

Mobile Apps for Veterans and Providers

Insomnia/sleep:



CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Available for iOS and Android.

<http://www.ptsd.va.gov/public/materials/apps/cbti-coach-app.asp>

Smoking/tobacco cessation:



Stay Quit Coach is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking and to help them stay quit after treatment ends. Available for iOS and Android.

http://www.ptsd.va.gov/public/materials/apps/stayquit_coach_app.asp

Weight management:



MOVE! Coach provides self-managed, weight management allowing Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Available for iOS and Android.

<https://itunes.apple.com/us/app/move!-coach/id878356988?mt=8>

Mental health:



Life Armor allows users to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Available for iOS and Android.

<http://t2health.dcoe.mil/apps/lifearmor>

PTSD:



PTSD Coach is designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android.

<http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>



CPT Coach is for Veterans, Service members, and others with PTSD who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course. Available for iOS and Android.

http://www.ptsd.va.gov/public/materials/apps/cpt_mobileapp_public.asp

Mood, depression, and/or bipolar disorder:



T2 Mood Tracker allows users to monitor their moods on six pre-loaded scales, anxiety, stress, depression, traumatic brain injury, posttraumatic stress, and general well-being. Available for iOS and Android.

<http://t2health.dcoe.mil/apps/t2-mood-tracker>



ACT Coach is designed for Veterans and military Service Members in Acceptance and Commitment Therapy (ACT) with a professional mental healthcare provider and provides additional assistance with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. Available for iOS and Android. <https://mobilehealth.va.gov/app/act-coach>

Anxiety and stress:



Virtual Hope Box (VHB) is an accessory to treatment that contains simple tools to help with emotional regulation, coping, relaxation, distraction, and positive thinking through via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools. . Available for iOS and Android.

<http://t2health.dcoe.mil/apps/virtual-hope-box>



Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress.. Available for iOS and Android.

<http://www.veterantraining.va.gov/movingforward/>



Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. The app can be used as a stand-alone stress reduction tool, or can be used in addition to face-to-face care. Available for iOS and Android.

<http://t2health.dcoe.mil/apps/breathe2relax>



Mindfulness Coach is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a healthcare professional. It is not recommended for PTSD. Available for iOS only.

http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp

TBI/concussion:



Concussion Coach is designed for Veterans, Service members, and other individuals who experience physical, cognitive, and emotional symptoms that may be related to mild to moderate traumatic brain injury. App provides a self-assessment, and information on managing TBI. Available for iOS now and Android in fall 2014.

http://www.ptsd.va.gov/public/materials/apps/concussion_coach_app.asp

Parenting:



Parenting2Go helps Veterans and Service Members reconnect with their children and provides tools to strengthen parenting skills. Available for iOS only. <https://itunes.apple.com/us/app/parenting2go/id804311274?mt=8>

Social:



POS REP is a mobile, proximity-based social network made specifically for the military veteran community. POS REP, short for Position Report, connects veterans who served together and allows veterans to discover peers and resources in their local communities. Available for iOS now and Android in fall 2014. <https://itunes.apple.com/us/app/pos-rep/id576207095?mt=8>

Other Non-VA apps recommended by various providers and lists:



Dragon Dictation (Android and IOS)

<http://www.dragonmobileapps.com/>



mTBI Pocket Guide (I-Phone/Android)

<http://www.t2.health.mil/apps/mtbi>



Tactical Breather (I-Phone/Android)



BioZen: (Android only)

<http://www.t2.health.mil/apps/biozen>



Mindfulness Meditation: (iOS only)

<https://itunes.apple.com/us/app/mindfulness-meditation/id312327144?mt=8>



Positive Activity Jackpot: (Android only)

<http://www.t2.health.mil/apps/positiveactivityjackpot>



PE Coach: (iOS, & Android)

<http://www.t2.health.mil/apps/pe-coach>



Pill Reminder all in one (IOS universal)

<http://appshopper.com/medical/pills-hourly-reminder>



Real Warriors

<http://www.realwarriors.net/mobileapp.php>



WebMD Pain Coach

(iOS, & Android)

<http://www.m.webmd.com/mobile>



Remember the Milk

<http://www.rememberthemilk.com/>

Other VA resources:



VA Launchpad for Veterans

<http://mobilehealth.va.gov/training/launchpad>



VA Summary of Care App

<http://mobilehealth.va.gov/training/summary-of-care>



Airborne Hazards and Open Burn Pit Registry

<http://mobilehealth.va.gov/training/burn-pit-registry>



USA.gov- Federal Mobile Apps Directory

<http://www.usa.gov/mobileapps.shtml>



Mobile Blue Button for Veterans: (iOS, & Android)

<http://www.northropgrumman.com/AboutUs/Apps/BlueButtonMobile/Pages/default.aspx>



Exposure Ed (Iphone-current; Android- future 2015)

<https://mobile.va.gov/app/exposure-ed>