### ONLINE DIGITAL HEALTH PRESCRIPTION TOOL

#### Apps
- [ACT Coach*](https://mobile.health.mil)
- [AIMS*](https://www.ptsd.va.gov/appvid/mobile/)
- [Beyond MST*](#)
- [Breathe2Relax](#)
- [Breathe, Think, Do**](#)
- [CBT-i-Coach*](#)
- [Couples Coach*](#)
- [COVID Coach*](#)
- [CPT Coach*](#)
- [Dream EZ](#)
- [Insomnia Coach*](#)
- [LifeArmor](#)
- [Mindfulness Coach*](#)
- [Mood Coach Explorer*](#)
- [Pain & Opioid Safety](#)
- [PE Coach*](#)
- [Positive Activity Jackpot](#)
- [PTSD Coach*](#)
- [STAIR Coach*](#)
- [Stay Quit Coach*](#)
- [T2 Mood Tracker](#)
- [Tactical Breather](#)
- [The Big Moving Adventure**](#)
- [VetChange*](#)
- [Virtual Hope Box](#)

#### Military Health Assessments
- [Take a few minutes to anonymously answer simple questions about common health conditions. Although only a health care provider can provide a diagnosis, these self-assessments provide recommendations based on your answers.](https://health.mil/assessments)

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<th>Condition</th>
<th>Sleep</th>
<th>Alcohol &amp; Drug Abuse</th>
<th>Anger</th>
<th>Stress</th>
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#### Military Health Podcasts
- [DHA podcasts provide information and tools to improve wellness in the military community.](https://health.mil/podcasts)

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#### Military Kids Connect
- [An online community where military youth can de-stress and connect with their peers.](militarykidsconnect.health.mil)

#### Sesame Street for Military Families
- [Support for military families from Sesame Workshop on deployments, moving, and more.](sesamestreetformilitaryfamilies.org)

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* These apps were developed by, or in partnership with the U.S. Department of Veterans Affairs.
** Developed by or in partnership with Sesame Workshop.