

MS Buddy Project



FreeDigitalPhotos.net Stockimages

Connecting Patients to Information & Technology

Health Empowerment
Literacy and Tech Help

On the Web

National MS Society

www.nationalmssociety.org

This website provides a wealth of information for those who are living with MS and their caregivers.

National MS Society Utah Southern Idaho Chapter

[www.nationalmssociety.org/
Chapters/UTU](http://www.nationalmssociety.org/Chapters/UTU)

Hope Fox Eccles Health Library

[http://healthcare.utah.edu/
hospital/library/](http://healthcare.utah.edu/hospital/library/)

The mission of the Hope Fox Eccles Health Library is to ensure that all patients, their families, and the general community have access to the resources they need to make informed choices about their health care.

Multiple Sclerosis Association of America

www.mymsaa.org

The (MSAA) is a leading resource for the entire MS community, improving lives today through vital services and support.

CanDo Multiple Sclerosis

<http://www.mscando.org/>

Can Do Multiple Sclerosis, formerly The Jimmie Heuga Center for Multiple Sclerosis, is national nonprofit organization that provides innovative lifestyle empowerment programs for people living with MS and their support partners.



Free Mobile Apps



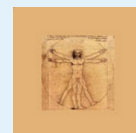
Momentum Magazine

Each issue includes the latest on research, as well as practical health, nutrition, and fitness tips. It has the largest circulation of any MS magazine. Free on Iphone, Ipad, and android.



MSAA

This convenient and effective tool is designed to help you manage your MS, consistent with MSAA's mission of improving lives today. Free for iphone, ipad, and android.



iBiomed

This App Provides easy, efficient, portable and reliable record keeping. Free for iphone, and Ipad.

Social Media Connections & Support



Connect with friends, family, and facebook support groups.



Twitter

Our mission: To give everyone the power to create and share ideas and information instantly, without barriers.



MyMSTeam is a social network and online support group for people who are living with multiple sclerosis. www.mymsteam.com

MS CONNECTION

Join thousands of people supporting one another and exploring the issues that shape your world. www.msconnection.org



Patients Like Me

Share your experiences with treatments. Find patients just like you. Learn from others who know. Join now!

More Free Mobile Apps



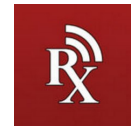
MS Self

Track symptoms, mobility, energy level, mood, etc. Since patient's journal entries are searchable, this app can help find patterns in behaviors and symptoms. This app syncs to Fitbit to monitor exercise and activity levels. Free for Iphone, and ipad.



Bones, Joints & Muscles Free: Human Muscle Anatomy and Physiology Body Facts!

Searchable, alphabetically organized database of conditions related to bones, joints, and muscles. Conditions covered range from MS and arthritis to fibromyalgia and osteoarthritis. Using easy-to-understand terms, this app is great for the average person who wants to learn about illnesses, diseases, and conditions. Free for iphone and Ipad.



RxmindMe

A medication reminder app designed to help patients keep track of multiple prescription medication and vitamin supplements. Patients can set up reminder notifications, along with dosage information, and record when they've taken their medications. Free for iphone, ipad, and ipod touch.



CareZone

The easiest way for you and your family to manage medications and doctor's instructions. Managing prescriptions is hard work. We'll make sure you always have an up to date list of your or your loved one's medications, and that you're staying on top of instructions given to you after diagnosis, treatment or discharge. Free for iphone, ipad, and android.

