

MHS APP PORTFOLIO

Native and Progressive Web Applications

For the current issue of the MHS App Portfolio, visit
mobile.health.mil

July 2023



MHS APP PORTFOLIO

Native and Progressive Web Applications

Welcome To The App Portfolio!



Capt. Mark D. Clayton, Ph.D.

The Solution Delivery Division constantly strives to develop and deliver information technology products that help improve the quality of the service we provide our Military Health System patients. Our job is to make technology work for everyone. That is why we are excited to spotlight many of our products in the MHS App Portfolio.

MHS patients, providers and staff will find useful and simple-to-use health care apps in the Portfolio. As you browse the pages, I encourage you to download any apps that pique your interest. Try them out, and let us know how they work for you – we need and value your feedback!

— Capt. Mark D. Clayton, Chief, Solution Delivery Division



Bob Kayl

The Web and Mobile Technology Program Management Office is proud to unveil the latest version of the MHS App Portfolio! Whether you are a patient, health care provider or Defense Health Agency employee, we believe you will find apps inside that answers your needs.

Our team of highly skilled developers and user experience specialists work directly with patients and health care professionals to produce practical and user-friendly apps. Each app goes through rigorous user testing to ensure it is easy to access, download and use.

We welcome your feedback and encourage you to let us know if you have a great idea for a new app. You will find instructions for submitting your feedback and ideas inside.

— Robert “Bob” Kayl, Program Manager, Web & Mobile Technology Program Management Office,
part of the Solution Delivery Division

All applications listed in this portfolio were developed by the WMT Program Management Office. WMT is part of the Defense Health Agency Solution Delivery Division under the Program Executive Officer Medical Systems/ Chief Information Officer (PEO MS/ CIO, J-6).

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WHAT IS THE MHS?

The Military Health System is one of America's largest and most complex health care systems in the world. But the MHS is more than an institution. It is a community made up of patients, doctors, nurses, pharmacists, physical therapists, logistics specialists, administrators, programmers, data security experts and countless others. The people that make up the MHS are a cross-section of experts who are committed to providing high-quality care for beneficiaries. Each team member uses their specialized skills to help save lives on the battlefield, combat infectious disease, and provide health services to approximately 9.6 million beneficiaries, composed of uniformed service members, military retirees and family members.

The MHS App Portfolio is intended to provide MHS patients, health care providers, and staff some information about mobile apps developed specifically for their needs and use.

All apps are available to download for free.

This portfolio also provides guidelines for requesting new apps and tools for developing Defense Health Agency-compliant apps.

PAGE SUMMARY

Shows what section of the portfolio you are in.

This shows where you can download the app.

The digital version of this portfolio includes clickable links to the app as available in:

As a Progressive Web App on <https://mobile.health.mil>

Apple App Store

Google Play Store

These are ratings, reviews, and developer notes about the apps.

Key features from the app.

Screenshots taken directly from the app itself.

Section

Location

Ratings

Features

Screenshots

Patient Health APPS



"I use this daily...Very effective tool to help with focus and relaxation."

-Mike R

- **DISPLAYS BRAIN WAVES**
- **RECORDS BIOMETRIC DATA**
- **MONITORS PROGRESS**

App Portfolio | MHS 12

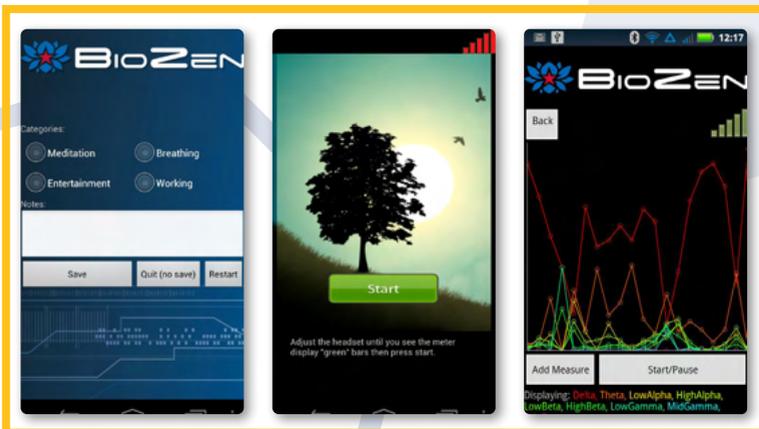
BIOZEN

Purpose

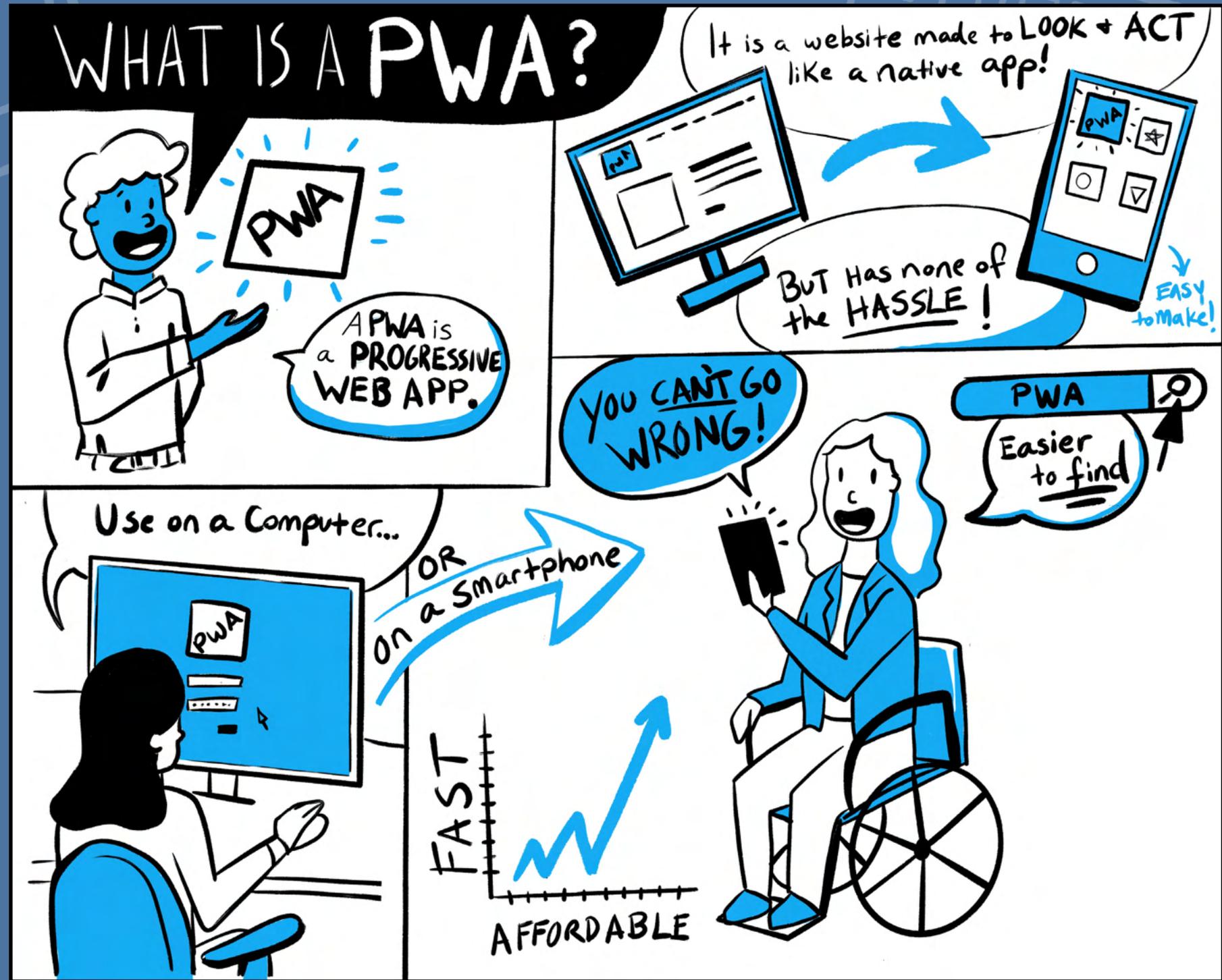
BioZen is a mobile app that can be paired with external sensors to provide users with live data covering a range of biophysiological signals, including electroencephalogram, electromyography, galvanic skin response, electrocardiogram, respiratory rate, and temperature.

Benefits

BioZen can display several brain waves (Alpha, Beta, Delta, Gamma, and Theta) separately, as well as combinations of bands that may indicate relevant cognitive states, such as meditation and attention. The BioZen meditation module represents psychological information with user-selectable graphics that change in response to user biometric data. Biometric data are recorded in real time.



