



























PRESCRIPTION FOR CONNECTED HEALTH

MOBILE RESOURCES

- | | | | | | | | | | | | |
|--------------------------|---|--------------------|--------------------------|---|--------------------|--------------------------|--|---------------------------|--------------------------|---|--------------------------|
| <input type="checkbox"/> |  | ACT Coach* | <input type="checkbox"/> |  | CPT Coach* | <input type="checkbox"/> |  | Moving Forward* | <input type="checkbox"/> |  | Stay Quit Coach* |
| <input type="checkbox"/> |  | AIMS* | <input type="checkbox"/> |  | DHA Opioid Safety | <input type="checkbox"/> |  | Parenting2Go* | <input type="checkbox"/> |  | T2 Mood Tracker |
| <input type="checkbox"/> |  | Breathe2Relax | <input type="checkbox"/> |  | Dream EZ | <input type="checkbox"/> |  | PE Coach 2* | <input type="checkbox"/> |  | Tactical Breather |
| <input type="checkbox"/> |  | Breathe, Think, Do | <input type="checkbox"/> |  | LifeArmor | <input type="checkbox"/> |  | Positive Activity Jackpot | <input type="checkbox"/> |  | The Big Moving Adventure |
| <input type="checkbox"/> |  | CBT-i Coach* | <input type="checkbox"/> |  | Mindfulness Coach* | <input type="checkbox"/> |  | PTSD Coach* | <input type="checkbox"/> |  | VetChange* |
| <input type="checkbox"/> |  | Concussion Coach* | <input type="checkbox"/> |  | Mood Coach* | <input type="checkbox"/> |  | STAIR Coach* | <input type="checkbox"/> |  | Virtual Hope Box |

INSTRUCTIONS



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

**THESE APPS WERE DEVELOPED BY, OR IN PARTNERSHIP WITH, THE U.S. DEPARTMENT OF VETERANS AFFAIRS.*





PRESCRIPTION FOR CONNECTED HEALTH WEB RESOURCES



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



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.



Military Families

sesamestreetformilitaryfamilies.org

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

INSTRUCTIONS

