



# HELPFUL APPS TO DOWNLOAD

To download an app, you must go to the **Apple App Store** or **Google Play Store** on your mobile device.

From there, you will search for the name or type of app, and then click GET or INSTALL.

## Health/Wellness

- Smart Watches
- Good RX
- PillBoxie
- Medi-Safe
- FitOn
- My Fitness Pal
- Yummly

## Entertainment

- Social Media
  - Facebook
  - Instagram
  - TikTok
  - YouTube
- Audio Books
- Streaming Services
  - Netflix
  - Amazon Prime
  - Hulu
  - Disney+
  - ROKU

## Education

- Coursera
- TV & Radio News
- Newspapers & Magazines
- AARP
- TED Talks
- YouTube

## Delivery/Transportation

- Uber
- UberEats
- Lyft
- Instacart
- Delivery Dudes
- GrubHub

## Communication

- Email
- Text
- Zoom Video Calls
- Facetime Video Calls
- Skype Video Calls
- WhatsApp