

VA




U.S. Department of Veterans Affairs

Veterans Health Administration  
Milwaukee VA Medical Center

# Smartphone Apps That can Assist with Your Health Care Journey

## **VA Disclaimer of Endorsement:**

Reference herein to non-VA developed apps does not necessarily constitute or imply its endorsement, recommendation, or favoritism by the Veterans Health Administration.



*Apps within this booklet are not intended to be used as a substitute for professional medical care, therapy, or provider guidance.*

You can find any app in this booklet on your smart phone by searching the title in the apple (ios) app store or in the Google Play (android) app store.

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# VA Smartphone Apps

*VA apps were created with Veterans in mind.*

**Please Note:** Apps that are \*starred\* are not self-help and should be used in conjunction with provider treatment and/or therapy.



## **ACT Coach\***

Acceptance and Commitment Therapy (ACT) aims to help Veterans live with unpleasant thoughts, feelings, and impulses without avoiding or being controlled by them. The app offers exercises, tools, information, and tracking logs so users can practice what they're learning in daily life.

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

The AIMS app provides users with education about anger and opportunities for finding support. Veterans can create an anger management plan and other tools to help manage anger. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music.



### **CBT-i Coach\*** *Apple (ios) Users Only*

The Cognitive Behavioral Therapy for Insomnia (CBT-i) app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environment. It provides a structured program that teaches strategies proven to improve sleep and help alleviate insomnia symptoms.

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### **CHAMPVA Pay** *Android Users Only*

The Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) Pay app is an interactive tool to assist Veteran beneficiaries in looking up CHAMPVA reimbursement status.

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### **Concussion Coach**

*Apple (ios) Users Only*

Concussion Coach was designed for those experiencing physical, cognitive, and/or emotional symptoms that may be related to traumatic brain injury. This app allows users to create custom tools based on their preferences, as well as integrate their own contacts, photos, and music.



## COVID Coach

The app helps to support self-care and overall mental health during the coronavirus (COVID-19). Users will be able to find education about coping during the pandemic, as well as tools for self-care and emotional well-being. Users will also be able to mark your favorite coping tools and track your mental health over time.

**NOTE:** COVID Coach is not intended to replace needed professional care related to COVID-19.

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## CPT Coach\* *Apple (ios) Users Only*

This app helps you work with your therapist during Cognitive Processing Therapy (CPT). CPT is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you work through your thoughts and feelings about your trauma and decrease avoidance of difficult memories.

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## Mindfulness Coach

Mindfulness means paying purposeful attention to the present moment without judging it or your feelings about it. This app provides a gradual, self-guided mindfulness training program, as well as a library of information about mindfulness, 12 audio-guided exercises, a growing catalog of additional exercises (with free download), progress tracking, and customizable reminders.



### **Mood Coach** *Apple (ios) Users Only*

Mood Coach is an app for users to learn and practice Behavioral Activation. This app is designed to help you boost your mood through participation in positive activities and tracking the progress. Additionally, there is also a daily mood tracking tool and education information.

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### **MOVE! Coach**

MOVE!® Coach is a weight loss app. This 19-week program guides the user through educational videos, worksheets, games, and other tools, such as weight diet and physical activity diaries. Allowing the user to monitor, track, and receive feedback regarding their progress with weight, diet, and exercise goals.

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### **Moving Forward** *Apple (ios) Users Only*

This app provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. The app helps users manage returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with injuries. It may be used alone or in combination with the Moving Forward online course.



## **NR Mobile\***

This app is a subscription service in which you must be pre-enrolled by a healthcare facility in a VA home Telehealth Program and assigned a username and password. NetResponse helps you monitor your health and stay in communication with your healthcare team. Users can securely send messages and images with healthcare information.

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## **Parenting2Go** *Apple (ios) Users Only*

This app helps parents reconnect with their children and provides convenient tools to strengthen parenting skills. Parents can find quick parenting advice, tools on relaxation and communication. The app addresses challenges that come with parenting children of all ages and backgrounds.

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## **PE Coach 2\***

This app is designed to be used during therapy for posttraumatic stress disorder (PTSD) with a health professional who is trained in Prolonged Exposure (PE) therapy. It will guide you through the exercises assigned by your therapist and allows you to track and your progress, as well as audio record your treatments sessions so you can review them later.

*This app is not enough to treat PTSD on its own.*





## **PTSD Coach**

Posttraumatic Stress Disorder (PTSD) is a condition that can occur following, witnessing, or experiencing, trauma. This app was designed for those who have, or may have, PTSD. It offers tools that range from relaxation skills and positive self-talk to anger management and other common self-help strategies.