WHAT IS A PWA?





PATIENT HEALTH APPS



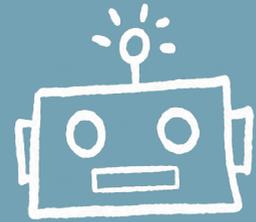
PROVIDER APPS



**PERSONNEL
READINESS APPS**



**CLINIC &
ORGANIZATIONAL APPS**



FUTURE APPS



RETIRED APPS



**APP DEVELOPMENT
TOOLS & APP REQUESTS**



**PATIENT HEALTH
APPS**

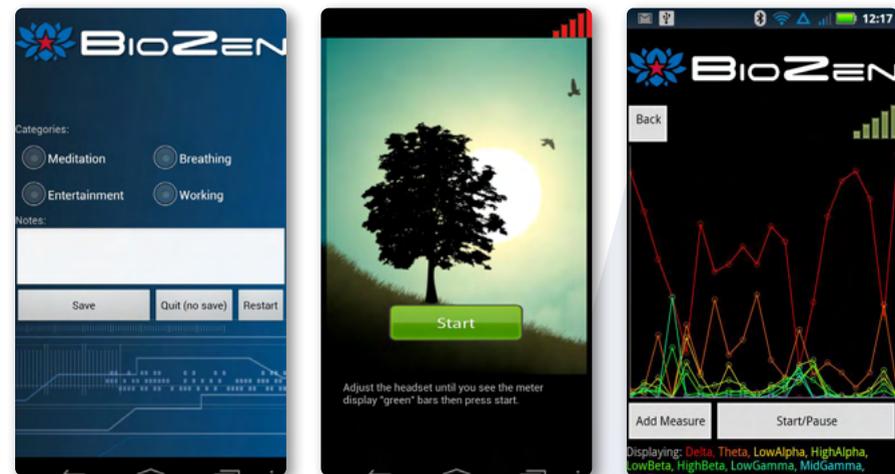
BIOZEN

Purpose

BioZen can be paired with external sensors to provide users with live data covering a range of biophysiological signals, including electroencephalogram, electromyography, galvanic skin response, electrocardiogram, respiratory rate, and temperature. This data allows users to monitor their results as they practice deep relaxation and meditation techniques.

Benefits

BioZen uses biophysiological data from external sensors to display brain waves that may indicate relevant cognitive states, such as meditation and attention. This helps users practice deep relaxation and meditation techniques. The BioZen meditation module displays psychological information with user-selectable graphics that change in response to user biometric data. Biometric data are recorded in real time.



"I use this daily...Very effective tool to help with focus and relaxation."

-Mike R

- DISPLAYS BRAIN WAVES
- RECORDS BIOMETRIC DATA
- MONITORS PROGRESS

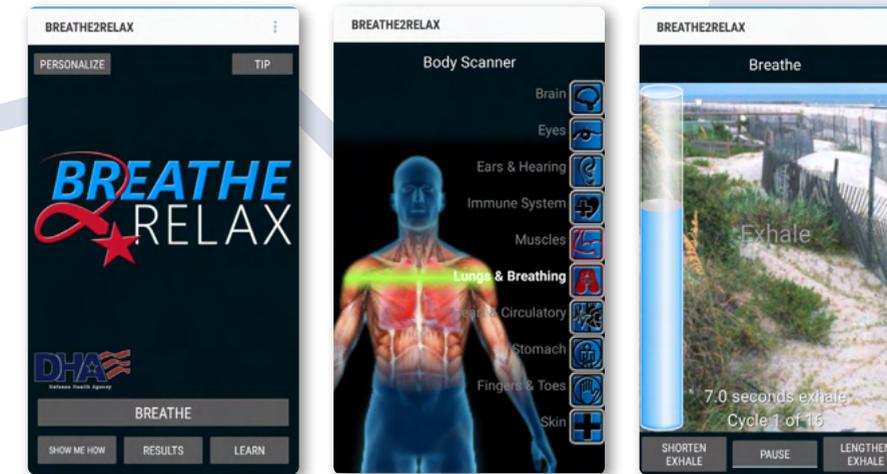
BREATHE2RELAX

Purpose

Initially designed for the military community, but beneficial to anyone, this relaxation app trains you on the "belly breathing" technique that has proven benefits for your overall mental health. Use the app's breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.

Benefits

Users can lower their stress and reduce their anxiety with Breathe2Relax by learning how to reduce stress in their daily lives. Learn how stress affects your body. Easy to follow breathing exercises.



"My assigned Post Traumatic Stress Disorder psychologist at the VA recommended this app to me. I was very skeptical at first but wow. This app improved my quality of life just with simple breathing techniques..."

-Dunksterr

- UNDERSTAND STRESS
- REDUCE STRESS
- LEARN BREATHING SKILLS

DECIDE + BE READY

Purpose

Decide + Be Ready contains evidence-based information on the most common forms of contraception available. The app has a unique interface and incorporates individual preferences and health conditions to help patients make the best decision regarding their contraception needs.

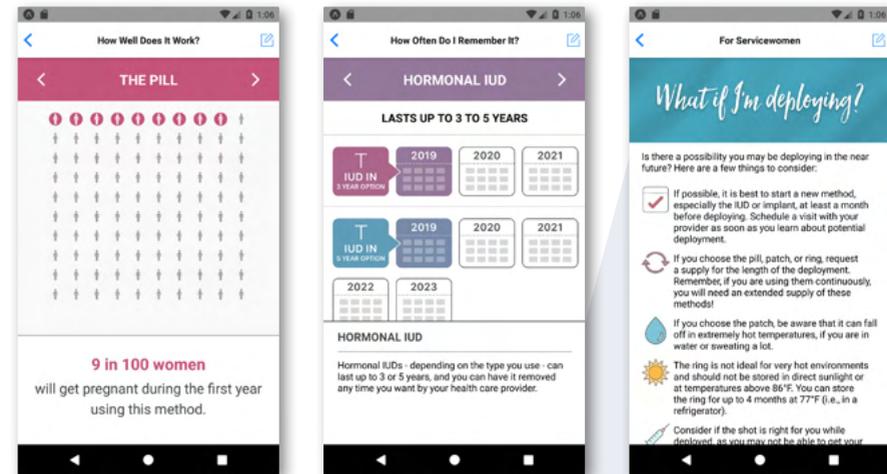
Benefits

Provides important contraceptive information for patients and prescribers. Compares contraceptive methods.



“Excellent tool for service members most especially new members! Women’s reproductive health is SO important...”

-Tiffany R.



- CONTRACEPTIVE INFORMATION
- HEALTH CONSIDERATIONS
- USEFUL SCHEDULES

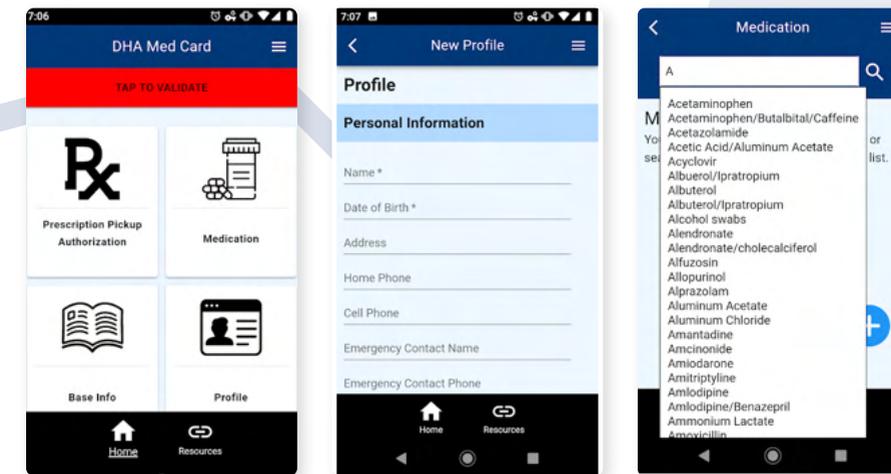
DHA MEDCARD

Purpose

The MedCard app allows DHA pharmacies to capture and verify the validation dates of third party payers for Department of Defense beneficiaries. Additionally, the app provides the user a way to capture information on themselves and family members that may be helpful when interacting with a pharmacist. Currently this application is only supported at the following Air Force Bases: Hill, Mountain Home, Tinker, Grand Forks, and Joint Base McGuire-Dix-Lakehurst.

