

FACT SHEET

LIFEARMOR

MEASURE AND TRACK SYMPTOMS



LifeArmor's touch-screen technology allows user to browse 17 different mental health topics and provides resources for understanding the causes, techniques for managing the challenges and tools for tracking symptoms.

Psychological health topics include sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessment tools help users measure and track their symptoms. LifeArmor's resources can also help manage specific problems. Videos relevant to each topic provide personal stories from other service members, veterans, and military family members.

This app is available for free download to iPhone and Android devices. It was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

Screenshots



Key Benefits

- ▶ Self-assessments help the user measure and track their symptoms
- ▶ Tools offer techniques that help manage specific conditions

Key Features

- ▶ Videos on each topic provide personal stories from other service members, veterans, and military family members
- ▶ Covers 17 crucial topics including sleep, depression, relationship issues, and post-traumatic stress
- ▶ Comprehensive information on the causes, characteristics, and solutions to emotional, relationship, and other common mental health problems that face the military community
- ▶ Available for free download for iPhone and Android devices