

# REAL SIMPLE

| LIFE MADE EASIER |

JANUARY 2012



solutions

IDEAS  
INSIGHT  
INSPIRATION

## 5 HABIT-BREAKING APPS

To put some resolve in that New Year's resolution, enlist a personal vice squad: These apps help curb bad behavior.



### ZocDoc

**BAD HABIT:** Putting off doctor visits.

**how it works:**

Finding a reputable doctor who's in your neighborhood *and* your network can be a real hassle. This app is a cure-all: Plug in your ZIP code, insurance carrier, and the kind of specialist that you need and you'll get a comprehensive list of options.

**how it keeps you going:**

Participating doctors list their availability by the week, making it easy to book a time that works for you (hurrah!). Finally, a way to locate a physician who can squeeze you in—stat.

**the sugar on top:**

Patient reviews assess everything from bedside manner to average wait times.

**cost:** Free, Android Market and iTunes.



### DriveSafe.ly

**BAD HABIT:** Texting while driving.

**how it works:**

Distracted driving was responsible for 16 percent of fatal car accidents in 2009. This app reads aloud all incoming texts so you can keep your eyes where they belong.

**how it keeps you going:**

Can't tear yourself away from e-mail or Facebook either? The app will also air messages from these accounts over your phone's speakers.

**the sugar on top:**

The upgraded version (\$14 a year) lets you send texts or respond to e-mails using voice commands.

**cost:** Free, Android Market and iTunes.



### Quitter

**BAD HABIT:** Smoking.

**how it works:**

Enter your quit date into the count-up clock, which will keep track of how many days, weeks, and months you've been cigarette-free.

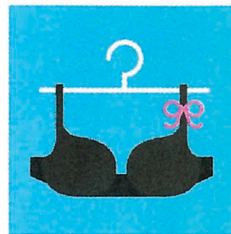
**how it keeps you going:**

Financial incentives have been proven to help people surrender the sticks. The app calculates how much you've saved since calling it quits: In three months, a smoker kicking a daily half-pack habit would net more than \$225.

**the sugar on top:**

Trade the Marlboros for Manolos: Use the app's Inspiration board as a reminder of what you could be buying instead.

**cost:** Free, iTunes.



### Dr K's Breast Checker

**BAD HABIT:** Skipping breast self-exams.

**how it works:**

Pull out this app when you conduct your monthly self-exam. It has a handy breast diagram that prompts you to mark any areas of concern. If you do record a lump, it gives you a personalized diagram to take along when you visit your doctor.

**how it keeps you going:**

Reminders are sent monthly. You can hit a 24-hour snooze button (in case you're not in the right place for a personal assessment), but you'll receive daily notifications until you complete your check.

**the sugar on top:**

Helpful tips on breast health include the ideal time for an exam (the last day of your menstrual cycle).

**cost:** Free, iTunes.



### BugMe!

**BAD HABIT:** Forgetting to... uh...what was it now?

**how it works:** This app turns your phone into a virtual Post-it (the scatterbrain's best friend). Use your finger to scribble a quick note across the screen.

**how it keeps you going:**

Notes are kept on an animated corkboard (for iTunes users) or in a list (Android) so you can see all your to-dos in a single spot. Pick one all-important, must-do-today reminder to save on your phone's home screen so you can't make a call or send a text without seeing it first.

**the sugar on top:**

E-mail a Post-it as a cute heads-up to a friend. ("Remind me to tell you about what happened last night.")

**cost:** \$2, Android Market and iTunes.

