



PRESCRIPTION FOR CONNECTED HEALTH

MOBILE APP RESOURCES



- | | | | |
|---|---|---|---|
| <input type="checkbox"/>  ACT Coach* | <input type="checkbox"/>  CPT Coach* | <input type="checkbox"/>  MOVE! Coach* | <input type="checkbox"/>  STAIR Coach* |
| <input type="checkbox"/>  AIMS* | <input type="checkbox"/>  Dream EZ | <input type="checkbox"/>  Moving Forward* | <input type="checkbox"/>  Stay Quit Coach* |
| <input type="checkbox"/>  Breathe2Relax | <input type="checkbox"/>  LifeArmor | <input type="checkbox"/>  Pain & Opioid Safety | <input type="checkbox"/>  T2 Mood Tracker |
| <input type="checkbox"/>  Breathe, Think, Do** | <input type="checkbox"/>  Mindfulness Coach* | <input type="checkbox"/>  PE Coach 2* | <input type="checkbox"/>  The Big Moving Adventure** |
| <input type="checkbox"/>  CBT-i Coach* | <input type="checkbox"/>  MissionFit | <input type="checkbox"/>  Positive Activity Jackpot | <input type="checkbox"/>  VetChange* |
| <input type="checkbox"/>  Concussion Coach* | <input type="checkbox"/>  Mood Coach* | <input type="checkbox"/>  PTSD Coach* | <input type="checkbox"/>  Virtual Hope Box |

INSTRUCTIONS



DOWNLOAD THESE FREE MOBILE APPS FROM THE APP STORE AND GOOGLE PLAY.

*DEVELOPED BY OR IN PARTNERSHIP WITH THE U.S. DEPARTMENT OF VETERANS AFFAIRS.

**DEVELOPED BY OR IN PARTNERSHIP WITH SESAME WORKSHOP.



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 **Military Health Podcasts**
health.mil/podcasts



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

 **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.

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|---|--|
| <input type="checkbox"/>  Alcohol & Drug Abuse | <input type="checkbox"/>  Relationships |
| <input type="checkbox"/>  Anger | <input type="checkbox"/>  Sleep |
| <input type="checkbox"/>  Anxiety | <input type="checkbox"/>  Stress |
| <input type="checkbox"/>  Depression | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/>  Post-Traumatic Stress | |

INSTRUCTIONS