

Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies








iOS
 Android
 Web
 Requires login







Achieve Your Health Goals

-  **CBT-i Coach**
 Receive support for cognitive behavioral therapy (CBT) for insomnia.
-  **Concussion Coach**
 Manage concussion symptoms with this customizable tool.
-  **COVID Coach**
 Receive tools to support self-care and mental health during the COVID-19 pandemic.
-  **Mindfulness Coach**
 Learn mindfulness to reduce stress and improve emotional balance.
-  **MOVE! Coach**
 Lose weight with this app's 19-week weight loss program.
-  **Moving Forward**
 Receive tools to keep you moving forward during times of stress.
-  **Parenting2Go**
 Develop skills for connecting with and parenting your kids.
-  **Stay Quit Coach**
 Create a tailored plan to quit smoking and stay smoke-free.
-  **VetChange**
 Develop healthier drinking habits through this app's tools and guidance.

Improve Your Mental Health

-  **ACT Coach**
 Practice lessons learned during acceptance and commitment therapy (ACT) in your daily life.
-  **AIMS for Anger Management**
 Better track, address, and manage your anger with AIMS.
-  **CPT Coach**
 Enhance your cognitive processing therapy (CPT) treatment for PTSD.
-  **Insomnia Coach**
 Guided training and tips to help you track insomnia and improve sleep.
-  **Mood Coach**
 Boost your mood by participating in positive activities.
-  **PE Coach 2**
 Use this app during prolonged exposure (PE) therapy with a health professional.
-  **PTSD Coach**
 Get the info, support, and tools you need to manage PTSD.
-  **PTSD Family Coach**
 Receive the support you need for living with someone who has PTSD.
-  **STAIR Coach**
 Enhance your in-person STAIR psychotherapy with interactive tools and education.

Connect With Your Care Team

-  **Annie App for Veterans**
 Receive text reminders to help you manage your care.
-  **REVAMP for Veterans**
 Pair this app with your CPAP machine to track your sleep apnea at home.
-  **My VA Images**
 Submit and track dermatology and health photos and videos in response to requests from your VA provider.
-  **VA Health Chat**
 Chat with VA staff members through easy online access (available at limited sites).
-  **VA Online Scheduling**
 Schedule, request, and track VA appointments with ease.
-  **VA Video Connect**
 Secure video visits with your VA care team from anywhere.

Manage Your Care

-  **Airborne Hazards and Open Burn Pit Registry**
 Access information and resources for deployment-related exposures.
-  **MobileKidney**
 Monitor your kidney health and access educational resources.
-  **Pain Coach**
 Receive helpful tools for tracking and managing chronic pain.
-  **VA Pressure Ulcer Resource**
 Learn to prevent and care for pressure ulcers and injuries.
-  **Rx Refill**
 Request, refill and track VA prescriptions with ease.

Connect today!
 To browse more tools that may fit your needs, visit
mobile.va.gov/appstore

Most apps are available on the Apple App Store and Google Play, however, some apps are available only on the VA App Store through a desktop version.

If you need technical assistance with these tools, call the VA Mobile Help Desk:
Veterans: 877-470-5947 | VA Care Teams: 844-482-6624 | Monday to Saturday: 7 a.m. – 7 p.m. CT.



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Gain greater control and understanding over your online personal health records.

My Health eVet is a starting point for connecting to your health care team. With a Premium account, you can send and receive secure messages, order prescription refills, schedule and manage your appointments, and more.

To learn more about My Health eVet, register for a Premium account by visiting myhealth.va.gov.

Sign up for a My Health eVet Premium Account

If you need help signing up, visit or contact your local VA My Health eVet Coordinator.

Name: _____

Contact: _____



Increase your access to high quality VA care from home, the clinic, or the hospital.

VA Telehealth programs and technologies make it easier for you to connect with your VA care team and access care when and where you need it.

- Remote Patient Monitoring – Home Telehealth (HT), Low Intensity, Low Acuity (L2)**
- Synchronous Telehealth**
- Asynchronous Telehealth**
- Veteran requests telehealth visits and is video-capable** (i.e. has a computer, tablet, or smartphone and internet) and requests help for VA Video Connect setup.
- Veteran requests telehealth visits, but is not video-capable** (lacks computer, tablet, or smartphone and internet) and wants referral to the equipment loan program.
- Veteran needs/wants help** to become video capable.

Talk to your provider about whether VA telehealth could be right for you. For more information and a list of VA telehealth specialties, visit telehealth.va.gov.

To discuss options selected above, contact:

Name: _____

Contact: _____



Improve your self-care online or through mobile text messaging.

Annie App can help remind you of your doctor's instructions through alerts on your mobile phone. Annie can be used on its own or in combination with any of the VA Virtual Care Tools.

Learn more and sign up for the protocols listed below at mobile.va.gov/annie.

Annie protocols recommended today:

- Coping during COVID**
- Coronavirus Precautions**
- Oncology Symptoms Reporting**
- Stress Management**
- Tobacco Cessation**
- Weight Management**
- Other:** _____

Instructions:

Need help accessing these virtual health tools or setting them up?

National Telehealth Technology Help Desk: **866-651-3180 | 24/7**

My Health eVet Help Desk: **877-327-022 | 800-877-8339 (TTY) | Monday to Friday: 7 a.m. – 7 p.m. CT.**