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health your health

cell phone to the rescue

Sure, you can use it to call 911, but you can also use your mobile phone to...

Keep medical info handy Store your key health history facts by downloading the Emergency Service Profile application; a sticker on your phone tells emergency crews where to find it (myrapidmd.com; \$19.95 for the first year, then \$5.95 annually).

Check to see which drugs don't mix Download free software at epocrates.com so you can get drug-interaction info when you're on the go—like when you're standing in the drugstore, trying to decide which OTC cough syrup to buy.

Remind you to take your meds The Verizon Wireless Pill Phone offers reminders plus detailed drug info (products.vzw.com, under "Tools & Applications"; \$3.99 a month). Some drug companies, like the makers of Yaz (yaz-us.com) and Depo-Provera (depoprovera.com) will text or e-mail you reminders for free.



Help you slim down Sensei.com sends menus, workout plans and advice to your phone (\$20 per month). Find healthy choices at restaurants in your area with webdiet.com (free for basic service).

Note: Before paying for a program, make sure it's compatible with your phone. Francesca Lunzer Kritz