

Introducing our new library of trusted health apps

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

But how do you know which ones are good?

We've made available easy access to thousands of independently reviewed and rated apps and have handpicked the very best ones in our very own safe and simple to use health app library.

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

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



Discover the best apps to improve your health
at www.staffordshire.gov.uk/appfinder
or scan our QR code

