

# Download health apps

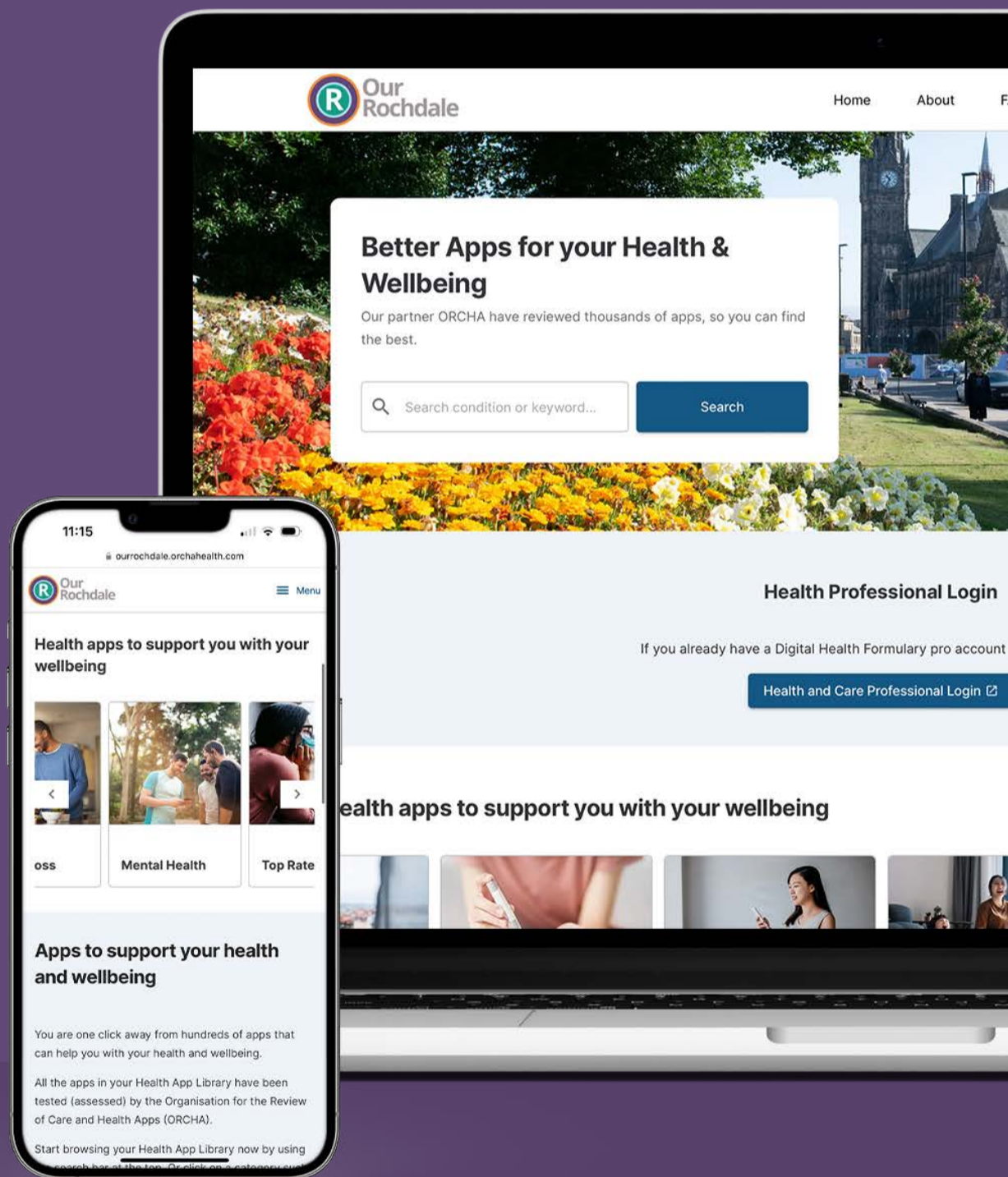
Our health and care apps library contains reliable, tried and tested health apps to choose from.

Discover apps to improve your health:

- Making healthy food choices
- Exercising and keeping fit
- Looking after your mind
- Sleeping well
- Giving up smoking
- Losing weight
- And more

All the apps in our app library are reviewed by experts for clinical safety and data security.

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