



# Apps to help manage IBD

Technology can be a wonderful thing, especially if it can help manage the signs and symptoms of a chronic illness. Because IBD is a condition that requires close monitoring, technology can play an important role in recording important health information. Since most people own a mobile device, health apps that track disease activity can provide young patients with an opportunity to learn self-management skills.

In addition, tracking key symptoms can help highlight “red flags” that might otherwise go unnoticed. This helps patients monitor their disease, seek help when needed, have a healthy dialogue with their healthcare provider and invest in their remission.

There are fantastic apps on the market designed to help you track your IBD symptoms, manage your condition and improve your overall health. We have put together a list of the top-four free IBD apps available for iPhone and Android. We hope you find them helpful.

## myIBD

myIBD, designed by the Hospital for Sick Children (SickKids), provides simple tracking tools to help keep all your IBD information up to date and close at hand.

This app will:

- track and pinpoint specific areas causing pain
- track nausea and/or vomiting
- track mood and anxiety levels
- track medications
- store a digital chart called My Health Passport
- keep notes, and more!

My IBD can be downloaded at:

- iTunes: [bit.ly/myIBDiPhone](http://bit.ly/myIBDiPhone)
- Google Play: [bit.ly/myIBD4An](http://bit.ly/myIBD4An)



## Gi BodyGuard

Designed by the Canadian Digestive Health Foundation, Gi BodyGuard creates up-to-the-minute summaries, reminders for hydration, taking medications and renewing prescriptions. These features help patients communicate effectively with their physicians to regain and maintain good health.

Gi BodyGuard allows you to track:

- stool frequency and consistency
- symptoms, including pain and blood in stool
- medications
- food intake
- exercise

CDHF's Gi BodyGuard app can be downloaded at:

- iTunes: [bit.ly/GiBodyGuard](http://bit.ly/GiBodyGuard)
- Google Play: [bit.ly/GiBodyGuard4AN](http://bit.ly/GiBodyGuard4AN)

## My IBD passport

My IBD passport, developed by AbbVie, was created to help track and manage your IBD. Download PDF summary reports and share with your physicians to discuss any symptoms you are experiencing and work together to develop strategies to help maximize your health and quality of life.

My IBD passport helps keep track of:

- symptoms
- appointments
- medications
- test results
- vaccinations, and more!

My IBD Passport app can be downloaded at:

- iTunes English: [bit.ly/MyIBDPassport](http://bit.ly/MyIBDPassport)
- Google Play: [bit.ly/MyIBDPassportG](http://bit.ly/MyIBDPassportG)

## GI Monitor

GI Monitor, from Medivo, is designed to improve patient/physician communications. The app allows patients to easily and accurately record IBD symptoms and provide information to their physicians to discuss their disease and treatment plan.

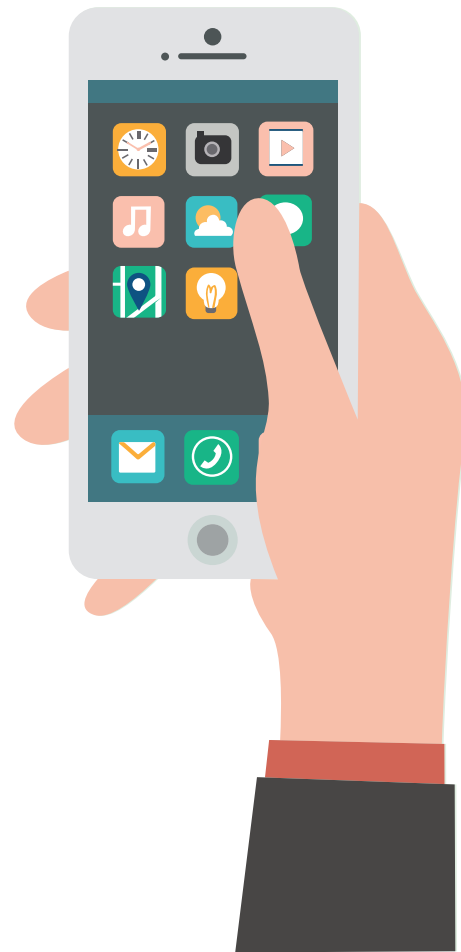
Users GI Monitor tracks:

- **GI symptoms**
- **food intake and meals**
- **medications**
- **pain levels**
- **stress patterns**

GI Monitor can be downloaded at:

- **iTunes:** [bit.ly/GiMonitor](http://bit.ly/GiMonitor)
- **Google Play:** [bit.ly/GiMonitor4AN](http://bit.ly/GiMonitor4AN)

Written by Kate Murray, Executive Director of Robbie's Rainbow and Karen Frost, BScN, RN(EC), MN, NP-Paediatrics. Karen Frost is a nurse practitioner in the IBD program at the Hospital for Sick Children and has an adjunct clinical appointment in the Faculty of Nursing at the University of Toronto.



### ROBBIE'S RAINBOW MISSION

Our mission is to help improve the health and quality of life of children and teens living with Crohn's disease and ulcerative colitis (IBD).

We are committed to helping guide and support IBD families, teens and children by providing access to critical treatments and care, building educational resources and patient advocacy.



Help us help kids living with IBD.  
**DONATE TODAY**  
[www.RobbiesRainbow.ca](http://www.RobbiesRainbow.ca)



View digital magazine



Check us out on Facebook:  
**RobbiesRainbowCa**



Follow us on Twitter:  
**@RobbiesRainbow**