Benefits

The app facilitates informed decision making between the user and pharmacists. The app also allows users to manage prescription pickup authorizations whereby a photo is taken of a note authorizing a proxy to take receipt of the medications.



- PROFILE SET UP
- PRESCRIPTION AUTHORIZATION

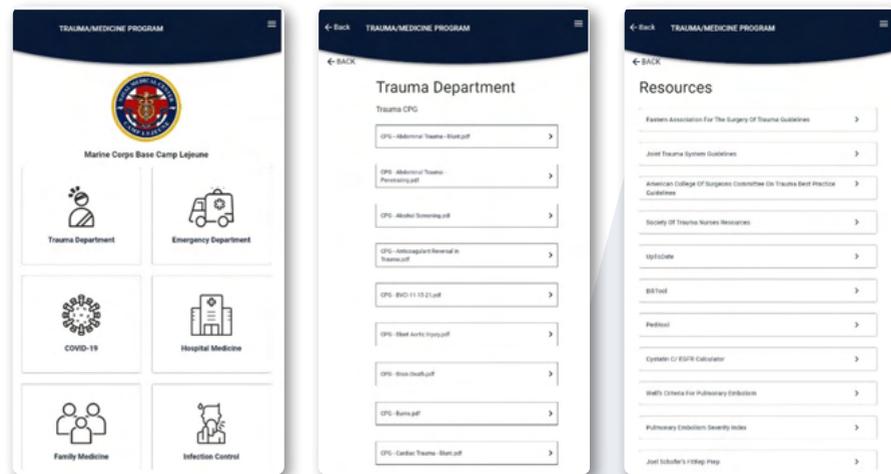
LEJEUNE TRAUMA APP

Purpose

The Lejeune Trauma App provides clinical practice guidelines for MHS providers at Naval Medical Center Camp Lejeune. The app was developed in coordination with the office of the Camp Lejeune Chief Medical Information Officer.

Benefits

This provides Camp Lejeune medical teams specific guidance in an easily accessible format that keeps them informed and improves patient safety.



- EASY ACCESS TO CLINICAL GUIDELINES
- IMPROVES PATIENT SAFETY

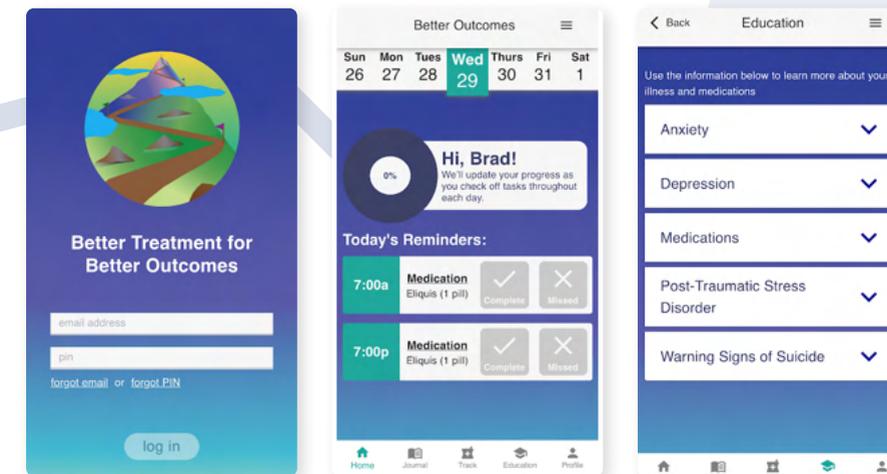
MEDICATION ADHERENCE APP

Purpose

This app supports providers and patients in ensuring compliance of prescribed medications.

Benefits

Providers, nurses, and patients can input medication dosages and set up reminders. The app educates patients on certain illnesses and medications and allows for journal entries to document issues which can be referenced during provider visits. It also includes resource links and phone numbers, allows patients to enter appointment dates, and add health care contact information.



- INPUT MEDICATION
- SET REMINDERS
- IDENTIFY ISSUES

PAIN & OPIOID SAFETY

Purpose

The Pain and Opioid Safety app provides users and prescribers resources that could save lives. The app includes Clinical Practice Guidelines, training references for providers, and frequently asked questions for patients.

Benefits

Provides important opioid information for users and prescribers. Serves as a point of reference for provider opioid training.



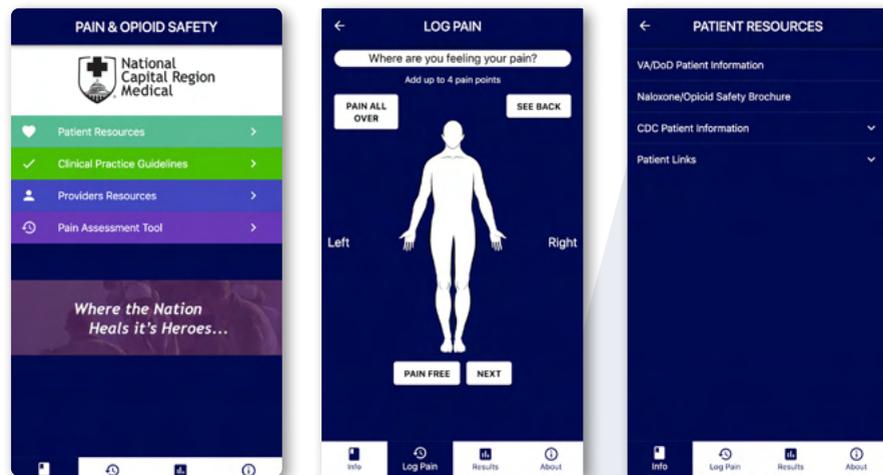
"Informative"

-Yegor S.

"Awesome"

-Alex M.

- POINT OF REFERENCE
- GREAT RESOURCES
- CLINICAL PRACTICE GUIDELINES



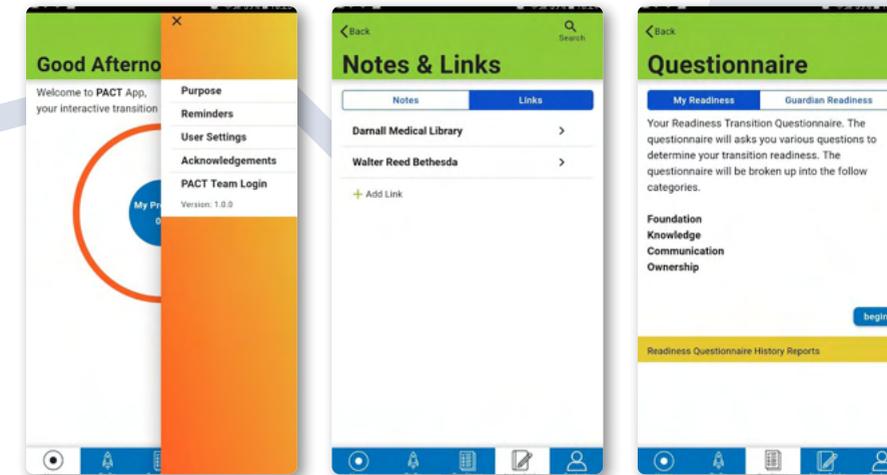
PEDIATRIC TO ADULT CARE TRANSITION

Purpose

The app is designed to provide resources and information to youth who are making the transition from pediatric care to adult care.

Benefits

As children get older, the responsibility of managing medical appointments, filling out forms, and keeping track of medications becomes their own. This independence requires an organized process for them to gain independent health care skills, prepare for an adult model of care, and transfer to new clinicians. The Pediatric to Adult Care Transition app provides resources to teenagers during a difficult point in their lives, making the transition from pediatric care to adult care easy and seamless by ensuring they have the necessary knowledge and information to continue to receive the care they need.



- GUIDES TEENS
- EASES TRANSITION TO ADULT-FOCUSED HEALTH CARE
- TARGETED RESOURCES

TACTICAL BREATHER

Purpose

Tactical Breather can be used to control physiological and psychological responses to stress. Through repetitive practice and training, you can learn to gain control of your heart rate, emotions, concentration and other responses during stressful situations.

