

# Employee Assistance Program

## Managing Life - There's an App for that!

Between managing your budget, keeping up with work and school commitments, and taking care of the house and family, it is hard to find time to keep everything organized and stay on a healthy track. Fortunately, there are helpful mobile apps that can help with all of that! Using apps to manage personal and professional duties can help save time and money as well as reduce the clutter.

Below are a few mobile apps you can use to manage your day-to-day commitments:

### Managing your Finances

- **Mint** — This app is used to categorize the money you spend, whether it be purchases on clothes, food, or things that you save up to buy.
- **Mobile Banking** – Many banks allow you to do your banking right from your mobile phone or tablet and may have a mobile app to make it easy to keep a close eye on your finances.

### Maintaining Mental Health

- **Calm** - This free app won Apple's 2017 "App of the Year." It promotes meditation, breathing techniques, sleep and relaxation.

### Calendar Apps for Planning

- **Fantastical 2** — Fantastical 2 is a calendar app used to provide quick access to your events and reminders and it even lets you record events in different languages.
- **Google Calendar** – This app integrates with Gmail to give the option of creating events, to-dos and reminders automatically.

### To Get Things Done

- **Cozi** — Cozi is an organizational app for the family used to create grocery lists, keep the family appointments organized, and create to-do lists.
- **Evernote** – An organizational app that allows for to-do lists, scanning of whole documents, including pictures and videos and syncs between the smart phone and computer.

### Creating a Healthy Lifestyle

- **MyFitnessPal** — MyFitnessPal is a free online calorie counter and diet plan app used to track your eating habits and syncs to a variety of fitness trackers to help with your workout routine.
- **Map My Run (or Walk, Trail, Ride, etc.)** — With the GPS feature enabled, this app tracks your workout, counts calories and shows progress. The app can also connect with other users to share tips, routines, and favorite routes.

For more information on this topic or further assistance, please contact your Employee Assistance Program.



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