Prescription for VA Virtual Care Tools
Expanding Veteran Access to Care Through Virtual Technologies

- iOS
- ▲ Android
- □ Web
- □ Requires login

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.

Airborne Hazards and Open Burn Pit Registry
Access information and resources for deployment-related exposures.

Annie App for Veterans
Receive text reminders to help you manage your care.

Ask a Pharmacist
Access information about VA pharmacies and medication easily.

Beyond MST
Support health and well-being of survivors of military sexual trauma (MST).

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.

Couples Coach
Explore ways to improve your relationship with your partner.

CPT Coach
Enhance your cognitive processing therapy (CPT) treatment for PTSD.

Exposure Ed
Delivers information on military-related exposures.

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.

MobileKidney
Monitor your kidney health and access educational resources.

MOVE! Coach
 Lose weight with this app’s 19-week weight loss program.

My VA Images
Submit and track dermatology and health photos and videos in response to requests from your VA provider.

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.

Rx Refill
Request, refill, and track VA prescriptions with ease.

STAIR Coach
Enhance your in-person STAIR psychotherapy with interactive tools and education.

Stay Quit Coach
Create a tailored plan to quit smoking and stay smoke-free.

VA: Health and Benefits
Manage VA benefits and healthcare information.

VA Health Chat
Chat with VA staff members through easy online access (available at limited sites).

VA Mental Health Checkup for Veterans
Monitors, assess, and access information for mental health conditions.

VA Online Scheduling
Schedule, request, and track VA appointments with ease.

VA Pressure Ulcer Resource
Learn to prevent and care for pressure ulcers and injuries.

VA Share My Health Data
Sync and manage Bluetooth devices and view data over time.

VA Video Connect
Secure video visits with your VA care team from anywhere.

VetChange
Develop healthier drinking habits through this app’s tools and guidance.

Connect today!
To browse more tools that may fit your needs, visit 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

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

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Send feedback to: surveymonkey.com/r/VAVirtualCare
Gain greater control of your VA personal health records with online access from anywhere, at anytime.

Since 2003, My HealtheVet 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 HealtheVet 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.

- **Sign up for a My HealtheVet Premium Account**
  - If you need help signing up, visit or contact your local VA My HealtheVet 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.
- **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.

To discuss options selected above, contact:

- **Name:** ____________________________
- **Contact:** __________________________

Instructions:

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:

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