# HEALTH TECHNOLOGIES FOR PATIENTS

## Mobile Apps

<table>
<thead>
<tr>
<th>Alcohol/Drugs/Tobacco</th>
<th>Anger/Irritability</th>
<th>Anxiety</th>
<th>Depression</th>
<th>Family/Social</th>
<th>Headaches/Pain</th>
<th>Nutrition/Exercise</th>
<th>Personal development/Goal setting</th>
<th>Post Traumatic Stress</th>
<th>Sleep</th>
<th>Spirituality</th>
<th>Stress</th>
<th>Traumatic Brain Injury</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
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## Podcasts

- [A Better Night's Sleep](https://example.com)
- [A Living Beyond Pain](https://example.com)
- [A Military Meditation Coach](https://example.com)
- [A Personal Development/Goal Setting](https://example.com)
- [A Stress Management](https://example.com)
- [A Traumatic Brain Injury](https://example.com)

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This product was developed by the Connected Health Branch, Defense Health Agency. February 2020. PUID #: 24

For more information, please visit: [health.mil/mHealth](https://health.mil/mHealth)

* Developed by or in partnership with Sesame Workshop.

** Developed by or in partnership with the U.S. Department of Veterans Affairs.