Benefits

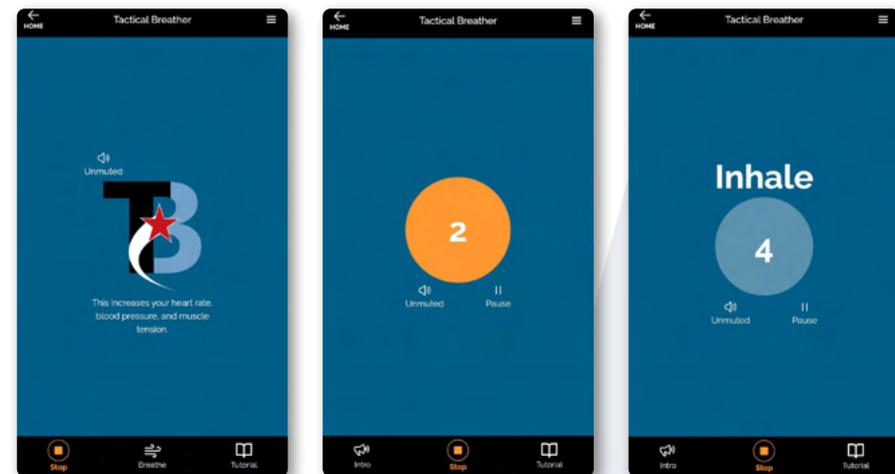
Learn breathing techniques to gain control over stressful situations. Customizable graphics and audio. Play interactive games and exercises.



"Excellent! To be calm, act calm, practice calm. As a type A personality, former Marine/ Purple Heart, with ADHD and self employed. Practice tactical breathing, it works"

-Marc W

- CONTROL STRESS
- BREATHING TECHNIQUES
- PERSONALIZED GRAPHICS AND AUDIO



VIRTUAL HOPE BOX

Purpose

The Virtual Hope Box is a smartphone application designed for patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools that encourages positive thinking and aids in relaxation.

Benefits

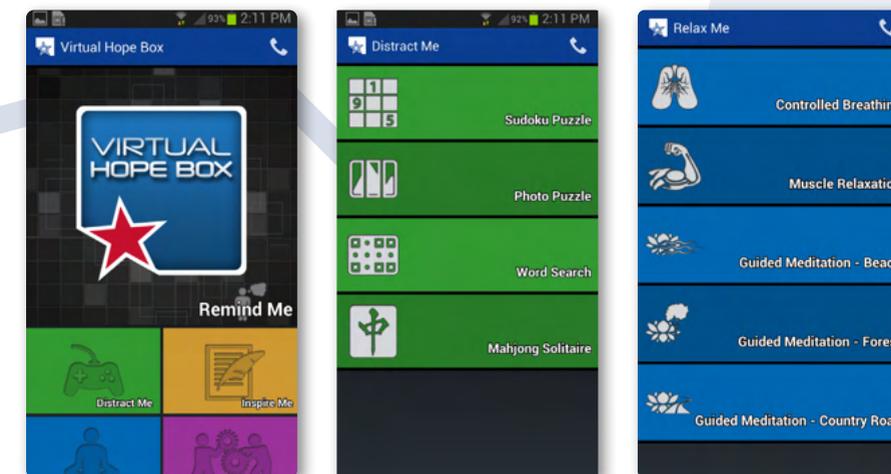
Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to their specific needs. The patient can then update or add content on their own from any location. VHB uses supportive audio, video, mindfulness exercises, games and other tools to help regulate emotions and cope with stress.



"I use the games on this app to work on relaxing and keeping my mind busy on one thing. I find myself using the app multiple times a day to just slow myself down. I hope others are getting relief using it as well."

- Elmo79andy

- EMOTIONAL REGULATION
- ACTIVITY PLANNING
- CONTROLLED RELAXATION





PROVIDER APPS

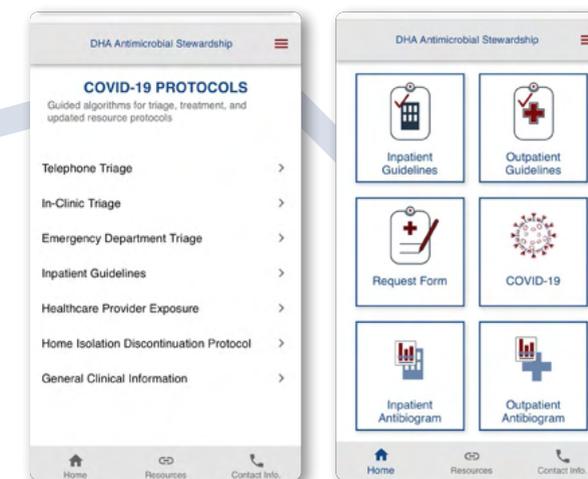
ANTIMICROBIAL STEWARDSHIP

Purpose

The Antimicrobial Stewardship app contains an array of information for providers on microbes and drug effectiveness by region. The app also includes resources on COVID-19.

Benefits

The app helps providers determine the effectiveness of different drugs against various microbes, assisting both patients and providers with medical treatment options.



- DRUG EFFECTIVENESS
- MICROBE INFO
- RESOURCES

DHA PEDIATRICS

Purpose

The DHA Pediatrics App contains information for pediatricians at various military hospitals and clinics. This password protected app contains a multitude of resources for providers all in one place for quick access.

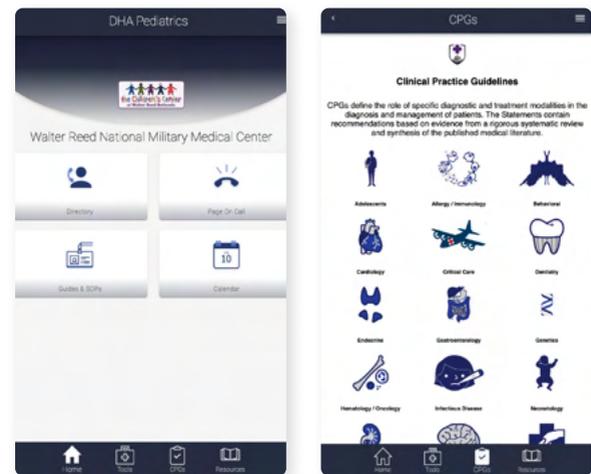
Benefits

Provides resources including pediatric-specific disease guides and standard operating procedures, medical libraries, clinical practice guideline algorithms, and handbooks. Additional resources include conversion calculator, Antimicrobial Stewardship link, child advocacy program information, and vaccine schedules.



“The DHA Pediatrics App is an effective tool to extend a clinician’s capabilities and inter-professional communication between world-wide users and six MHS markets.”

- Developer



- **EASILY ACCESSIBLE PEDIATRIC RESOURCE GUIDE**
- **LINKS TO ANTIMICROBIAL INFORMATION**

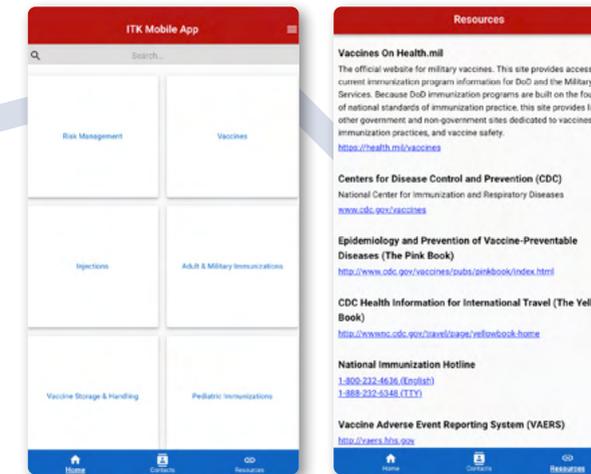
IMMUNIZATION TOOLKIT

Purpose

The Immunization Took Kit app provides practical immunization reference information for MHS beneficiaries and providers. The app was developed following evidence-based national recommendations and clinical practice guidelines.

Benefits

Keeps providers and military personnel up to date on all immunization practices and options for a variety of ailments. This information is routinely updated to ensure currency and accuracy.



- **IMMUNIZATION PRACTICES/OPTIONS**
- **UP TO DATE AND ACCURATE INFO**

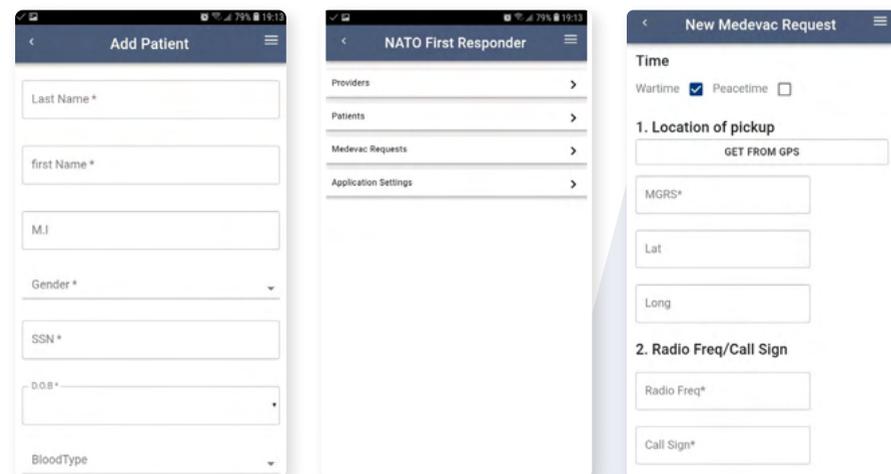
NATO FIRST RESPONDER

Purpose

This app was created for North Atlantic Treaty Organization first responders. Medics use the NATO First Responder app to record field data on injured military personnel.

