



ONLINE DIGITAL HEALTH PRESCRIPTION TOOL



Apps

<https://mobile.health.mil>

<https://www.ptsd.va.gov/appvid/mobile/>



- ☐  ACT Coach*
- ☐  AIMS*
- ☐  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

health.mil/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.


- ☐ Alcohol & Drug Abuse
- ☐ Anger
- ☐ Anxiety
- ☐ Depression
- ☐ Relationships
- ☐ Sleep
- ☐ Stress
- ☐ Other



Military Health Podcasts

health.mil/podcasts

DHA podcasts provide information and tools to improve wellness in the military community.

- ☐  A Better Night's Sleep
- ☐  Living Beyond Pain
- ☐  Military Meditation Coach
- ☐  Next Generation Behavioral Health



Military Kids Connect

militarykidsconnect.health.mil

An online community where military youth can de-stress and connect with their peers.



Sesame Street for Military Families

sesamestreetformilitaryfamilies.org

 for Military Families

Support for military families from Sesame Workshop on deployments, moving, and more.

MHS

Military Health System
health.mil

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

** Developed by or in partnership with Sesame Workshop.