

# HEALTH TECHNOLOGIES FOR SERVICE MEMBERS AND THEIR FAMILIES



## Breathe2Relax

Manage stress and anxiety with deep-breathing exercises.

- Stabilize your moods and control your anger.
- Interrupt your body's fight-or-flight insinct and activate its relaxation response.



## Virtual Hope Box

Collect and store meaningful items that give you comfort and hope.

- Download supportive photos, videos, messages, quotes, and music.
- Create coping cards for stressful times.
- Distract yourself with games and exercises.



## T2 Mood Tracker

Monitor your emotional health and see how it affects your life.

- Track your moods and behaviors over time.
- Use a graph to help identify trends and triggers.



## The Big Moving Adventure\*

Prepare your young child for a move.

- Help them create a Muppet\* friend to share their feelings about moving.
- Teach them how to say goodbye to people, places and things.
- Explore the new home together and encourage them to meet new friends.



## Breathe, Think, Do with Sesame\*

Help your child problem-solve.

- Help a cute monster calm down and deal with emotions.
- Discover new ways to figure out daily changes.



## Sesame Street for Military Families\*

Explore military life with your preschool child along with the Muppets\* characters.

- Help them understand and talk about thier feelings.
- Teach them about military life events like relocating, deploying, and coming home.
- Watch videos and download activities together.



## PTSD Family Coach\*\*

Identify and understand PTSD symptoms.

- Take a self-assessment.
- Learn about the effects of trauma.
- Develop coping strategies.
- Find resources for support.



## Military Kids Connect [health.mil/MKCHome](http://health.mil/MKCHome)

The award-winning Military Kids Connect (MKC) website helps military youth (ages 6 - 17) with challenges they face as part of a military family.

- Share ideas, experiences, and suggestions with other military children.
- Connect military children in online forums with others dealing with the stresses of military life.
- Provides resources and information for parents.

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\* Developed by or in partnership with Sesame Workshop.

\*\* Developed by or in partnership with the U.S. Department of Veteran's Affairs. [www.myvaapps.com](http://www.myvaapps.com)

Learn more at [health.mil/ConnectedHealth](http://health.mil/ConnectedHealth)

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## PTSD Coach\*\*

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## Concussion Coach\*\*

Identify and manage concussion symptoms.

- Take a self-assessment.
- Use exercises and coping tools.
- Find resources for support.



## Stay Quit Coach\*\*

Get support for quitting smoking and preventing relapse.

- Create a customized plan and track your results.
- Access tools to cope with triggers.
- Learn to manage relapses.



## LifeArmor

Discover 16 psychological health issues common in the military.

- Learn more about topics like PTSD, anger, and depression.
- Take self-assessments.
- Learn healthy coping skills.



## VetChange\*\*

Manage your drinking habits and PTSD symptoms.

- Set goals and create your own self-management plan.
- Track how much you drink and chart your progress.
- Learn tools to manage urges to drink.



## Positive Activity Jackpot

Helps users who may be overwhelmed by depression find nearby enjoyable activities.

- Using a jackpot feature to find activities.
- Customize activities and save favorites.
- Add activities to your calendar and invite friends.



## Pain & Opioid Safety

Provides information and resources for the use of opioids in pain management.

- Provides information and FAQs for patients managing pain.
- Tools and materials for tracking pain.



## Mindfulness Coach\*\*

Learn nine different forms of mindfulness meditation.

- Steer your mind away from distressing thoughts.
- Use to help deal with anxiety, stress and chronic pain.
- Track your progress and set reminders.



## COVID Coach\*\*

Resources and tools to help you cope with stress, information to stay physically and mentally balanced while social distancing and working from home.

- Learn health behaviors for self-care
- Read tips on parenting and working from home
- Track your moods and set daily reminders
- Create a personal support network

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