Benefits

The data is available to medical personnel throughout all stages of care, from the field to hospitals located in the country of origin. The app also transmits injury data to electronic health records. Access to patient data is restricted to authorized personnel with the appropriate credentials.



- RECORD INJURY DATA
- AVAILABLE AT ALL STAGES OF TRANSPORT

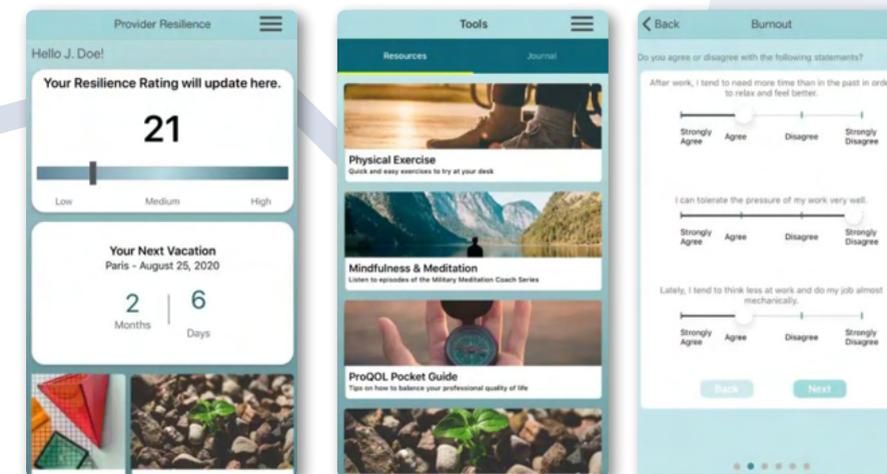
PROVIDER RESILIENCE

Purpose

Provider Resilience gives health care providers tools to protect against burnout and compassion fatigue as they help service members, retirees, and qualified family members. Users complete a short self-assessment that assesses their risk factors and generates ratings based on their responses. These ratings can be viewed as graphs and monitored over time. A clock showing time until their next vacation, inspirational cards, stretches, and other resources all encourage the user to take restful breaks.

Benefits

Provides encouragement for providers while giving them the tools to monitor and guard against burnout, compassion fatigue, and traumatic stress.



"User friendly Does what it says it does. No hiccups yet. I use it but as a trauma counselor. Still very accurate and applicable."

-Laura Morin

- GUARDS AGAINST BURNOUT
- ASSESS FATIGUE RISK
- PROVIDES STRESS COPING TOOLS

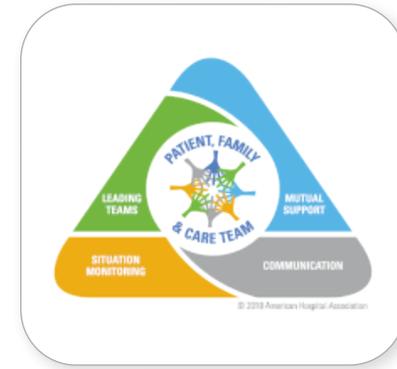
TEAM STEPPS

Purpose

Team Strategies & Tools to Enhance Performance and Patient Safety, known as TeamSTEPPS, is a teamwork system developed by the Agency for Healthcare Research and Quality and the DOD to improve collaboration and communication in health care settings.

Benefits

Patient safety experts agree that communication and other teamwork skills are essential to the delivery of high-quality health care and to the prevention of medical errors, patient injury, and harm. For more information about the TeamSTEPPS application, visit health.mil.



PERSONNEL READINESS APPS



- IMPROVE PATIENT SAFETY
- TEAMWORK SYSTEM
- IMPROVE COLLABORATION

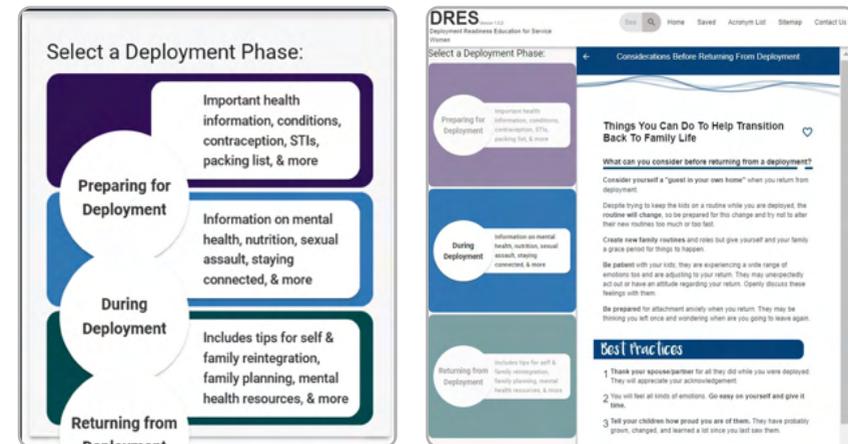
DEPLOYMENT READINESS EDUCATION FOR SERVICE WOMEN

Purpose

The DRES app is intended to provide female military members information about contraceptives and menstrual suppression to help them prepare for deployment. A 2018 study revealed that only 39% of women received contraceptive counseling before deployment. Additionally, only seven percent of women reported practicing menstrual suppression, and 13% of those deployed to combat lost duty days for menstrual issues.

Benefits

The DRES app provides servicewomen resources to support healthy decision-making, practice menstrual suppression, and reduce the need for sick call visits. DRES is available to all service members.



- CONTRACEPTIVE COUNSELING
- RESOURCES
- HEALTHY DECISION-MAKING

MISSION FIT

Purpose

Mission Fit is an exercise app that provides a 12-week program of fitness routines, along with a library of 90+ exercises with detailed instructions, including videos, images, and textual descriptions. The app guides users through various routines by navigating workout weeks, days and exercise instructions.

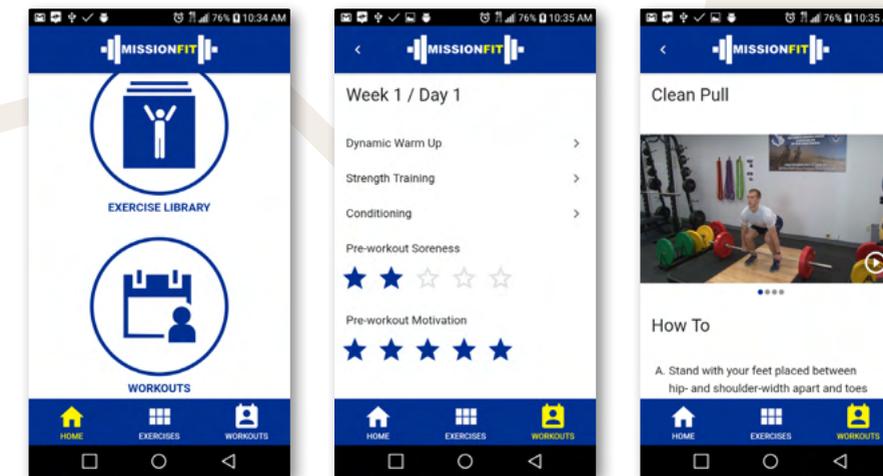
Benefits

The Mission Fit app features a comprehensive exercise library and a workout section that allows users to personalize their regimens. The app provides users with a daily routine that covers warm up, strength training, and conditioning exercises; it also helps users gauge their pre-workout soreness and pre-workout motivation level. The Mission Fit exercise library provides instructions for safely performing specific exercises, such as weight lifting.



This plan offers variety, takes out the guess work out on form, removes barriers of needing to plan or guess. I am in wk 5 of functional and loving it!"

-Brandy L.



