










## Beneficial Apps for Children and Youth with Epilepsy



<p>1. <b>Epsy:</b> an app for multiple components of epilepsy management, with resources to track and record any experiences related to your epilepsy, including seizures, medications, side effects or any other health situations. This data will generate reports to share with your doctor. The app also includes a community of users, with content on a range of topics related to life with epilepsy. (iPhone and Android app)</p>	
<p>2. <b>Seizure Tracker:</b> a resource for making seizure activity easier to manage by logging and keeping track of information such as description, length, possible triggers, and type of seizure. The app allows you or your family members to record the seizures and share them privately over YouTube with whomever would be helpful. After a video of a seizure is taken, the information will be added to a seizure log you can access whenever necessary. (iPhone and Android app)</p>	
<p>3. <b>Nile AI:</b> an app to help with self-management, involving recognizing triggers, tracking seizures and side effects, viewing trends, and recording and receiving reminders for medications. Also contains access to epilepsy education sources, a library of content specific to your needs. (iPhone and Android app)</p>	
<p>4: <b>Epilepsy Journal:</b> a resource for documenting information about your seizures, such as when they occur, triggers, type and more. This information is organized into graphs and charts to help show trends and patterns, which can be beneficial to share with your physicians. (iPhone and Android app)</p>	
<p>5. <b>EpiDiary:</b> an app for recording seizures, medications, and other variables such as sleep, mood, triggers, and side effects. You can also use the app to receive reminders to take and refill medications including photos, and create data reports to review personally or share with your doctor. (iPhone and Android app)</p>	

<p>6. <b>Health Storylines:</b> an app for managing health and medical conditions, including epilepsy. You can store information on medications, symptoms, mood, appointments, and anything else you find relevant, for your epilepsy or any other health factor. The information and trends can be shared with your doctor, and a health plan uploaded to help with following guidelines. (iPhone and Android app)</p>	
<p>7. <b>HealthUnlocked:</b> a social network service based upon health information. There are over 700 different communities for various conditions, and the service connects you with other people in similar health situations or sharing specific topics of interest. When creating a profile, you can add health conditions, including epilepsy, to make it easier to join communities and connect with other people. If you have health-related topics that you would like to explore this is also an option. (mobile browser based)</p>	
<p>8. <b>MyEpilepsyTeam:</b> a social network and support group dedicated to individuals with epilepsy. Advice for managing epilepsy, information on treatments and therapies, emotional support, and anything else, related to epilepsy or not, is up for discussion and assistance. You can meet people, create teams, post updates, ask and answer questions, and comment on or react to other's posts. (mobile browser based)</p>	
<p>9. <b>Seizure First Aide:</b> an app with information on how to react to all types of seizures in real time and the appropriate first aid for seizures. The app allows you or those around you to track the time and length of a seizure, determine the type, and provides a resource for understanding how to respond to seizures. There also are direct links to seizure hotlines or 911 if necessary for a seizure. (iPhone and Android app)</p>	
<p>10. <b>EpiCentr:</b> an app designed to help manage epilepsy in multiple ways. You can manually send an alert, including your GPS location if available, if you believe you will have a seizure, immediately or in 30 seconds if not canceled, to emergency contacts. If you have an Apple Watch, the app will also perform automatic seizure detection for seizure-like activity or triggers, and send alerts. The app includes a journal for tracking seizures, including triggers and side effects, created automatically when seizures are detected or manually added and edited. Certain features require a paid subscription. (iPhone app)</p>	

<p>11: <b>ICE Medical Standard:</b> an app for emergency contact information. You enter the information of your emergency contacts into the app, which then appears on the lock screen of your phone. This allows first responders or other medical personnel to access these emergency contacts in case of an accident by looking at your phone, making it easier for your contacts to receive notice of your status. Also, you can include information on your health conditions and medications you are taking. (iPhone and Android app)</p>	
<p>12: <b>Epipal:</b> an app for tracking, detecting, and managing seizures. The app monitors for seizure-like activity or falls, and sends alarms to emergency contacts when detected. An alert can also be sent manually through an emergency button. A journal allows for logging seizures, including triggers, which can be added and edited by all members of your Epipal team. You can also set up medication reminders and log if they are taken. This service requires a subscription. (iPhone and Android app)</p>	
<p>13: <b>SeizAlarm:</b> an app for people with seizures allowing emergency contacts to be manually notified if you believe you will need help soon, or automatically notified by your phone if seizure-like activity is detected. A single button push is required to receive help in a specific amount of time or immediately. (iPhone app)</p>	
<p>14. <b>Snug Safety:</b> a check-in service that makes it safer to live alone with medical conditions. The app checks in with you every day to make sure everything is alright, and if you do not check in, it will alert your emergency contacts. If you experience serious seizures but still want to be independent, it is beneficial to have a resource to help ensure your safety and that can also respond to problems you encounter. (iPhone and Android app)</p>	

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