

TREATMENT



Patient
Empowerment
Network

As you wind your way through treatment the best way to remain sure-footed is to be prepared and to stay organized. This section tells you how.

Pill reminder and medication tracker app.

[Medisafe App](#)

[CanPlan](#)

One-of-a-kind planner designed specifically for cancer patients and their caregivers that provides daily reminders, guidelines for positive living, and methods for monitoring and tracking all of the details of your illness every step of the way. CanPlan isn't simply just a planner, it's a roadmap to recovery and a book that will return control of your life back into your hands. If you're sick, you know you'll need a hand. With CanPlan, you'll have one.

[Calm](#)

Calm is the #1 app for meditation and mindfulness. Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better.

[Sleep Time](#)

An app that provides insights into your sleep patterns by tracking your level of movement throughout the night.



[My Possible Self](#)

My Possible Self is an innovative mental health self-help app. Its content is clinically proven to reduce stress, anxiety and mild to moderate depression.

[CareZone](#)

CareZone is a worry-free way to organize health information and access vital health services with care reminders, dosage information, and schedules.

[A Yoga Technique to Reduce Anxiety and Increase Relaxation](#)

A short yoga and breathing technique you can use when you're looking to reduce anxiety and increase relaxation from Certified Yoga Therapist Raquel Jex Forsgren.