*This app can be used by people who are in treatment as well as those who are not.*

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## **PTSD Family Coach**

This app is for family members of those living with PTSD. It provides extensive information about posttraumatic stress disorder (PTSD), how to take care of yourself and your relationship with your loved one, as well as how to help your loved one get treatment. The app includes tools to help you manage stress, re-build your social networks, and deal with difficult thoughts and emotions.



## **Rx Refill**

The Rx Refill app allows users to request refills of their refillable VA-issued prescriptions, view images of their medication, and view VA prescription history. The app connects to the Rx Refill feature found within My HealtheVet. Prescriptions dispensed by a VA Mail Order Pharmacy are easily tracked using the app's "Track Delivery" feature.

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## **STAIR Coach** *Apple (ios) Users Only*

This app is designed to use along with in-person Skills Training in Affective & Interpersonal Regulation (STAIR) therapy. STAIR is an evidence-based psychotherapy, that uses cognitive and behavioral techniques to help with managing emotions and relationships. The app includes in-depth education, interactive tools for emotion and behavior management, and customizable reminders.

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## **Stay Quit Coach**

Stay Quit Coach is designed to help with quitting smoking. It is a source of readily available support for adults who are already in treatment to quit smoking, to help them stay quit even after treatment ends. The app guides the user in creating a tailored plan that considers their personal reasons for quitting. It also has interactive tools to help users cope with urges to smoke and stay smoke-free.



## **VA Launchpad for Veterans**

The VA Launchpad app helps Veterans and their Caregivers find and use other VA apps. It can organize VA apps and their capabilities, as well as provide links to new apps automatically.

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## **VA Pressure Ulcer Resource**

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 sets reminders to move, eat, and take medications.

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## **VA Video Connect**

This app allows real-time access to your VA care team. VA Video Connect (VVC) allows Veterans to easily and securely meet with VA health care providers through live video on any computer, tablet, or mobile device with an internet connection.

*\*If you are interested in receiving care through VVC, speak with your VA care team.*

*Once you make a VVC appointment, you will receive an email notification from VA with instructions.*



### **VetChange** *Apple (ios) Users Only*

This app is for those who are concerned about their drinking and how it relates to posttraumatic stress after deployment. It can also be used by anyone who are interested in developing healthier drinking behaviors. This app provides tools for cutting down or quitting drinking, tools for managing stress symptoms, education about alcohol use in relation to PTSD symptoms, and guidance to find professional treatment.

# Non-VA (free) Smartphone Apps



## **BioZen**

This app shows real-time data from multiple body sensors including electroencephalogram (EEG), electromyography (EMG), galvanic skin response (GSR), electrocardiogram (ECG or EKG), respiratory rate, and skin temperature. It also displays brain waves and can show users their cognitive states.

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## **The Depression and Bipolar Support Alliance (DBSA) Wellness Tracker**

This app allows users to track their emotional, mental, and physical health; offering users an at-a-glance summary of their health trends. This can help users better recognize potential health problems and mood triggers in their daily life.

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## **T2 Mood Tracker App**

This app helps users record a range of emotions for anxiety, depression, stress, PTSD, and general well-being. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.



## Life Armor

Life Armor is a tool that can assist with common mental health concerns. The app contains information on 17 topics, including sleep, depression, anger, relationship issues, substance use, and post-traumatic stress. Users can also measure and track their symptoms.

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## MindShift

This app was designed to help people cope with anxiety. Rather than trying to avoid anxiety, users can make an important shift and face it. MindShift will help users learn how to relax and develop more helpful ways of thinking.

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## OneHealth

This app allows users to join health communities and connect with peer support. These communities exist for a wide range of conditions, including addiction, tobacco cessation, depression, stress reduction, pain, PTSD, sexual trauma, diabetes, obesity, respiratory conditions, and caregiver/family support.

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## Breathe2Relax

This app is a portable stress management tool. It offers a hands-on diaphragmatic breathing exercise.



## **Tactical Breather App**

This app can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of their heart rate, emotions, concentration, and other physiological and psychological responses during stressful situations.

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## **The Virtual Hope Box (VHB)**

This app contains simple tools to help users with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.

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## **Together Strong**

This interactive app that lets users practice what to say and do when a peer is struggling with adjustment to civilian life. Through interactive role-play and simulations, users will become prepared to have a conversation that will motivate a friend to seek help, build resilience, and lead a positive life.

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