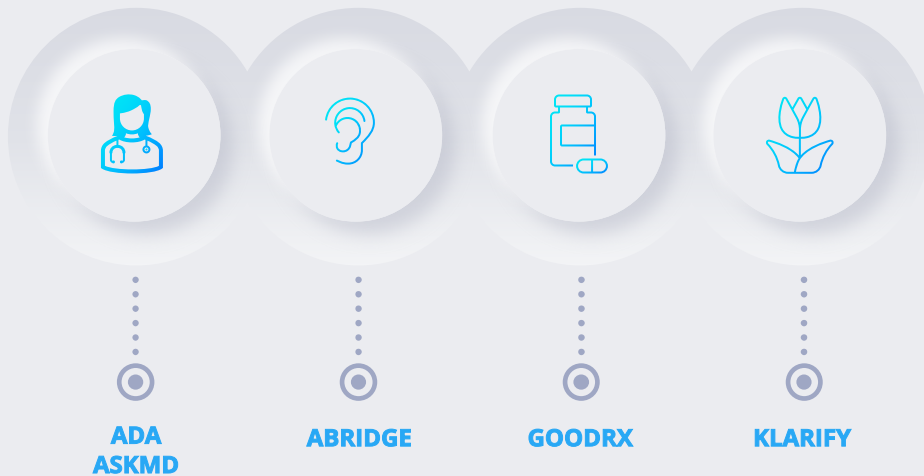


HOW TO TAKE CARE OF YOURSELF (AND OTHERS) WITH TECHNOLOGY


1


FIRST MONDAY OF FEBRUARY IS NATIONAL SICKIE DAY



2

**SECOND SATURDAY IN
SEPTEMBER IS
WORLD FIRST AID
DAY**

 **RED CROSS
FIRST AID APP**

 **RED CROSS
SMART SPEAKER APP**

3

**SEPTEMBER IS
NATIONAL PREPAREDNESS
MONTH**

 **FEMA.GOV**

 **READY.GOV**

 **WHAT3WORDS**

4

**JUNE IS
BEAUTIFUL IN
YOUR SKIN MONTH**


01 MiiSkin

02 SkinVision

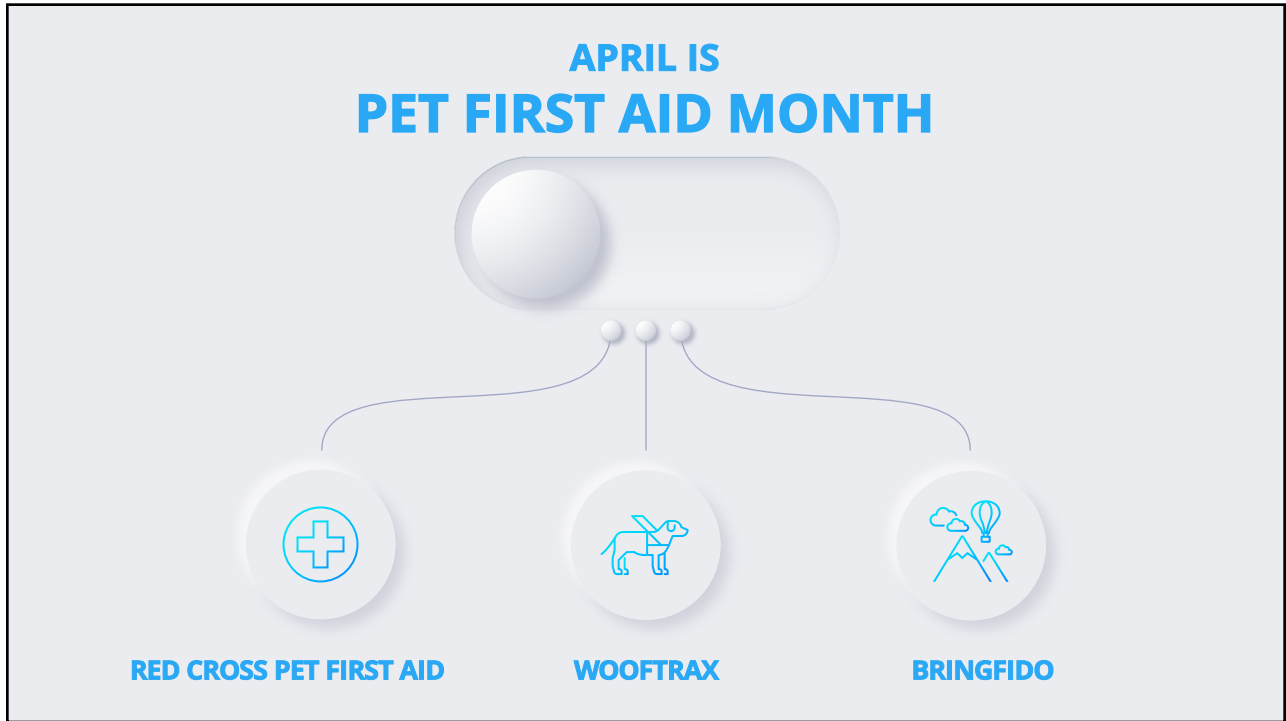
A 3D rendered hand is shown from the right, with the index finger touching a circular, slightly raised button. The button has a subtle concentric ring pattern. The background is a light gray gradient.

