










# VA Virtual Care Guide for TeleOncology

## Helping Veterans Choose Virtual Tools to Support During Cancer Treatment

● iOS ▲ Android ■ Web  
 🔒 Requires login □ Options

		Connect With Your Care Team			Achieve Your Health Goals and Manage Your Care					
		 <b>My HealtheVet</b> <i>myhealth.va.gov</i>	 <b>VA Video Connect</b> <i>mobile.va.gov/ app/va-video- connect</i>	 <b>Ask a Pharmacist</b> <i>mobile.va.gov/ app/ask-a- pharmacist</i>	 <b>Annie</b> <i>mobile.va.gov/ annie</i>	 <b>Live Whole Health</b> <i>mobile.va.gov/ app/live-whole- health</i>	 <b>Mindfulness Coach</b> <i>mobile.va.gov/ app/mindfulness- coach</i>	 <b>Stay Quit Coach</b> <i>mobile.va.gov/ app/stay-quit- coach</i>	 <b>VetChange</b> <i>mobile.va.gov/ app/vetchange</i>	 <b>Virtual Hope Box</b> <i>health.mil/ connectedhealth</i>
		■	● ▲ ■	■	■	● ▲	● ▲	● ▲	● ▲	● ▲
<b>Action</b>	Video visit with health care staff									
	Receive automated health texts									
	Refill prescriptions									
	Get prescription advice									
	Schedule appointment									
	Send images or secure messages to health care staff									
	Self-manage health symptoms									
	Take health assessment or set health goals									
	View or download VA health records									
<b>Issue</b>	Alcohol and tobacco use									
	Anxiety and stress									
	Cancer and oncology									
	Depression, grief, and loneliness									
	Family and caregivers support									
	Mindfulness and resilience									

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

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

My HealtheVet Help Desk:  
 877-327-0022 | 800-877-8339 (TTY)  
 Monday to Friday: 7 a.m. – 7 p.m. CT.

Department of Defense (DoD) Connected Health:  
[dha.jblm.j-3.mbx.connected-health-contactus@mail.mil](mailto:dha.jblm.j-3.mbx.connected-health-contactus@mail.mil)  
<https://health.mil/connectedhealth>



**Requires Login**  
**Veterans:** My HealtheVet Premium, DS Logon Level 2 (Premium), or ID.me  
**VA staff:** PIV, PIV exemption, or VistA login credentials



U.S. Department of Veterans Affairs  
 Veterans Health Administration  
 Office of Connected Care




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## Connect With Your Care Team:

-  **My HealthVet** ■  
Gain greater control of your VA personal health records with online access from anywhere, at anytime.  
[myhealth.va.gov](http://myhealth.va.gov)
-  **VA Video Connect** ● ▲ ■  
Secure video visits with your VA care team from anywhere.  
[mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect)
-  **Ask a Pharmacist** ■  
Access information about VA pharmacies and medication easily.  
[mobile.va.gov/app/ask-a-pharmacist](http://mobile.va.gov/app/ask-a-pharmacist)

Your Personalized Instructions:

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## Achieve Your Health Goals, Improve Your Mental Health, and Manage Your Care:

-  **Live Whole Health** ● ▲  
Learn skills to help you reach your whole health goals.  
[mobile.va.gov/app/live-whole-health](http://mobile.va.gov/app/live-whole-health)
-  **Mindfulness Coach** ● ▲  
Learn mindfulness to reduce stress and improve emotional balance.  
[mobile.va.gov/app/mindfulness-coach](http://mobile.va.gov/app/mindfulness-coach)
-  **Stay Quit Coach** ● ▲  
Create a tailored plan to quit smoking and stay smoke-free.  
[mobile.va.gov/app/stay-quit-coach](http://mobile.va.gov/app/stay-quit-coach)
-  **VetChange** ● ▲  
Develop healthier drinking habits through this app's tools and guidance.  
[mobile.va.gov/app/vetchange](http://mobile.va.gov/app/vetchange)
-  **Virtual Hope Box** ● ▲  
Simple tools to help with coping, relaxation, distraction, and positive thinking.  
[health.mil/connectedhealth](http://health.mil/connectedhealth)
-  **Annie App for Veterans** ■  
To receive self-care texts to help support through cancer treatment, Veterans can log into Annie at **veteran.mobile.va.gov/annie-vet**. Select the **Oncology Symptom Reporting** protocol, then text code **SUB CARE** to **(Annie) 75338** to self-enroll. Veterans will receive approximately five texts per week for approximately one year, but can stop texts anytime by texting **STOP** to **75338**.  
[mobile.va.gov/annie](http://mobile.va.gov/annie)
-  **Annie App for Clinicians** ■  
VA health care staff can assign the **Oncology Symptom Reporting** protocol to Veterans by logging into the Annie app at **veteran.mobile.va.gov/annie-vet**. Search for the Veteran, then assign the protocol to them. Veterans will receive approximately five texts per week for approximately one year, but can stop texts anytime by texting **STOP** to **(Annie) 75338**.  
[mobile.va.gov/app/annie-app-clinicians](http://mobile.va.gov/app/annie-app-clinicians)



### Connect today!

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



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