

Technology Apps and Devices to Aid in Aging in Place

Health

MedCoach Medication Reminder	Download in App Store/Google Play
MediSafe Medication Reminder	https://www.medisafe.com/
Pillboxie Medication Reminder	https://pillboxie.com/
MedMinder Medication Reminder	https://www.medminder.com/
Fitbit Activity Tracker	https://www.fitbit.com/global/us/home
Apple Watch	https://www.apple.com/watch/
KardiaMobile Anywhere EKG	https://store.kardia.com/
Dexcom Glucose Monitoring	https://www.dexcom.com/en-us
Lively Medical Alert	https://www.lively.com/medical-alerts/lively-mobile-plus/
Lifeline Medical Alert	https://www.lifeline.com/

Connectivity – Video Calling

FaceTime	Preinstalled on iPhone
Meta Portal	https://www.meta.com/portal/
WhatsApp	https://www.whatsapp.com/
Google Meet	https://meet.google.com/?pli=1
Zoom	https://zoom.us/

Transportation

Gogo Grandparent	https://gogograndparent.com/
Lyft	https://www.lyft.com or App Store/Google Play
Uber	https://www.uber.com or App Store/Google Play

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Food Delivery

Meal Kits/Prepared Food

Hello Fresh <https://www.hellofresh.com/>

Blue Apron <https://www.blueapron.com/>

Grocery/Store/Restaurant Delivery

Instacart <https://www.instacart.com/>

Shipt <https://www.shipt.com/>

DoorDash <https://www.doordash.com/> or App Store/Google Play

Grub Hub <https://www.grubhub.com/> or App Store/Google Play

PostMates <https://postmates.com/> or App Store/Google Play

Uber Eats <https://www.doordash.com/> or App Store/Google Play

Tovala <https://www.tovala.com/>

Services and Repairs

Angi <https://www.angi.com>

Thumbtack <https://www.thumbtack.com>

TaskRabbit <https://www.taskrabbit.com/>

Smart Homes Devices

GoogleNest https://store.google.com/category/connected_home?hl=en-US&pli=1

Ring <https://ring.com/>

Roomba https://www.irobot.com/en_US/roomba.html

Amazon Alexa <https://alexa.amazon.com/>

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