



How to Find Community Health Resources Using Your Smartphone

Your community is full of resources designed to help you get and stay healthy. However, when you're busy with a career and family, it's hard to find time to learn about what's available in your community. Or it used to be, that is. These days, technology makes it possible to learn about all kinds of local opportunities from your smartphone or computer. If you're ready to take advantage of your community health resources but need a push to get started, these tools are for you.

Resources at Your Fingertips

Get your technology game right in order to find and take advantage of the resources around you. Below is a list of resources to help you prepare, along with several sites to visit first.

15 Ways To Improve Your Health Using Technology

Technology to the rescue! Learn about the different ways technology can boost your health.

<https://www.forbes.com/sites/leebelltech/2018/03/26/the-best-health-tech-2017/>

Are Health Apps Beneficial to Your Health?

Approximately 3.4 billion people use smartphones and tablets worldwide. While not a medical device or a replacement for a physician visit, smartphone apps may be beneficial in helping people to improve healthy behaviors and accessing health-related information more readily.

<https://www.getthehealthystayhealthy.com/articles/are-health-apps-beneficial-to-your-health>

Upgrade to a New Phone and Plan

If you haven't upgraded your phone recently, it may be a good place to start so that you don't crash your outdated one. While you're at it, make sure your plan allows for enough data usage so you aren't dealing with overage charges.

<https://www.verizonwireless.com/smartphones/>

Health Apps to Add to Your Phone Today

With your compatible smartphone and data plan in place, check out the top health apps you should consider adding to your phone.

<https://www.healthdatamanagement.com/list/30-widely-used-consumer-health-and-fitness-apps>

Mental Health Resources

Read up on ways to boost your overall mental health all day long, whether you're at work, relaxing at home, or chasing the kiddos around.

Soothing Hacks for a Restful Spa Day at Home

You can help relieve stress from the daily grind right at home by creating the perfect relaxing experience for an at-home spa day.

<https://www.angieslist.com/articles/soothing-hacks-restful-spa-day-home.htm>

5 Free Mindfulness Apps Worthy of Your Attention

If you're curious about whether mindfulness apps can help you combat anxiety, sleep better, and hone your focus, here's a great place to start.

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

Promoting Mental Health at Home: How to Design the Perfect Meditation Room

Follow this how-to guide to design the perfect meditation room in your own home and reap the most benefits from your meditation time.

<https://www.homeadvisor.com/r/meditation-room/>

Find a Mental Health Specialist Near Me

If you'd like to schedule an appointment with a mental health specialist, you can do so quickly and easily right from your phone.

<https://www.thumbtack.com/k/mental-health-counselors/near-me/>

Social Health Resources

Hectic schedules can often lead to us neglecting the social aspect of our health. Combat the issue by employing a few of these resources.

Social Wellness Toolkit

Through your relationships, you learn to navigate the world: how to interact with others, express yourself, conduct everyday health habits, and be a part of communities. What's more, positive social habits can help build support systems and stay healthier both mentally and physically.

<https://www.nih.gov/health-information/social-wellness-toolkit>

Find Meetups in Your Area

Connect with others locally who share the same interests and hobbies as you.

<https://www.meetup.com/find/events/>

How to Find a Date Online in Your Area

The first step to finding a date online is choosing which site or app you'll use. Explore a few of the most popular dating sites to decide which is best as a starting place for you.

<https://areadates.com/how-to-find-a-date-online-in-my-area/>

Physical Health Resources

There are opportunities to improve our physical health all around us. Use the resources below to get to the gym, find a nearby farmer's market and schedule a yearly check-up, to name a few.

Find a Gym Nearby

Fortunately, gyms are everywhere, which means it's easier than ever to find one close by. Use the tool below to find the closest gym to you.

<http://www.gymsandfitnessclubs.com/gyms-by-location/>

Find a Local Park to Explore

Take full advantage of the outdoors by finding a nearby park to explore. The fresh air and exercise will do a world of good.

<https://findyourpark.com/your-parks>

Farmer's Market Finder

Invest in your health and local farmers by visiting a nearby farmers market.

<https://www.localfarmmarkets.org/>

Grocery Delivery Services

When you're not able to get to a local farmers market, you can make grocery shopping super simple: order groceries from your phone and have them delivered to your doorstep from Costco.

<https://thefoodoasis.com/where-does-costco-deliver-costco-delivery-near-me/>

20 of the Best Foods for a Healthy Gut and Microbiome

Make the most of the groceries you purchase and food you prepare by focusing on these top 20 foods for a healthy gut.

<https://plexusworldwide.com/sunnyshare/trust-your-gut/20-best-foods-healthy-gut-microbiome>

Find a New Dentist

Been a while since your last dental visit? Hop online to find a dentist and book an appointment.

<https://areadentist.org/find-a-dentist-online/>

Schedule Your Next Physical Exam

If it's been over a year since your last physical, it's time to schedule the next one. Schedule your next appointment easily from your smartphone.

<https://www.zocdoc.com/procedure/annual-physical-76>

With convenient tools like these, there's no excuse not to take advantage of the amazing local resources available to you. No matter what your health goal is — whether you want to start working out, improve your mental health, or finally schedule that dentist appointment —there's a community resource that can help you achieve it. All you have to do is pick up your phone, make a few clicks, and get out and do it!

Image via [Unsplash](#)