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## Aspirin, Bandages ... iPod?

See how your health can benefit from your iPod.

By Patricia Curtis  
From [Reader's Digest](#)  
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**You know you can download workouts to an iPod, but you can also use your MP3 player to help you quit smoking, track your medical stats and keep your brain healthy. Our faves:**

\* Store emergency contacts, doctors' info, family history, medication, allergies and more on your iPod with HealthFrame 2.1. Bring it to your doc to show her your stats (\$39.95; [healthframe.com](http://healthframe.com)).

\* Boost your odds of quitting smoking, losing weight or reducing stress with personalized MP3 files. All use behavior modification to help you make lasting changes (\$9.95; [wellnesschoice.com](http://wellnesschoice.com)).

\* After a cocktail, plug the iBreathe Alcohol Breathalyzer into your iPod. Breathe into the tube and find out your blood alcohol level before attempting to drive (\$79; [davidsteele.com](http://davidsteele.com)).

\* Exercise your mind with free BrainReady podcasts. Test yourself with fast-paced math (what's  $5+2 \times 3 -9?$ ), memory recall (who sat next to you in fourth grade?) and other stumpers. Get more at [brainready.com](http://brainready.com).

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