

# Our recommended health apps you can trust

Good health apps can make a real difference to your health and wellbeing.

But how do you know which ones are good?

We're providing access to thousands of independently reviewed and rated apps in the new Staffordshire Health App Finder library.

It's safe and easy to use and features the best clinically assured apps proven to deliver results.

Find trusted apps to help you to stay healthy and well, including:

- Mental wellbeing
- Dementia
- Anxiety and stress
- Diabetes
- Weight loss & fitness
- Stopping smoking
- Muscular and arthritic conditions
- And hundreds more



Discover the best apps to improve your health  
at [www.staffordshire.gov.uk/appfinder](http://www.staffordshire.gov.uk/appfinder)  
or scan our QR code