- EXERCISE REGIMENS
- 12-WEEK PROGRAM
- DAILY ROUTINE



CLINIC & ORGANIZATIONAL APPS

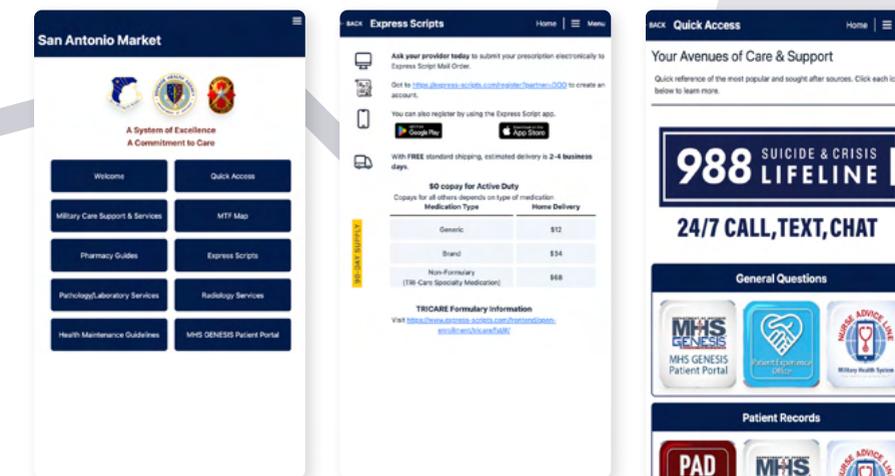
ACCESS TO CARE APP (SAN ANTONIO MARKET)

Purpose

The Access to Care App is a resource guide that uses mobile technology to provide information to beneficiaries on how to access medical care in the San Antonio, Texas market. This app is the first in a series of resource guides that may be available to other markets in the future. The apps will help beneficiaries in each market easily access the care and services available to them. The San Antonio market serves more than 250,000 military beneficiaries across the region

Benefits

The app provides phone numbers, hours of operation, and information on pharmacy, lab, radiology, and other health care services provided at Brooke Army Medical Center, Wilford Hall Ambulatory Surgical Center, 10 standalone military hospitals and clinics, and over 100 specialists.



- SINGLE RESOURCE TO SAN ANTONIO MILITARY MEDICAL CARE AND SERVICES
- FASTER ACCESS TO THE MHS GENESIS PATIENT PORTAL
- ACCESS TO HEALTH MAINTENANCE GUIDELINES

ALEXANDER T. AUGUSTA MILITARY MEDICAL CENTER

Purpose

The Alexander T. Augusta Military Medical Center App is a searchable directory for navigating the military hospital located at Fort Belvoir, Virginia. The app features an easy-to-use home screen that enables users to quickly find their way to and around the facility, along with links to the hospital pharmacy and laboratory, patient resources, and contact information. The directions section includes a parking garage diagram with beacons to help patients find their way from the parking area to specific departments inside the hospital.

Benefits

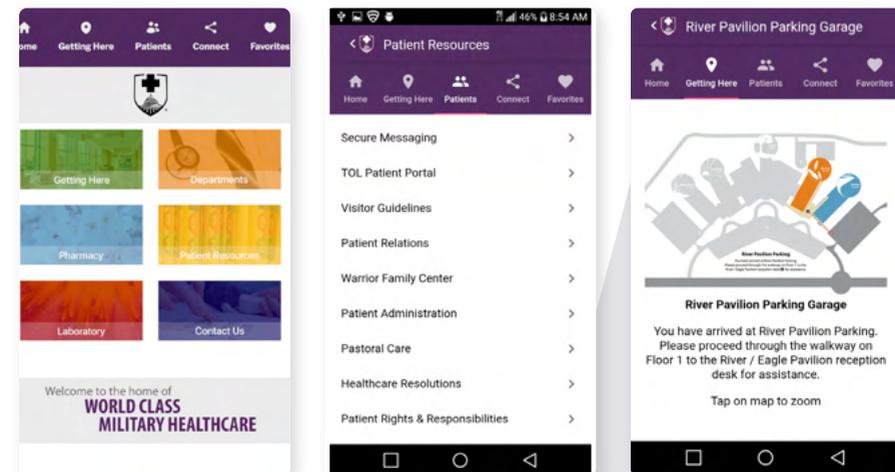
Enables users to quickly find their way around the facility. Helps patients find their way from the parking area to specific departments inside the hospital. Easily access links to the hospital pharmacy, laboratory, patient resources, and contact information.



"It has good information. I think a useful feature to add would be a search button for the maps. So I could say search "Labor and Delivery" and it shows me the map of where that is at and maybe even the site page for that office."

-Emily G.

- FACILITY GUIDE
- PARKING LOCATOR
- LINKS TO VARIOUS RESOURCES



DHA SAFETY REPORTING TOOL

Purpose

The Safety Event Reporting mobile app was launched in December 2021 to provide a user-friendly method to report safety issues to the Occupational Safety and Health team from any mobile device. The app was created at the request of the Administration & Management and Financial Operations directorates and the Occupational Safety and Health team. All three groups collaborated in the development of the app.

Benefits

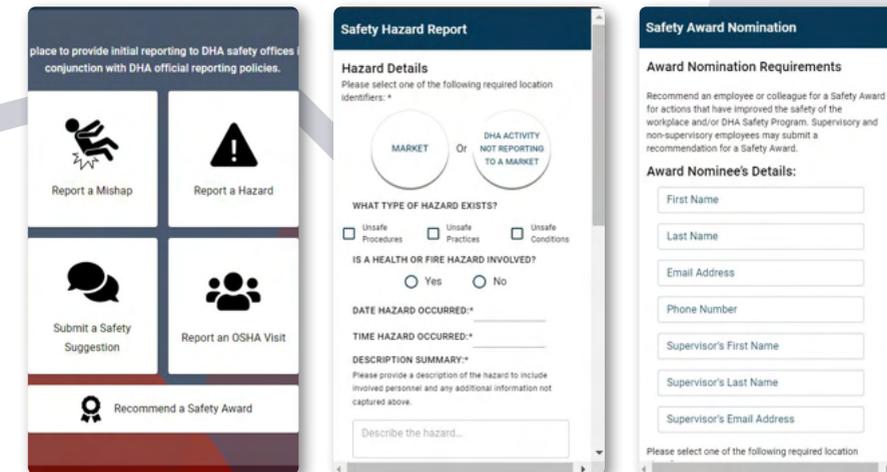
The app includes digital forms to generate reports for mishaps or hazards, submit safety suggestions, report Occupational Safety and Health Administration visits or recommend someone for a safety award. This app is available to all DHA personnel worldwide.



"The DHA Safety Reporting Tool is available for employees to submit initial report of mishaps, workplace hazards, safety suggestions, OSHA compliance visits, and to recommend safety awards to their local safety office. The comprehensive reporting tool is available on government and personal electronic devices."

-Developer

- REPORTING
- SAFETY SUGGESTIONS
- RECOMMENDATIONS



SHORT-TERM OR EVENT-SPECIFIC APPS

Purpose

WMT often produces apps for short-duration use, such as for a specific event or conference. These apps are developed at the request of the event's organizers and provide attendees with important resources and information like speaker schedules and locations, presentation slide decks, venue maps, FAQs, and other resources. These apps are usually decommissioned soon after the event concludes.

Examples of these type of PWAs:



NURSING PRACTICE OVERSIGHT COURSE

The Nursing Practice Oversight Course app was developed at the request of course organizers to support the 350 attendees of the four-day, invitation-only course. NPOC app provides a course agenda, hotel map, important course information and letters to the field and speaker biographies.



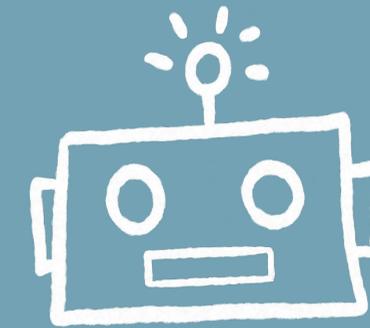
U.S. AIR FORCE SURGEON GENERAL SENIOR LEADERSHIP WORKSHOP

The AFSG requested that WMT develop a simple mobile friendly site to host information about their annual workshop. Their requirements included a map of the site, an agenda and important workshop documents such as communications, registration instructions, and a welcome letter.



U.S. AIR FORCE RESERVE COMMAND SENIOR LEADERSHIP WORKSHOP

WMT developed a simple mobile friendly app at the Command's request to support their bi-annual Senior Leadership Workshop. The app included an agenda, speaker biographies, surveys for collecting feedback, workshop communications, letters to the field, and contact information.



