



PRESCRIPTION FOR CONNECTED HEALTH

MOBILE APP RESOURCES



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|---|---|---|---|
| <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.



Alcohol & Drug Abuse



Relationships



Anger



Sleep



Anxiety



Stress



Depression



Other _____



Post-Traumatic Stress

INSTRUCTIONS