Digital Tools to Support Your Wellness Goals
Resource Guide

• Education & Awareness
  – Health Information
    ▪ Harvard Health Publications http://www.health.harvard.edu
    ▪ Medline Plus http://www.medlineplus.gov
    ▪ Family Doctor http://www.familydoctor.org
  – Personal Assessment
    ▪ Microsoft Health Vault http://www.healthvault.com
    ▪ Health Matters Health Calculators http://uhs.berkeley.edu/facstaff/healthmatters/calculators.shtml
  – Technical Information
    ▪ Shopwell www.shopwell.com (iPhone/iPad)
    ▪ Zipongo www.zipongo.com (iPhone/iPad, Android)
    ▪ Whole Foods Recipes www.wholefoodsmarket.com/recipes (iPhone/iPad, Android)
    ▪ TheSnackApp http://www.everydayhealth.com/the-snack-app.aspx (iPhone/iPad)
    ▪ DailyBurn http://dailyburn.com (iPhone/iPad; Android)

• Self-Tracking & Monitoring
  – Health Statistics
    ▪ Glucose Buddy http://www.glucosebuddy.com (iPhone/iPad)
  – Food & Exercise Self-Monitoring
    ▪ My Fitness Pal www.myfitnesspal.com (iPhone/iPad, Android, Blackberry, Windows Phone)
    ▪ Fitday www.fitday.com (iPhone/iPad)

• Support & Motivation
  – Find Support
    ▪ SparkPeople www.sparkpeople.com
    ▪ EverydayHealth Community www.everydayhealth.com
    ▪ Mayo Clinic Connect Online Health Community https://connect.mayoclinic.org
  – Accountability
    ▪ Intent www.Intent.com
    ▪ StickK www.stickk.com
    ▪ Don’t Break the Chain http://dontbreakthechain.com/

Health*Matters is the wellness program for faculty and staff with campus partners including: including Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

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