U.S. Department of Veterans Affairs Veterans Health Administration

Office of Connected Care

Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies

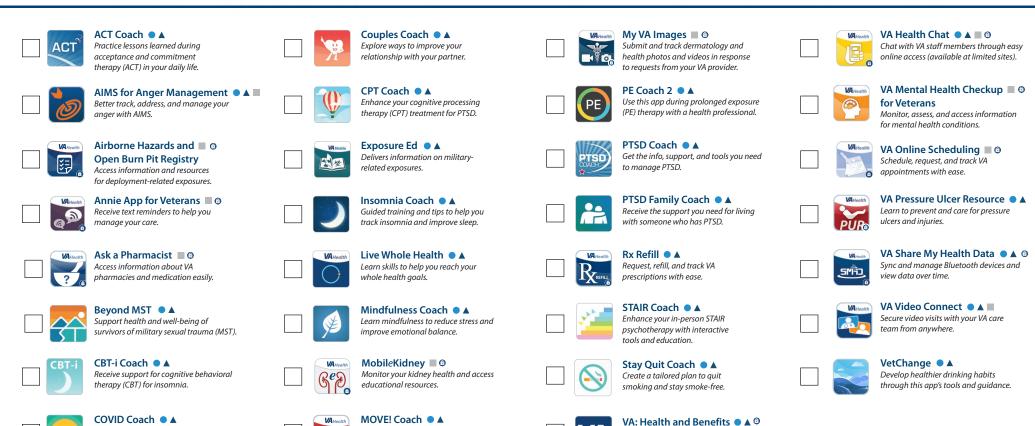




▲ Android



Requires login



Connect today!

To browse more tools that may fit your needs, visit mobile.va.gov/appstore.

Receive tools to support self-care

and mental health during the

COVID-19 pandemic.

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:

Lose weight with this app's

19-week weight loss program.

877-470-5947 | Monday to Friday: 7 a.m. – 7 p.m. CT.

Office of Connected Care Help Desk:

866-651-3180 | 24/7

Web-based Veteran training on issues related to sleep, anger, parenting, substance use, parenting, and other topics can be accessed at:

www.veterantraining.va.gov

Manage VA benefits and healthcare









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

Since 2003, My Health**e**Vet 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 Health**e**Vet 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 HealtheVet, register for a Premium account by visiting **myhealth.va.gov**.

Pren	nium account by visiting myhealth.va.gov .
	Sign up for a My HealtheVet Premium Account
	If you need help signing up, visit or contact your local VA My Health e Vet Coordinator or call 1-877-327-0022 (Monday – Friday, 7am-7pm (Central Time)
	Name:
	Contact:
	Access health education and resources in the Veterans Health Library at: www.veteranshealthlibrary.va.gov



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.

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**.
To discuss options selected above, contact:

Name: __ Contact:

Instructions:

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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 testing capabilities can receive Annie messages.

Learn more and sign up for the protocols listed below at **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:

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**