



UnityPoint Hospice

Spiritual and Holistic

Applications for smartphones or tablets

General Spirituality

- uBlessing: Get Blessed (Android)
- Blessing Counter (iOS)
- Mandala (iOS, Android)
- GPS for the Soul (iOS)
- Spirit Renew (iOS, Android)
- 3 Minute Retreat (iOS \$.99)
- Bible Lock Screens (iOS, Android \$.99)
- Holistic Music Radio (iOS \$.99)
- Daily Spiritual Quotes (iOS, Android)

Relaxation/Meditation/Stress Relief

- Unstuck (iOS)
- Grow (iOS)
- Smiling Mind (iOS, Android)
- Zen Space (iOS), Zen Garden (Android)
- Take a Break! (iOS, Android)
- Mindfulness Daily (iOS)
- HeadSpace (iOS, Android)
- Get Some Headspace (iOS)
- Relaxing Sounds (iOS, Android)
- Sleep Pillow (iOS)
- Relax and Sleep (Android)
- Breath Lesson (iOS)
- Lotusbud Mindfulness/Meditation Timer (iOS)
- Finger Labyrinth (iOS, Android \$1.99)
- ConZentrate (iOS, Android)
- Insight Meditation Timer (iOS, Android)

This list of applications is provided for your reference and does not reflect an endorsement by, or the views of UnityPoint Hospice/UnityPoint Health. UnityPoint Hospice is not responsible for the information or accuracy of information found in these applications. You are encouraged to thoroughly research and review each application to determine if it is appropriate, applicable, and safe for your needs. UnityPoint assumes no liability for any direct or indirect damages arising from the use of any listed application.



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Relaxation/Meditation/Stress Relief

- Guided Imagery (iOS, Android)
- Meditation Relaxing Music (Android)
- Breathe2Relax (iOS, Android)
- Guided Mind (iOS)
- Pranayama Lite (iOS, Android)
- Buddhify (iOS \$4.99, Android \$2.99)
- Omvana – Meditate, Sleep Focus (iOS, Android)
- iZen Light and Music App (iOS)
- Fluid Monkey (iOS, Android)
- Bubblewrap (iOS, Android)
- Relax Melodies HD (iOS, Android)
- 5 Minute Relaxation Lite – Guided Meditation (iOS)
- Let it Go – Vent and Release (iOS, Android)
- Relax HD Lite (iOS)
- Stop, Breathe and Think (iOS)
- Zen Mixer (iOS)
- Wimp (iOS, Android)
- Taize Music (iOS)
- Colorfy (iOS, Android)

Mental Health/Addiction

- My Spiritual Toolkit (iOS, Android)
- Anonymous Sober Recovery Chat for Alcoholics & Addicts in AA NA (iOS)
- OneHealth Meeting Finder (iOS)
- Meeting Finder (Android)
- AA Alcoholics Anon (Android)
- Serenity Prayer (IOS)
- Clean and Serene (iOS) – Daily meditations on recovery
- NA Meeting Search (iOS, Android)
- My Narcotics Anonymous Toolkit (Android) – Narcotics Anonymous
- My GA Toolkit (GAT) (iOS, Android) – Gamblers Anonymous
- My OA Toolkit (OST) (iOS) – Overeaters Anonymous
- Virtual Hope Box (iOS, Android)
- Hope Box (iOS, Android)
- ASK and Prevent Suicide (iOS, Android)
- T2 Mood Tracker (iOS, Android)
- Optimism (iOS)

Grief and Loss

- LifeVenture.me (iOS) – Life Review
- MemoryIsLife Mobile (iOS, Android) – Creating website memorials
- Help for the Grieving (Android)
- Grief Support Network (iOS, Android)

Sacred Texts

- Bible Gateway (iOS, Android)
- Bible (iOS, Android)
- Bible for Kids (iOS, Android)
- Deaf Bible (iOS, Android)
- Santa Biblia Espanol (iOS, Android)
- Quran Explorer (iOS, Android)
- Hindu Spiritual Books (iOS, Android)
- The Book of Mormon (iOS, Android)
- Pocket Torah (iOS, Android)
- Baha’l Prayer Book (iOS, Android) – Available in many languages
- Jehovah Witness NWT (iOS \$.99, Android Free)

Baha’i

- Interfaith Explorer (iOS)
- Prayer Book (iOS, Android)
- Baha’i Prayers (Android) – in Spanish (iOS)
- Bubblewrap (iOS, Android)
- Relax Melodies HD (iOS, Android)

Buddhist

- Buddhify (iOS \$4.99, Android \$2.99)
- Buddhist Meditation (iOS \$3.99, Android free)
- iDharmaBook (iOS, Android)
- Listen Buddha (iOS)
- Buddha Quotes (iOS, Android)
- iMala (Android)
- Buddhist Meditation Trainer (Android)
- Mindfulness: Guided Meditations (iOS)

Christian – General

- K-Love (iOS, Android)
- Praise Hymns (iOS)
- Hymns and Praise with Tunes (Android)
- Billy Graham (iOS, Android)
- Max Lucado (iOS)
- Joel Olsteen (iOS, Android)
- Joyce Meyer (iOS, Android)
- Saddleback Church (iOS, Android)
- TBN Christian Network (iOS, Android)
- The Upper Room (iOS, Android)
- Our Daily Bread (iOS, Android)

Hindu

- Hindu Devotional Rituals (iOS)
- Daily Hindu Prayers (Android)
- Devotional Songs (Android)
- The Hindu (iOS, Android)
- iMala (Android)
- Healing Chants and Mantras (iOS)
- Mantras to Release Stress & Strain (iOS, Android)

Islam

- Islamic Prayer Times (alQibla) (iOS, Android)
- Qibla Compass (iOS, Android)
- myDuaa: Fortress of a Muslim (iOS, Android)

Jehovah Witness

- JW Library (iOS, Android)
- Watchtower Library (Android)

Jewish

- Siddur – Special Edition (iOS)
- Jewish Rock Radio (iOS, Android)
- Jewish Music Streams (iOS, Android)
- Menorah-Chanukah (iOS, Android)
- Shabbat Shalom (iOS, Android)
- Shabbat and Holiday Times (iOS, Android)

Latter-Day Saints

- Gospel Library (iOS, Android)
- LDS Music, LDS Hymns (iOS, Android)
- LDS Scripture Mastery (iOS, Android)
- Mormon Channel (iOS, Android)

Our Hospice Chaplains are available to meet the spiritual needs of our patients and their families. Chaplain services are non-denominational and optional. Patients and families may choose to receive support from their own clergy. For more information call (319) 369-7744.

For an online copy, please visit the UnityPoint Hospice website at cedarrapidshospice.org.