FUTURE APPS

ACCESS TO CARE APP (NATIONAL CAPITAL REGION)

Purpose

The Access to Care National Capital Region App will be a resource guide that uses mobile technology to provide information to beneficiaries on how to access medical care in Washington, D.C. and the surrounding area. This app is the second in a series of market-specific resource guides planned for the MHS. This app will help beneficiaries in the NCR market easily access the care and services available to them.

Benefits

The app provides phone numbers, hours of operation, and information on pharmacy, lab, radiology, and other health care services provided at Walter Reed National Military Medical Center and many other DC-area hospitals and clinics.



IN DEVELOPMENT

- SINGLE RESOURCE TO NCR MILITARY MEDICAL CARE AND SERVICES
- FASTER ACCESS TO THE MHS GENESIS PATIENT PORTAL
- ACCESS TO HEALTH MAINTENANCE GUIDELINES



COMPLEX PEDIATRIC CARE PARENT EDUCATION

Purpose

The Complex Parent Education App is designed for parents of children with special health care needs, such as Down's Syndrome and autism. The app uses Clinical Practice Guidelines to inform providers and assist parents in tracking their children's medical needs, empowering them as partners with providers in their children's care.

Benefits

The app also includes military-specific features, such as deployment care plans, permanent change of station checklists, and warm handoffs to Exceptional Family Member Programs, specialists, and case managers.



IN DEVELOPMENT

- MILITARY-SPECIFIC RESOURCES FOR FAMILIES
- FOR PATIENTS & PROVIDERS



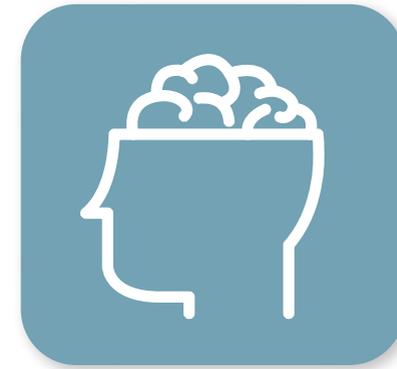
CONCUSSION TOOLS

Purpose

The Concussion Tools App is intended to deliver comprehensive, clinically-relevant information to providers to improve traumatic brain injury education and to standardize TBI care. The Defense and Veterans Brain Injury Center identified and requested the app's development. The app will be both web-based and mobile.

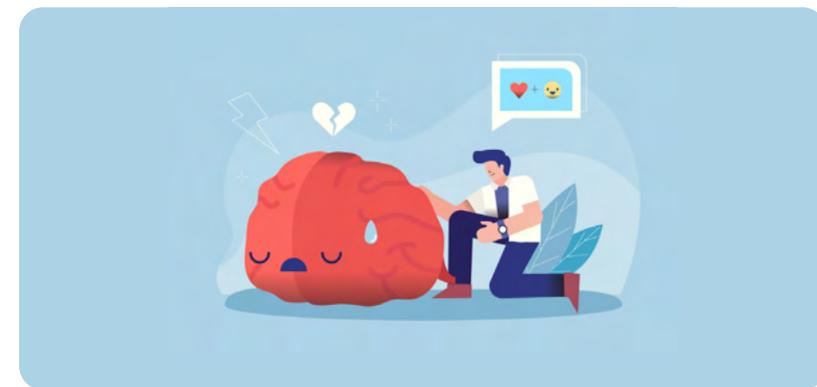
Benefits

The DVBIC application will allow content developers to update the Concussion Tools as necessary, notifying clinicians and other users when updated content is available. Content updates will be available for both web-based and mobile applications, independent of application redeployment. The app will include a downloadable and searchable repository of TBI information. In addition to online access to the content via the mobile application, users will be able to download content to their devices for use in austere environments where cellular and internet signals may not be accessible.



IN DEVELOPMENT

- IMPROVE TBI CARE
- CAN DOWNLOAD CONTENT
- SEARCHABLE REPOSITORY



JOINT SPECTACLE PRESCRIPTION ENTRY CLOUD-BASED SYSTEM

Purpose

JSPECS allows qualifying service members to reorder eyewear without having to access military optometry clinics, and ship them to any location. Valid prescriptions must be under two years old. Desktop and mobile-enabled, the app's development empowers service members to engage in and enhance their health care and optical readiness. Use of the app reduces the workload on clinics while improving turnaround times. Future versions will allow users to initiate new orders and virtually try on eyewear.

Benefits

While JSPECS is designed to reduce the need for ordering eyewear at DOD eye clinics, it has many other benefits:

- Delivers mobile-friendly, seamless ordering capability for eyewear reordering, new prescriptions and frame selection
- Patients receive eyewear directly by mail
- Supports Service members' optical readiness and directly supports the operational medicine mission across the DOD
- Reduces time spent on routine reorders
- Empowers rapid response readiness and work-leveling across labs for large-scale or short-notice deployments
- Facilitates faster receipt of eyewear
- Allows users to view their order history and order status
- Streamlines the reordering process for service members who lose their eyewear while away from home station



IN DEVELOPMENT

- TRACK EYEWEAR
- ORDER THROUGH MOBILE DEVICES

T2 MOOD TRACKER APP

Purpose

The app records a range of emotions such as anxiety, depression, post-traumatic stress, and several others. Developed as a tool for service members to record and review their behavior changes, particularly after deployments, it is now popular with many civilian users around the world.

Benefits

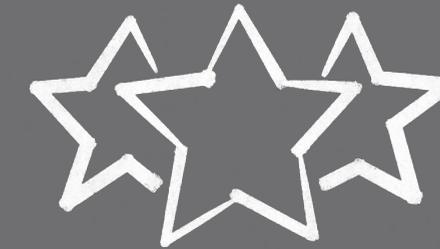
Allows users to monitor and track their emotional health, including stress and those resulting from head injuries. The saved results are displayed in an easy-to-understand graph or spreadsheet that users can transfer by wireless connection to a personal computer or email, and then share with their medical teams. .



IN DEVELOPMENT



- MONITOR HEALTH
- RECORD EMOTIONS
- USEFUL GRAPHS



RETIRED APPS

MISSION ACCOMPLISHED

Apps built by WMT that achieved their objective and are now retired



Medical Education and Training Campus

METC provided easy access to information about the San Antonio, Texas school. The app included a campus map, program catalog, student resources, news updates, and newcomer information. It also helped users build connections with the school through a campus message board and links to the METC Podcast.



Navy PT App

The Navy PT app hosted a variety of exercises for military personnel in order to keep up the military's physical health standards. Users could create a workout plan, and make sure they stuck with it. Navy PT set users up for success in maintaining their exercise goals.



MHS HR News Wire

The MHS HR News Wire app gave users instant access to the latest human resource news related to the MHS. Produced in conjunction with the MHS HR department, this app provided users with news articles, highlighted job openings, key dates, and contact information.



U.S. NAVY Medicine MTF App

The U.S. Navy Medicine Military Medical Treatment Facility app provided reliable and current information on the service's military hospitals and clinics. This app was an up-to-date guide for medical care. Users could search facilities, see detailed information for each hospital or clinic, access contact information for frequently called numbers, or get directions.



My Prosperity Plan

My Prosperity Plan helped users identify goals and develop a plan to maximize their personal, professional, spiritual, and relationship potential. Users could review their goals and track their progress. My Prosperity Plan was a coaching or mentoring tool that encouraged users to discuss their plan with family, friends and leaders.



Positive Activity Jackpot

Positive Activity Jackpot combined a behavioral health therapy called Pleasant Event Scheduling to help users find interesting things to do close to where they lived. The objective of PES was to help users overcome depression and build resilience by creating a pleasant event schedule to improve the overall quality of life.



APP DEVELOPMENT TOOLS & APP REQUESTS

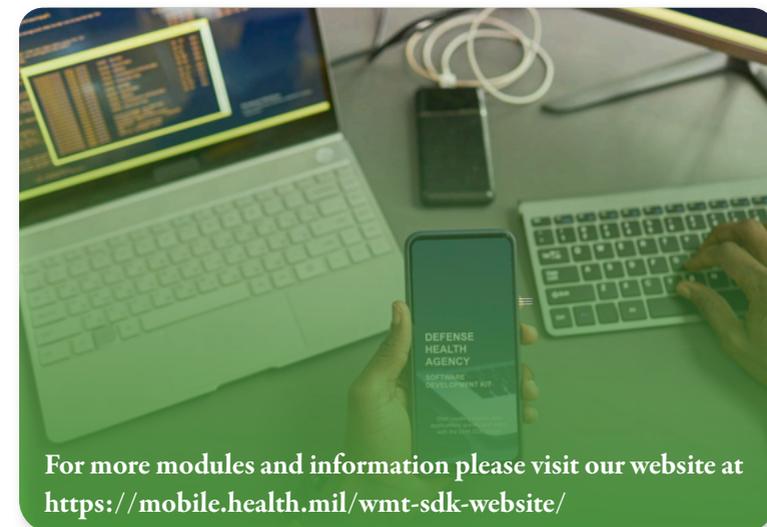
DHA SOFTWARE DEVELOPMENT KIT

Purpose

The DHA SDK is a tool kit designed for use by DHA staff or teams who want to create mobile web applications quickly and easily. The apps must adhere to DHA design standards, and new tools to assist in the process are created all the time. The DHA SDK is available as a progressive web application.

