# DoD and VA Mobile Health Apps for Patients

## Presenting Conditions

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<thead>
<tr>
<th>Alcohol/Drugs/Tobacco</th>
<th>Anger/Irritability</th>
<th>Anxiety/Stress/Depression</th>
<th>Family/Social</th>
<th>Headaches/Pain</th>
<th>Mindfulness</th>
<th>Nutrition/Exercise</th>
<th>Personal development/Goal setting</th>
<th>PTS</th>
<th>Resilience</th>
<th>Sleep</th>
<th>Spirituality</th>
<th>TBI</th>
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<td>App Features</td>
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## App Features

- Corresponding Guide or Handout
- Password Protected
- To Be Used with Manualized Treatment
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.