

5 FREE APPS for Better Health

These days it's not uncommon to find ourselves glued to our smartphones. So let's make the most of it. Instead of scrolling through your social media feeds, download these apps to help you maximize your workout schedule, stay on track with your diet, and make the most of your insurance plan.



Charity Miles - Pat yourself on the back for those extra miles you've been clocking in lately. For every mile you complete, corporate sponsors will donate money to the featured charity of your choice.

Pact - Following through on those gym visits just got a lot more rewarding. If you stay on track with your goals, you get paid. And if you don't, you pay out to the users who have better luck sticking with their goals.

Life Happens - This simple app helps determine how much life insurance you need. Just fill in some financial info and the app generates an estimate of your insurance needs.

Fooducate - Shopping for healthy foods at the grocery store shouldn't require a ton of side research. Simply open this app and start scanning barcodes for a quick read on how healthy each item is. The app will analyze all of the information and provide feedback to help you stick with your health and fitness goals.

401(k) Calculator (iPhone Only) - This handy tool shows you how much your account might be worth when you retire; it even lets you compare investments to ensure you're making the best decisions for your future.

These apps are here to help keep you healthy and informed about your wellness and insurance plan. Download them for free on iTunes and/or Google Play.