



# PRESCRIPTION FOR CONNECTED HEALTH

## Digital Health Resources



### Apps

Download these free mobile apps from the App Store and Google Play.

-  ACT Coach
-  AIMS\*
-  Breathe2Relax
-  Breathe, Think, Do
-  CBT-i-Coach\*
-  CPT Coach\*
-  DHA Opioid Safety
-  Dream EZ
-  LifeArmor
-  Mindfulness Coach\*
-  PE Coach 2\*
-  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](http://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
- Post Traumatic Stress
- Other



### Military Health Podcasts

[health.mil/podcasts](http://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](http://militarykidsconnect.health.mil)

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

### Sesame Street for Military Families

[sesamestreetformilitaryfamilies.org](http://sesamestreetformilitaryfamilies.org)



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



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