

# 5 useful apps every senior should download

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Do you have seniors in your life who don't take full advantage of their smartphones? It's pretty common since not everyone grew up with these technological wonders.

We're here to fix that. If you or someone you know is trying to live a more active lifestyle, love senior-only deals or just need a way to keep your prescriptions in order, there are tons of apps and tools to capitalize on.

These five free apps for seniors leave nothing to be desired. Keep reading for a more convenient and fulfilling way to live, right from your mobile device.

## 1. GoodRx

Our sponsor, [GoodRx](#), lets you compare prescription prices between locations. Say hello to affordable prescription prices that you can find right from an app on your smartphone.

Unlike many online databases, GoodRx is super easy to navigate. Just head to the search bar and enter your location and medication. Then, you'll see all the pharmacies where you can score a good deal.

You can save up to 80% off your prescriptions with [GoodRx](#). Plus, you can find discounts for medicines at over 70,000 pharmacies, like CVS, Walgreens, Rite-Aid, Vons and Walmart. The free GoodRx app is available for [iOS](#) and [Android](#).

[GOODRX FOR IOS](#)

[GOODRX FOR ANDROID](#)

## 2. Medisafe Pill & Med Reminder

The Medisafe app is more than just a glorified pill sorter, although it's perfectly functional as a pill reminder in its own right. Assign each medication in your prescribed routine a time and a day of the week, if applicable. Never forget your most important pills again.

Along with daily prescriptions, you'll have instant access to an entire library of information on everything in your medicine cabinet, including when you last documented a dose taken. You can loop your physician in, allowing them to monitor your progress under their care.

A weekly tracker keeps everything in your system available at a glance, warning you of any potential interactions, including things like foods and beverages. The free app is available for [iOS](#) and [Android](#).

[MEDISAFE FOR IOS](#)

[MEDISAFE FOR ANDROID](#)

## 3. AARP Now

The AARP Now app, courtesy of the American Association of Retired Persons, is a free app for seniors on the prowl for discounts, events, news pertinent and other resources, including a mobile portal for one's AARP membership. Sign up, renew, and enjoy, all within one incredibly engaging hub.

This app is one of the easiest ways to see the benefits of your AARP membership. Other features include access to your AARP Rewards and a fitness tracker making this all-in-one app a must-have for anybody of retirement age, especially those looking to get out of the house.

Be the first to be notified of upcoming events and workshops for seniors, and you can register for them right from the app itself. The free app is available for [iOS](#) and [Android](#).

[AARP NOW FOR IOS](#)

[AARP NOW FOR ANDROID](#)

## 4. SmartBP

SmartBP is a blood pressure-tracking app. It's free, with a premium upgrade available, but it does require a peripheral device. Use any blood pressure monitor compatible with Apple Health or Google Fit. The paid version features Apple Watch integration, providing another convenient avenue to heart health on the go.

We love SmartBP because it puts your current provider right in the cockpit. Complete blood pressure reports and analyses are sent away with a single tap, keeping them abreast of any unusual developments, all on a remote basis. The free app is available for [iOS](#) and [Android](#).

[SMARTBP FOR IOS](#)

[SMARTBP FOR ANDROID](#)

## 5. Pacer

Is Pacer the ultimate step-tracking app for a senior lifestyle? We think so. This app uses only your smartphone to help keep track of your daily activity levels, precluding the need for a Fitbit, smartwatch, or traditional pedometer. Step into a healthy way of living by taking Pacer everywhere you go.

In addition to tracking your steps, you'll also have access to information on facilitating a more active day, which can help round out your routine with workout ideas supporting daily step goals. You can even use a walking map to trace your favorite routes nearby.

The brand's motto: make 24/7 fitness simple, powerful, and fun. Your results will speak for themselves. You might even be able to make some friends on the app. The free app is available for [iOS](#) and [Android](#).

[PACER FOR IOS](#)

[PACER FOR ANDROID](#)

The power is truly in your pocket. These five apps are great for seniors and can save time, money and hassle.