

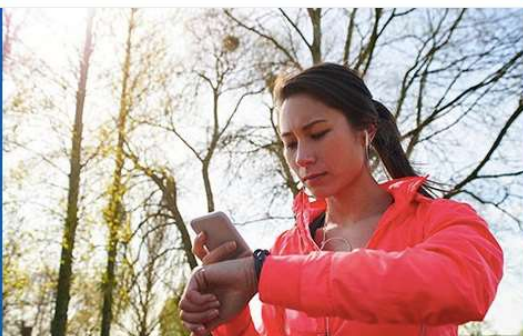
We are pleased to share with you this NHS endorsement

Feeling Good App is now in the NHS digital app library.



Find digital tools to help you manage and improve your health

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Feeling Good: positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

HEALTHY LIVING, MENTAL HEALTH



Liva UK

The Liva app is a digital platform to help you manage conditions such as diabetes, heart problems and obesity, and make changes to your l...

HEALTHY LIVING, DIABETES

[Visit NHS Digital Library](#)

NHS England has fulfilled its aim to have 70 apps in the Apps Library by the NHS's 70th birthday.

'NHS Apps Library has been designed to bring a number of digital tools together in one place, and is currently in a beta testing phase.'

Each tool, according to NHS England, has been "through an assessment and is safe to use".

A number of apps have now been verified as 'NHS Approved' – meaning there is clinical evidence that it supports clinical outcomes – or 'Being Tested in the NHS', which means they are part of an NHS programme that is monitoring and gathering evidence.'

Excerpt from <https://www.digitalhealth.net/2018/07/nhs-england-70-apps-library/>



Download the free Feeling Good App from googleplay and apple app stores



Find out more

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