

# CLINICIAN'S GUIDE

## DoD and VA Mobile Health Apps for *PATIENTS*



		ACT Coach	Army OneSource Money Matters	Army PRT	The Big Moving Adventure	BioZen	Breathe2Relax	CBT-i Coach	Concussion Coach	CPT Coach	CSF2 Goal Setting	Dream EZ	Feel Electric!	High Intensity Tactical Training	LifeArmor	Mindfulness Coach	MOVE! Coach	Moving Forward	MyPlate	Parenting2Go	PE Coach	Performance TRIAD	Physical Readiness Training	Positive Activity Jackpot	PTSD Coach	Sesame Street for Military Families	Stay Quit Coach	T2 Mood Tracker	Tactical Breather	VetChange	Virtual Hope Box	
Presenting Conditions	Alcohol/Drugs/ Tobacco																															
	Anger/Irritability																															
	Anxiety/Stress/ Depression																															
	Family/Social																															
	Headaches/Pain																															
	Mindfulness																															
	Nutrition/Exercise																															
	Personal development/ Goal setting																															
	PTS																															
	Resilience																															
	Sleep																															
	Spirituality																															
	TBI																															
App Features	Available for Android																															
	Available on the App Store																															
	Corresponding Guide or Handout																															
	Password Protected																															
	To Be Used with Manualized Treatment																															

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## DoD and VA Mobile Health Apps for *PROVIDERS*



### mTBI Pocket Guide

The Mild Traumatic Brain Injury Pocket Guide mobile app for health care providers offers instant access to a comprehensive quick-reference guide on improving care for mTBI patients. Military and civilian providers can use the app to find information on assessing, treating and managing common symptoms of mTBI.



### Navy Leader's Guide

The Navy Leader's Guide for Managing Sailors in Distress is your go-to resource for issues that affect your sailors and guidance on what leaders like you can, or must, do. You can find information on responding to a sailor's substance use, ordering a command-directed evaluation, supporting your personnel after the death of a shipmate and much more.



### NOFFS Operational

The Navy Operational Fitness and Fueling Series (NOFFS) is designed to provide the Navy with a world-class performance training resource for sailors as well as Navy health and fitness professionals. Using the latest sports science methodologies, NOFFS combines human performance and injury prevention strategies for safer training with greater results.



### Provider Resilience

Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans and their families. Track your risk for compassion fatigue, burnout and secondary traumatic stress, and access tools to help you remember the value of what you do.



### PFA Mobile

Following disasters or emergencies, responders who provide psychological first aid (PFA) to adults, families and children can access the PFA Mobile app for assistance. Materials in PFA Mobile are adapted from the Psychological First Aid Field Operations Guide and include tools to prepare you for every step of administering PFA.

Developed by National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury center.

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