



# USING MOBILE HEALTH APPLICATIONS

## A RESOURCE FOR VETERANS, SERVICE MEMBERS, AND THEIR FAMILIES

As the use of smartphones and other communication devices has increased, so has the number and type of mobile applications, or “apps.” With so many apps for personal use to choose from, it is important to determine which apps will provide the most accurate health information.

### ★ HERE ARE SOME TIPS FOR DOWNLOADING APPS TO MANAGE YOUR HEALTH:

- Find out if the app is produced by a reputable organization with expertise in the subject area to ensure that the information presented is accurate, reliable and up-to-date.
- Be aware an app may have a government name but not be an official app actually created by a government agency.
- Some apps charge a fee to use. These fees can be a one-time only purchasing fee or the fee may be charged on a weekly, monthly or yearly basis. Make sure you are aware of what charges you may incur before downloading an app.
- Research the application developer’s privacy policy before downloading the app. This information should be available on the developer’s website.
- You may be able to limit what information can be seen in the app, such as turning off location-sharing capabilities on your smartphone.
- Apps may have been reviewed by other users. You might find these reviews helpful in deciding if the app would be useful for you. Reviews can be found with the app information before downloading or purchasing.

### VA MOBILE APPS

(All are free downloads to smartphones/tablets.)



#### MOVE!® Coach

MOVE!® Coach is a weight self-management app that provides education, tools, and guidance designed to help you meet your weight and health goals. The app allows you to monitor, track, and receive feedback regarding your progress. It also provides users with the motivational resources needed to successfully overcome challenges and meet their goals. (iOS & Android)

Note: Always discuss your plans with your health care provider before starting any new physical activity or exercise program.



#### Stay Quit Coach

The Stay Quit Coach App helps you “stay quit” after you stop smoking with tools to control cravings, reminder messages and support links.

Stay Quit Coach is best used while in treatment with a therapist or after your treatment has ended. (iOS & Android)



#### Concussion Coach

The Concussion Coach App provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury. Concussion Coach can be used alone, but may be more helpful when used along with treatment from a provider. (iOS)



#### CBT-i Coach

The CBT-i Coach App helps you get the most out of Cognitive Behavioral Therapy for Insomnia (CBT-i) so that you can develop good sleep habits and sleep better. CBT-i Coach is best used while in therapy with a provider. (iOS & Android)



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**Mindfulness Coach**

The Mindfulness Coach App provides you with tools and guided exercises to help you practice mindfulness, which means paying purposeful attention to the present moment without passing judgment on it or your feelings. Mindfulness Coach can be used alone, but is not intended as a substitute for therapy. (iOS & Android)



**PTSD Coach**

Developed by VA's National Center for PTSD, the PTSD Coach App helps you learn about and cope with the symptoms related to Post-traumatic Stress Disorder (PTSD) that commonly occur following trauma. PTSD Coach can be used alone, but is not intended as a substitute for mental health treatment. (iOS & Android)



**PE Coach**

The PE Coach App helps you work with a mental health professional during Prolonged Exposure (PE) therapy. PE therapy is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you decrease distress about your trauma by engaging with reminders of the experience (triggers). The App helps you track your progress, appointments and PTSD symptoms. PE Coach is not a self-help tool and should only be used while in therapy with a provider. (iOS & Android)



**ACT Coach**

ACT Coach was designed for Veterans, Servicemembers and others who are in Acceptance and Commitment Therapy (ACT) with a mental health professional and want to use an ACT App in conjunction with their therapy. The App is designed to improve rates of patient participation in treatment and, as a result, treatment outcomes. (iOS & Android)



**VA ONLINE PATIENT SELF-SCHEDULING (VA OPPTS)**

allows you to schedule your VA primary care appointments online if you are scheduling your appointment with a VA medical facility that accepts online scheduling (<https://mobile.va.gov/app/va-online-scheduling#varLocationList>) and have had an appointment at that VA medical facility within the last 2 years. You also need a My HealtheVet Premium account or DS Logon Premium account for a more secure log-in. More information about these accounts can be found here: <https://www.myhealth.va.gov/mhv-portal-web/home>. Features of the app include request of primary care, audiology, optometry or outpatient mental health appointments and getting notifications about appointments. (iOS)



**Anger and Irritability Management Skills (AIMS)**

AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems. The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. (iOS & Android)



**Mood Coach**

Mood Coach is designed to help you boost your mood through participation in positive activities. You can make a plan with positive activities and track your progress. Mood Coach can be used on its own by those who would like mood management tools, or to augment face-to-face care with a healthcare professional. It is not intended to replace therapy for those who need it. (iOS)





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### STAIR Coach

STAIR Coach is designed to supplement in-person psychotherapy using Skills Training in Affective & Interpersonal Regulation (STAIR). It also may be useful to people experiencing symptoms of trauma. STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help with managing emotions and relationships. The app includes in-depth psychoeducation, interactive tools for emotion and behavior management, customizable reminders and quick links to support. (iOS)



### VetChange

VetChange is an app for Veterans and Service members who are concerned about their drinking and how it relates to posttraumatic stress after deployment. This app provides tools for cutting down or quitting drinking, tools for managing stress symptoms, education about alcohol use and how it relates to PTSD symptoms, and guidance to find professional treatment. You can use VetChange alone or in combination with counseling. Please tell your healthcare provider if you are using the app while you are in counseling. The app is not intended to replace professional treatment. (iOS)



### VA PUR

The VA Pressure Ulcer Resource (VA PUR) App is designed to help Veterans and their Caregivers learn about preventing and taking care of existing pressure ulcers/injuries. The

VA PUR App is an easy-to-use tool that allows you to prevent, understand and track pressure ulcers/injuries. The app also provides access to other useful resources to help manage your daily care. (iOS & Android)



### Moving Forward

With the Moving Forward mobile App you can access on-the-go tools and learn problem solving skills to overcome obstacles and deal with stress. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. It may be used alone or in combination with the free Moving Forward online course (<https://www.Veterantraining.va.gov/movingforward/>). The Moving Forward mobile App and online course were developed by VA and Department of Defense (DoD) and mental health subject matter experts across the country. (iOS)



### VA Video Connect

VA Video Connect connects Veterans with their health care team from anywhere, using encryption to ensure a secure and private session. It makes VA health care more convenient and reduces travel times for Veterans, especially those in very rural areas with limited access to VA health care facilities, and it allows quick and easy health care access from any mobile or web-based device. Please speak with your VA care team if you are interested in potentially receiving care through VA Video Connect. (iOS)

These apps can also be found at <https://mobile.va.gov/appstore>. We recommend checking this site for the latest updates and important links. As with any mobile application, you may be giving out your personal information when downloading and using an app. Be aware that you may be giving out information regarding a health condition or illness that you may not want to be made public or shared with an advertiser.

This document was developed by the War Related Illness & Injury Study Center (WRIISC)  
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