5

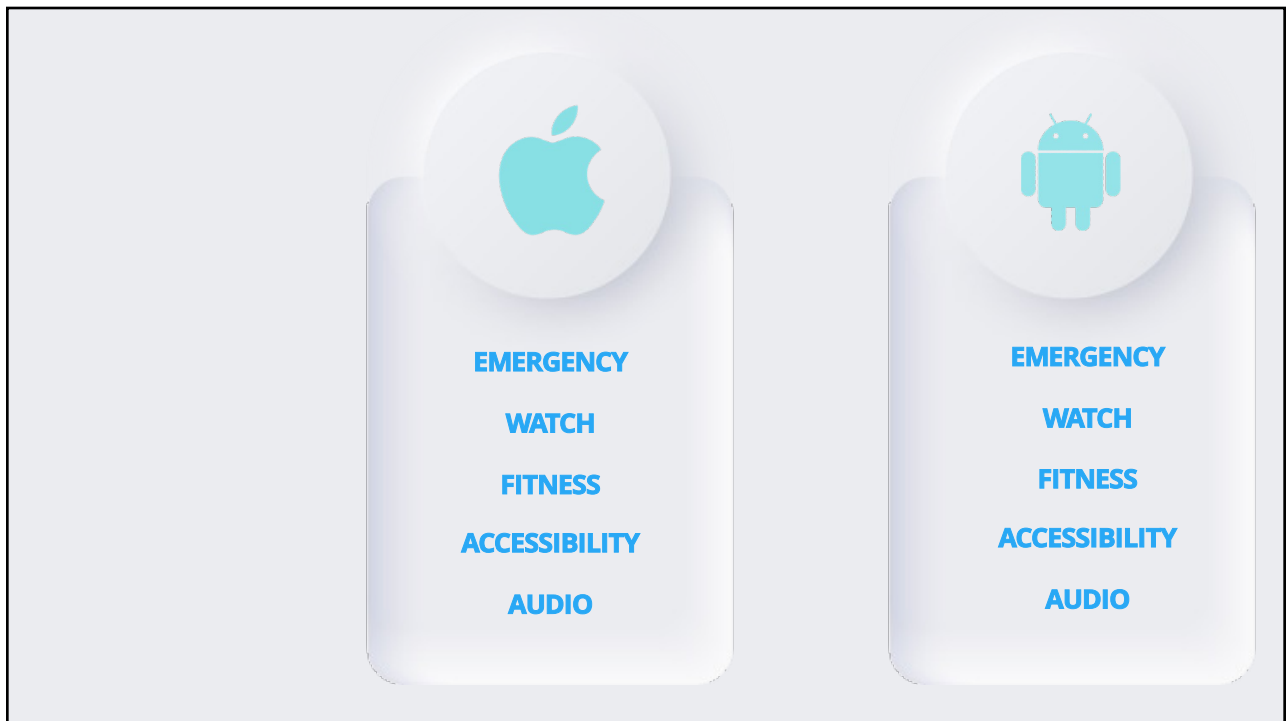
**APRIL IS
NATIONAL MOVE
MORE MONTH**

A central circular graphic contains the text "APRIL IS NATIONAL MOVE MORE MONTH". Surrounding this central circle are six smaller circular icons, each containing a blue line-art icon of a person engaged in a different physical activity: running, playing tennis, playing a musical instrument, swimming, riding a bicycle, and playing a sport with a racket. The icons are arranged in a circle around the central text, connected by a thin line with small spheres at the junctions.

6




7



8

THIRD FRIDAY IN FEBRUARY IS NATIONAL CAREGIVERS DAY


- 01** CARING VILLAGE
- 02** CIRCLEOF
- 03** LOTSA HELPING HANDS




caregivers
24.4 hours
\$470B

9


MAY IS MENTAL HEALTH AWARENESS MONTH



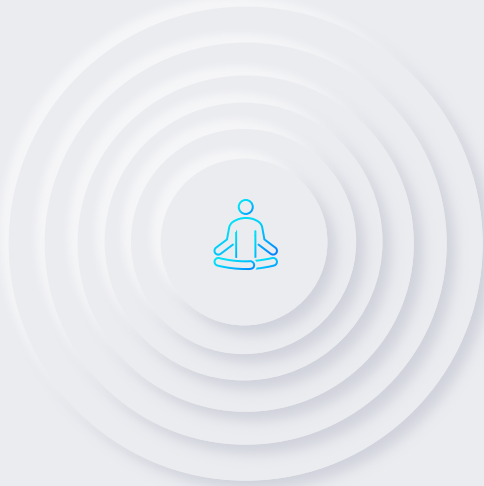

PIXEL THOUGHTS
SCREAM INTO THE VOID
CALM.COM/BREATHE




INTELLECT
WOEBOT
WYSA




HERO CARE






PZIZZ
CALM
HEADSPACE
INSIGHT TIMER



SOUNDPRINT



GRATITUDE

10

All the Links

- [Health. Powered by Ada.](#)
- [AskMD - Get Answers - Manage Conditions & Symptoms - Sharecare](#)
- [Patients | Abridge](#)
- [Prescription Prices, Coupons & Pharmacy Information - GoodRx](#)
- [klarify - us.klarify](#)
- [Mobile Apps and Voice-Enabled Skills and Actions | American Red Cross](#)
- [FEMA.gov](#)
- [Plan Ahead for Disasters | Ready.gov](#)
- [what3words /// The simplest way to talk about location](#)
- [Skin and Mole Checker App | Track Your Skin and Moles](#)
- [SkinVision | Skin Cancer Melanoma Detection App | SkinVision](#)
- [WoofTrax: Dog Powered Fundraising](#)
- [BringFido: Pet Friendly Hotels & Dog Travel Directory](#)

11

All the Links

- [Use Emergency SOS on your iPhone - Apple Support](#)
- [Accessibility - Apple](#)
- [Healthcare - Apple Watch - Apple](#)
- [Get help in an emergency using your Android phone - Android Help](#)
- [Android accessibility overview - Android Accessibility Help](#)
- [Google Fit](#)
- [Caring Village | FREE help for families and caregivers](#)
- [Family Caregiver App: Personal App For Caregivers | CircleOf](#)
- [Care Calendar Website | Lotsa Helping Hands](#)
- [Relational Agent for Mental Health | Woebot Health](#)
- [Pzizz | Sleep at the push of a button](#)
- [SoundPrint - Find Your Quiet Place](#)

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