

STAY WELL AT WORK

A health app is an easy way to keep on top of your health and wellbeing. Scan a QR code to try out a **free** health app that supports your wellbeing at home or at work.

1



Open the camera app on your smartphone.

2



Point your smartphone at the QR code you want to scan.

3



Click the link that pops up and then download the app.



Your health app library
derbyshire.orcha.co.uk



Lower My Drinking

Healthy Living



iOS



Android

Lower My Drinking is a 4 week guide that offers tips and advice to help you control or reduce how much alcohol you drink.



My Quit Route

Healthy Living



iOS



Android

My Quit Route is a 12 week guide that helps you quit smoking. Get advice and support from a community too.



balance - Menopause Support

Menopause



iOS



Android

balance - Menopause Support is a community, symptom tracker and educational app to guide you during perimenopause or menopause.



Sleepful

Mental Health



iOS



Android

Sleepful is an 8 step guide to help you sleep better. Use a sleep diary and learn how your thoughts and feelings affect your sleep.



NHS Active 10 Walking Tracker

Healthy Living



iOS



Android

NHS Active 10 Walking Tracker helps you track your daily 10 minute walks using the sensors in your smartphone.



NHS Food Scanner

Healthy Living



iOS



Android

NHS Food Scanner helps you scan barcodes using your phone to find out how much fat, sugar and salt is inside.