling Mind:** (free) In recent years, Mindfulness Meditation has surged in popularity for use in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses. Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and every day.
- **Lumosity:** (free): Train your memory and attention! Lumosity offers a series of “games” designed by neuroscientists to train memory, attention and more. With foundations in the study of neuroplasticity, Lumosity games are used in research and have been incorporated into studies done by top scientists worldwide.
- **Sleep Cycle:** (\$4.99): 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. Sleep Cycle monitors your movement during sleep and then finds the optimal time to wake you up during a 30 minute window that ends at your set alarm time.
- **Breath to Relax:** (free): Breathe2Relax is 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.

## MISCELLANEOUS

- **Featured, \*Think Dirty:** (free) Think Dirty is the easiest way to learn about the potentially toxic ingredients in your cosmetics and personal care products.

- It's an independent source that allows you to compare products as you shop.
- Just scan the product barcode and Think Dirty will give you easy-to-understand info on the product, track dirty ingredients and shop for cleaner options.
- **Featured, Drops:** (free) Help others without hurting your wallet. Signup, select a charity and shop like normal. Each time you swipe your debit or credit card, Drops will round up the purchase, and donate the spare change to a charity of your choice. Now, your morning cup of coffee for \$2.50 just turned into a \$3.00 purchase, with 50 cents going to your favorite non-profit.
  - With Drops, we'll show you exactly how your donations are making a difference. Our partner charities send impact texts straight to your phone, including photos and a story about how your spare change was able to create change.
  - Set a monthly cap on your donations, donate to multiple charities at once, pause donations whenever you'd like
- **\*MyFlo:** (\$1.99) MyFLO is the first-ever period tracker and fertility app that tells you what to do to be symptom-free! Learn why you have symptoms and how to fix your period naturally. Know which foods, exercise, work, social, and love are best at each phase of your cycle. Learn how to 'read' your period and know if your hormones are healthy--discover what your period means about your hormonal balance.
- **Blue Light:** (free) Blue Light Therapy App uses natural processes within your brain to help with waking up. With just 2-4 minutes in the morning you will find yourself being able to get out of bed and start doing, rather than endlessly snoozing or swiping through social media. The app wakes up your brain by stimulating suprachiasmatic nucleus, a brain region is activated by blue light and responsible for sleep to wake transition. Additional imagery triggers survival related neural networks, telling them you are safe and in a good place to be.
- **The Good News Network:** (free) Are you tired of the constant negative news reports? The Good News Network app delivers daily positive news from around the world right to your phone. Trusted by millions of readers for almost 2 decades, GoodNewsNetwork.org is #1 on Google for 'good news'. Our 480,000 fans on Facebook love the daily feed of happy, uplifting, inspiring stories. A Daily Dose of News to Enthuse!
- **Donate a Photo:** (free) Donate a Photo, the free donation app from Johnson & Johnson takes your photos and turns them into a way to do good. For every photo you share through Donate a Photo, Johnson & Johnson will donate \$1 to the charity of your choice.
- **Feedie:** (free) Feedie is an app created by The Lunchbox Fund that transforms your passion for sharing food photos into actually sharing food for children who need it most. Simply sign up via Facebook or Twitter, and visit a participating restaurant. When you use Feedie to take a photo of your meal and post it, the restaurant makes a donation to The Lunchbox Fund—a non-profit organization that provides daily meals to schoolchildren in South Africa. Your post thanks the restaurant and spreads the Feedie message!

- **The Kindness App:** (free) Kindness is a totally free app to help people in the easiest way possible form a habit of being kind. On top of that, if people need ideas to help themselves or people around them, there's over 100 (and growing) suggestions to help inspire. The app's sole purpose is to help you develop a routine effort to make the world nicer and it does this in a number of ways not limited to all sorts of weird and wonderful characters that celebrate your progress, a huge number of facts / hints / tips / suggestions to keep you motivated and there's even a ten day compassion challenge (10 acts of kindness in 10 consecutive days).
- **Walk for a Dog:** (free) Turn your dog walks into support for your local animal organization. Simply use this free app every time you walk your dog. The more people walking for the animal shelter or rescue organization of your choice, the more we donate. Walk for a Dog tracks and map your walks. Enter each of your dogs into the app to track their walking activity together or individually. You can view past walks and share them on social media. Create fitness goals for both you and your dog, and help other animals along the way!