

Mobile Applications for People with Multiple Sclerosis (MS)

Mobile applications help you keep track of your finances, social media sites, entertainment, calories, exercise, and more; so why not MS? Below are some free or low-cost apps available for Android/iPhone (as indicated) to help you get the most out of your next doctor's visit:

[MSAA Multiple Sclerosis Self-care Manager](#)

Available for iPhone and Android (FREE)

Good for: Self-management and recordkeeping

This app is developed by the Multiple Sclerosis Association of America (MSAA) and is specific to people who have multiple sclerosis (MS). This app can be used to track treatment, exacerbations, lab results, adverse effects, and your medical history. Also, it has a journal that allows you to use free text to add any notes or comments about how you are feeling. As you log your information, the app will chart your symptoms, mood, disability level, adverse effects, adherence to your treatments, and the like. Additionally, an education section directs you to the MSAA website for more information about MS, treatment, *The Motivator*—an MSAA magazine, and other publications. A really interesting feature of this app is the “Care Team” function which, with your permission, reaches out to your providers and allows you to connect with them on your MSAA app.

[CareZone](#)

Available for iPhone and Android (FREE)

Good for: Coordinated management and recordkeeping with family and caregivers

CareZone is not specific to people with MS, but is good for managing chronic conditions, especially when those conditions require the coordination of other family members or caregivers. The app has a journal that allows you or your caregiver to write down your symptoms and any issues that you may want to discuss with your provider at your next appointment. The medication feature permits you to take pictures of your prescription bottles and the app directly imports all the details (medication names, dosage, instructions) and compiles it into a list; this can be stored on the app and can also be printed out for convenience. Reminders can be set, doses taken can be recorded, and adherence can be tracked over time. Other features include a notes section, to-do list, news, photos/files, and calendar. The app also has a secure sharing feature that allows you to give your caregiver or family member access to your information for coordinated management. The app is noted as HIPAA compliant.

[Momentum Magazine](#)

Available for iPhone and Android (FREE)

Good for: Up-to-date information on MS

This is an app to the *Momentum* magazine, a publication of The National MS Society. The app allows you to download the issues directly to your phone. The magazine provides in-depth information on symptom management and social issues particular to MS, such as problems you may face in the work force or in a relationship. Also, the app provides updates on the latest scientific advancements in MS and news from The National MS Society. The “Move” section highlights upcoming advocacy, awareness, and fundraising events for MS research and programs. Every issue has a “Q&A” section that gives tips for health management and a “Spotlight” section for people living with or caring for someone with MS who overcame significant challenges or made important contributions. Finally, readers can submit their own stories or artwork for publication.

Multiple Sclerosis Journal

Available for iPhone (\$0.99)

Good for: Injection Tracking

The *Multiple Sclerosis Journal* is an injection tracker specific to people with MS and their caregivers. This journal allows the user to input their injection schedule and the app will deliver reminders and even countdown the time to the injection. You can also keep track of where you injected your medication to allow for scheduled injection-site rotation. There is also a tracking system for comments. Reports can even be emailed directly to your provider.

RxmindMe

Available for iPhone (FREE)

Good for: Pharmacy refills and pill tracking

This is a pill-tracking app for medications, vitamins, and supplements. Although, not specific to MS, this is a good way of managing your pharmacy needs. The app allows you to enter your prescription data, export this information to email, and keep track of your adherence and medication quantity at hand. When supplies run low, the app allows you to request refills. The app will also allow you to transfer your prescription from one pharmacy to another. Keep in mind though, the pharmacy refill and transfer features are only compatible with the pharmacy chain that has developed the app.

SymTrac

Available for iPhone (FREE)

Good for: Symptom/relapse tracking

SymTrac is an app specific for MS patients. Developed from the findings of a focus group, the goal is to identify the unmet needs surrounding relapse management. SymTrac is a product of a collaborative effort of people with MS and MS health professionals. The app allows you to keep track of your symptoms and well-being and charts them overtime. Charts can be shared with your provider. Also, the app has an exercise series that was developed with the help of a neuro-physiotherapist. Alternatively, a paper symptom tracker is also available online.