Benefits

The DHA SDK includes many prebuilt development modules and is an easy way for developers to start building applications. Modules provide functionality such as databases, graphs, User Interface components, and much more.



For more modules and information please visit our website at <https://mobile.health.mil/wmt-sdk-website/>



IN DEVELOPMENT

- SMS NOTIFICATIONS
- APPLE AUTH
- RATING
- POUCH CRYPTO
- ANALYTICS
- SECURITY
- G-SPAN
- BREATHING EXERCISE

MILITARY HOSPITAL AND CLINIC APP TEMPLATE

Purpose

This template gives MHS hospitals and clinics a streamlined path to create their own mobile app. Content within each site's app will follow a consistent, flexible template that staff can easily update through the Health.mil content management system.

Benefits

This new template enables any facility, regardless of size, to have their own mobile app and manage content updates by themselves. This innovative solution helps military hospitals and clinics provide their beneficiaries with current, accessible, and accurate information.



IN DEVELOPMENT

- EASY MAINTENANCE THROUGH MAIN HEALTH.MIL CONTENT MANAGEMENT SYSTEM
- SITES CAN MORE EASILY CREATE THEIR OWN MOBILE APP
- FASTER APP CREATION TIME

HOW TO REQUEST WMT APPS



HOW TO REQUEST A DHA MOBILE APP

1 | Go to the Request Portal:
<https://info.health.mil/apps/HIT/services/SitePages/escMenu.aspx>

2 | Click on
 "Mobile App Development"

3 | Click
 "Order Service"

4 | Fill out Request Form:
 a. Under "Associated Project" select "Mobile"
 b. For "Short Title" provide a suggested app name
 c. For "Requirement" provide a clear description of the requirements for the requested app
 d. For "Justification", explain why the app is needed. Include target users and how it would support the MHS mission and why other apps will not fulfill the requirements

5 | Click
 "Submit"

6 | VOILA! Your app request is in!
 See the timeline on next page.



MOBILE APP TIMELINE

PRELIMINARY PHASE

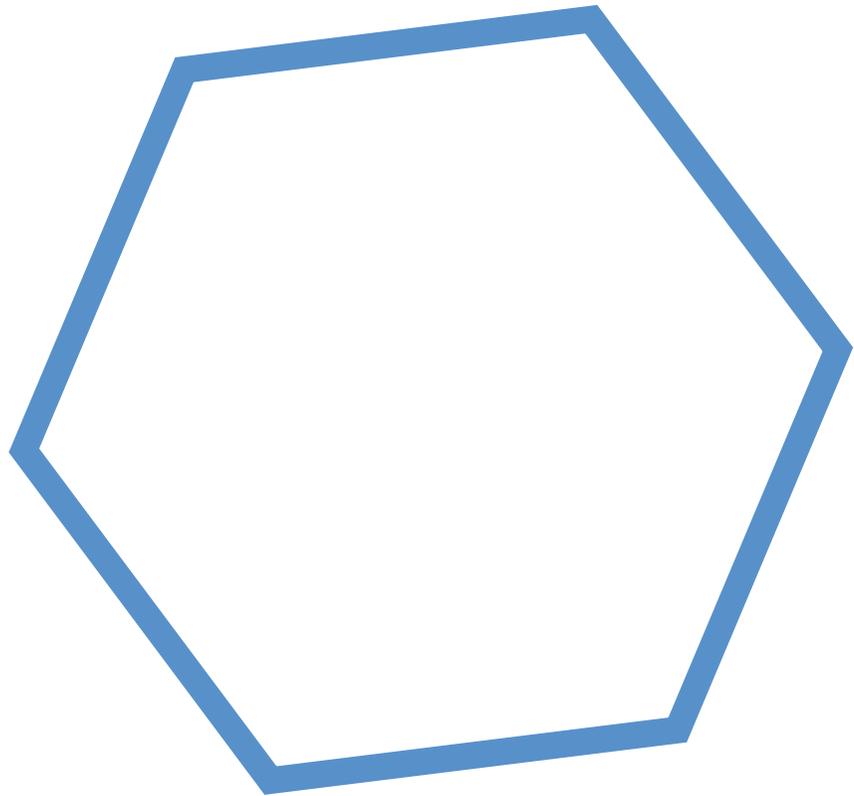
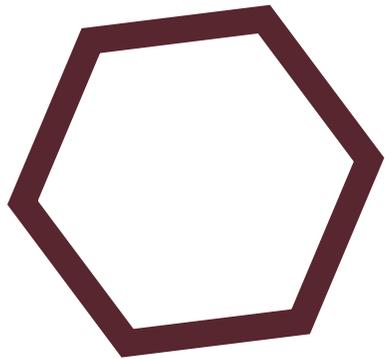
- 1** | Initial Review of Request
- 2** | Review and Refine Approved Functional Requirement ⌚ 5-20 days
- 2a** | WMT will provide the requestor a projected level of effort
- 2b** | Requestor accepts level of effort and approves app development, which may include a cost

DEVELOPMENT AND DELIVERY PHASE

- 3** | Finalize Technical Requirements ⌚ 10-20 days
- 4** | App Development Process Starts ⌚ 5-10 days
- 4a** | User-Centered Design
- 4b** | Sprint Cycles of Development ⌚ 2-6 months
- 5** | Quality Assurance and User Acceptance Testing ⌚ 2-4 weeks
(Depending on Scope)
- 6** | Deliver to Market ⌚ 1-3 days

APP NAME	CATEGORY	Apple Store	Google Play	PWA	PAGE
ACCESS TO CARE APP (NATIONAL CAPITAL REGION)	FUTURE	-	-	-	37
ACCESS TO CARE APP (SAN ANTONIO MARKET)	PATIENT HEALTH	-	-	+	32
ALEXANDER T. AUGUSTA MILITARY MEDICAL CENTER	CLINIC & ORGANIZATIONAL	-	-	+	33
ANTIMICROBIAL STEWARDSHIP	PROVIDER	-	-	+	22
BIOZEN	PATIENT HEALTH	-	+	-	11
BREATHE2RELAX	PATIENT HEALTH	+	+	-	12
COMPLEX PEDIATRIC CARE PARENT EDUCATION	FUTURE	-	-	-	38
CONCUSSION TOOLS	FUTURE	-	-	-	39
DECIDE + BE READY	PATIENT HEALTH	-	-	+	13
DEPLOYMENT READINESS EDUCATION FOR SERVICE WOMEN (DRES)	PERSONNEL READINESS	-	-	+	29
DHA MEDCARD	PATIENT HEALTH	+	+	-	14
DHA PEDIATRICS	PROVIDER	-	-	+	23
DHA SAFETY REPORTING TOOL	CLINIC & ORGANIZATIONAL	-	-	+	34
DREAM EZ	PATIENT HEALTH	-	-	+	15

APP NAME	CATEGORY	Apple Store	Google Play	PWA	PAGE
IMMUNIZATION TOOLKIT	PROVIDER	-	-	+	24
JSPECS	FUTURE	-	-	-	40
LEJEUNE TRAUMA APP	PROVIDER	-	-	+	15
MEDICATION ADHERENCE APP	PATIENT HEALTH	+	+	-	16
MISSION FIT	PERSONNEL READINESS	-	-	+	30
NATO FIRST RESPONDER	PROVIDER	-	+	-	25
PAIN & OPIOID SAFETY	PATIENT HEALTH	-	-	+	17
PEDIATRIC TO ADULT CARE TRANSITION	PATIENT HEALTH	+	+	-	18
PROVIDER RESILIENCE	PROVIDER	-	-	+	26
T2 MOOD TRACKER	FUTURE	-	-	-	41
TACTICAL BREATHER	PATIENT HEALTH	-	-	+	19
TEAMSTEPPS	PROVIDER	-	-	+	27
VIRTUAL HOPE BOX	PATIENT HEALTH	+	+	-	20



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