



# Want to get healthier? There's an app for that.

**Smartphone apps can improve your health and wellbeing. They can help you be more physically active, eat better, quit smoking, drink less alcohol or improve your mental wellbeing.**

But with so many available, how can you choose the best ones for you? At VicHealth, we've reviewed over 300 health and wellbeing apps to see which ones are most likely to help you achieve your goals.

**To see how they rate (the more stars the better), visit:**  
**[www.vichealth.vic.gov.au/apps](http://www.vichealth.vic.gov.au/apps)**