

# Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies



iOS 
  Android 
  Web 
  Requires login

## Achieve Your Health Goals

-  **CBT-i Coach** ●▲  
Receive support for cognitive behavioral therapy (CBT) for insomnia.
-  **COVID Coach** ●▲  
Receive tools to support self-care and mental health during the COVID-19 pandemic.
-  **Insomnia Coach** ●▲  
Guided training and tips to help you track insomnia and improve sleep.
-  **Live Whole Health** ●▲  
Learn skills to help you reach your whole health goals.
-  **Mindfulness Coach** ●▲  
Learn mindfulness to reduce stress and improve emotional balance.
-  **MOVE! Coach** ●▲  
Lose weight with this app's 19-week weight loss program.
-  **Stay Quit Coach** ●▲  
Create a tailored plan to quit smoking and stay smoke-free.
-  **VetChange** ●▲  
Develop healthier drinking habits through this app's tools and guidance.

## Improve Your Mental Health

-  **ACT Coach** ●▲  
Practice lessons learned during acceptance and commitment therapy (ACT) in your daily life.
-  **AIMS for Anger Management** ●▲■  
Better track, address, and manage your anger with AIMS.
-  **Couples Coach** ●▲  
Explore ways to improve your relationship with your partner.
-  **CPT Coach** ●▲  
Enhance your cognitive processing therapy (CPT) treatment for PTSD.
-  **PE Coach 2** ●▲  
Use this app during prolonged exposure (PE) therapy with a health professional.
-  **PTSD Coach** ●▲  
Get the info, support, and tools you need to manage PTSD.
-  **PTSD Family Coach** ●▲  
Receive the support you need for living with someone who has PTSD.
-  **STAIR Coach** ●  
Enhance your in-person STAIR psychotherapy with interactive tools and education.

## Connect With Your Care Team

-  **Annie App for Veterans** ■  
Receive text reminders to help you manage your care.
-  **Ask a Pharmacist** ■  
Access information about VA pharmacies and medication easily.
-  **My VA Images** ■  
Submit and track dermatology and health photos and videos in response to requests from your VA provider.
-  **Pain Coach** ■  
Receive helpful tools for tracking and managing chronic pain.
-  **Somnaware** ■  
Pair this app with your CPAP machine to track your sleep apnea at home.
-  **VA Health Chat** ●▲■  
Chat with VA staff members through easy online access (available at limited sites).
-  **VA Online Scheduling** ■  
Schedule, request, and track VA appointments with ease.
-  **VA Video Connect** ●▲■  
Secure video visits with your VA care team from anywhere.

## Manage Your Care

-  **Airborne Hazards and Open Burn Pit Registry** ■  
Access information and resources for deployment-related exposures.
-  **MobileKidney** ■  
Monitor your kidney health and access educational resources.
-  **VA Mental Health Checkup for Veterans** ■  
Monitor, assess, and access information for mental health conditions.
-  **VA Pressure Ulcer Resource** ●▲  
Learn to prevent and care for pressure ulcers and injuries.
-  **Rx Refill** ●▲  
Request, refill, and track VA prescriptions with ease.

## Connect today!

To browse more tools that may fit your needs, visit [mobile.va.gov/appstore](https://mobile.va.gov/appstore).

Most apps are available on the Apple App Store and Google Play, however, some apps are available only on the VA App Store through a desktop version.

### If you need technical assistance with these tools, call:

Health Resource Center Help Desk:  
877-470-5947 | Monday to Friday: 7 a.m. – 7 p.m. CT.

Office of Connected Care Help Desk:  
866-651-3180 | 24/7



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**Gain greater control of your VA personal health records with online access from anywhere, at anytime.**

Since 2003, My HealthVet has served as a trusted online portal designed to allow you to easily access your Personal Health Record (PHR). Whether at home or on-the-go, you can review health care records, discover educational sources, and conveniently communicate with your VA care team. My HealthVet supports you in making informed health decisions to manage your personal care plans

With a Premium account, you can send and receive secure messages with your VA care teams, review your health care providers' notes, order prescription refills, manage your VA appointments, and more.

To learn more about My HealthVet, register for a Premium account by visiting [myhealth.va.gov](https://myhealth.va.gov).

**Sign up for a My HealthVet Premium Account**

If you need help signing up, visit or contact your local VA My HealthVet Coordinator.

Name: \_\_\_\_\_

Contact: \_\_\_\_\_



**Increase your access to high quality VA care from home, the clinic, or the hospital.**

VA Telehealth programs and technologies make it easier for you to connect with your VA care team and access care when and where you need it.

- Remote Patient Monitoring – Home Telehealth (HT), Low Intensity, Low Acuity (L2)**
- Synchronous Telehealth**  
Connect with your VA care team through secure, real-time video.
- Asynchronous Telehealth**  
Send secure messages, photos, or videos to your VA care team.
- Veteran requests telehealth visits and is video-capable**  
(i.e. has a computer, tablet, or smartphone and internet) and requests help for VA Video Connect setup.
- Veteran requests telehealth visits, but is not video-capable**  
(i.e. lacks computer, tablet, or smartphone and internet) and wants referral to the equipment loan program.
- Veteran needs/wants help** to become video capable.

Talk to your provider about whether VA telehealth could be right for you. For more information and a list of VA telehealth specialties, visit [telehealth.va.gov](https://telehealth.va.gov).

To discuss options selected above, contact:

Name: \_\_\_\_\_

Contact: \_\_\_\_\_



**Improve your self-care online or through mobile text messaging.**

Annie is the VA's automated text message system that sends automated messages to help you manage your care. You can receive health text messages without having to log into any system. Any mobile device with texting capabilities can receive Annie messages.

Learn more and sign up for the protocols listed below at [mobile.va.gov/annie](https://mobile.va.gov/annie).

Annie protocols recommended today:

- Coping during COVID-19**
- Coronavirus Precautions**
- COVID-19 Vaccination Support**
- Oncology Symptom Reporting**
- Stress Management**
- Tobacco Cessation**
- Weight Management**
- Other:** \_\_\_\_\_

**Instructions:**

**Need help accessing these virtual health tools or setting them up? Call:**

Health Resource Center Help Desk: **877-470-5947** | **Monday to Friday: 7 a.m. – 7 p.m. CT.**

Office of Connected Care Help Desk: **866-651-3180** | **24/7**