































# Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies

● iOS ▲ Android ■ Web ⓘ Requires login

<input type="checkbox"/>		<b>ACT Coach</b> ●▲ Practice lessons learned during acceptance and commitment therapy (ACT) in your daily life.	<input type="checkbox"/>		<b>Couples Coach</b> ●▲ Explore ways to improve your relationship with your partner.	<input type="checkbox"/>		<b>Pain Coach</b> ●▲ Resources to support pain management.	<input type="checkbox"/>		<b>VA: Health and Benefits</b> ●▲ Manage VA benefits and healthcare information.
<input type="checkbox"/>		<b>AIMS for Anger Management</b> ●▲■ Better track, address, and manage your anger with AIMS.	<input type="checkbox"/>		<b>CPT Coach</b> ●▲ Enhance your cognitive processing therapy (CPT) treatment for PTSD.	<input type="checkbox"/>		<b>PE Coach 2</b> ●▲ Use this app during prolonged exposure (PE) therapy with a health professional.	<input type="checkbox"/>		<b>VA Health Chat</b> ●▲■ Chat with VA staff members for non life-threatening health issues.
<input type="checkbox"/>		<b>Annie for Veterans</b> ■ Receive text reminders to help you manage your care.	<input type="checkbox"/>		<b>Insomnia Coach</b> ●▲ Guided training and tips to help you track insomnia and improve sleep.	<input type="checkbox"/>		<b>PTSD Coach</b> ●▲ Get the info, support, and tools you need to manage PTSD.	<input type="checkbox"/>		<b>VA Video Connect</b> ●▲■ Secure video visits with your VA care team from anywhere.
<input type="checkbox"/>		<b>Ask a Pharmacist</b> ■ Access information about VA pharmacies and medication easily.	<input type="checkbox"/>		<b>Live Whole Health</b> ●▲ Learn skills to help you reach your whole health goals.	<input type="checkbox"/>		<b>PTSD Family Coach</b> ●▲ Receive the support you need for living with someone who has PTSD.	<input type="checkbox"/>		<b>VetChange</b> ●▲ Develop healthier drinking habits through this app's tools and guidance.
<input type="checkbox"/>		<b>Beyond MST</b> ●▲ Support health and well-being of survivors of military sexual trauma (MST).	<input type="checkbox"/>		<b>MHA for Veterans</b> ■ Take a variety of mental health assessments from the comfort and convenience of home.	<input type="checkbox"/>		<b>Safety Plan</b> ●▲ Create a suicide safety plan and access resources.	<input type="checkbox"/>		<b>Veterans Wellness Path</b> ●▲ Resources to support American Indian and Alaska Native Veterans and families.
<input type="checkbox"/>		<b>CBT-i Coach</b> ●▲ Receive support for cognitive behavioral therapy (CBT) for insomnia.	<input type="checkbox"/>		<b>Mindfulness Coach</b> ●▲ Learn mindfulness to reduce stress and improve emotional balance.	<input type="checkbox"/>		<b>Share My Health Data</b> ●▲ Sync and manage Bluetooth devices and view data over time.	<input type="checkbox"/>		<b>WellWithin Coach</b> ●▲ Resources to support women Veterans' well-being.
<input type="checkbox"/>		<b>Concussion Coach</b> ●▲ Resources to support those with concussion/mTBI.	<input type="checkbox"/>		<b>MOVE! Coach</b> ●▲ Lose weight with this app's 19-week weight loss program.	<input type="checkbox"/>		<b>STAIR Coach</b> ●▲ Enhance your in-person STAIR psychotherapy with interactive tools and education.			
<input type="checkbox"/>		<b>COVID Coach</b> ●▲ Receive tools to support self-care and mental health during the COVID-19 pandemic.	<input type="checkbox"/>		<b>My VA Images</b> ■ Submit and track dermatology and health photos and videos in response to requests from your VA provider.	<input type="checkbox"/>		<b>Stay Quit Coach</b> ●▲ Create a tailored plan to quit smoking and stay smoke-free.			

## 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:  
**800-400-1238 | Monday to Friday: 8 a.m. – 8 p.m. ET.**

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



Note that products and graphics referenced in this document may change over time as technology and app capabilities advance.

Updated: April 2025

**VA Mobile**

**VA Telehealth**

**My healthvet**

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## How to access help and resources:

The VA is committed to helping Veterans, their family members and caregivers, and VA staff the access to help with integrating virtual care tools and programs to support the access and delivery of healthcare. We know that sometimes you may need some additional help, and the VA has options available to meet those needs.

Want help with logging in to VA mobile or web applications?	VA App Store Login Help	<a href="https://mobile.va.gov/login-information">mobile.va.gov/login-information</a>
Want to get help over the phone?	Help Desks	Office of Connected Care Help Desk: 866-651-3180, Available 24/7  My Health eVet Help Desk: 877-327-0022, Monday to Friday, 7 a.m. – 7 p.m. Central time  VA Mobile Solutions Help Desk: Veterans 877-470-5947, Monday to Saturday, 7 am– 7 pm Central time, VA Care Teams 844-482-6624, available 24/7
Want to get help in person?	Virtual Health Resource Centers	<a href="https://connectedcare.va.gov/vhrc">connectedcare.va.gov/vhrc</a>
Want to get access for app training materials?	VA App Store	<a href="https://mobile.va.gov/appstore">mobile.va.gov/appstore</a>
Are you a VA staff member and want access to training?	Connected Care Academy	<a href="https://vaots.blackboard.com">vaots.blackboard.com</a>  (note: A great place to start is Virtual Care University in Connected Care Academy. Go to the home page, then scroll down to access link to Virtual Care University)
Want to access and download outreach materials?	Office of Connected Care Outreach Toolkit	<a href="https://connectedcare.va.gov/about/outreach-toolkit">connectedcare.va.gov/about/outreach-toolkit</a>
Want to order outreach materials?	Government Printing Office (GPO) site	<a href="https://orders.gpo.gov/vaocc">orders.gpo.gov/vaocc</a> & <a href="https://orders.gpo.gov/PTSD">orders.gpo.gov/PTSD</a>

### Instructions:

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

Health Resource Center Help Desk: **800-400-1238** | Monday to Friday: 8 a.m. – 8 p.m. ET.

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