# VA Virtual Care Guide for TeleOncology

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

### Connect With Your Care Team
- **My Health e Vet**
  - [myhealth.va.gov](http://myhealth.va.gov)
- **VA Video Connect**
  - [mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect)
- **Ask a Pharmacist**
  - [mobile.va.gov/app/ask-a-pharmacist](http://mobile.va.gov/app/ask-a-pharmacist)
- **Live Whole Health**
  - [mobile.va.gov/app/live-whole-health](http://mobile.va.gov/app/live-whole-health)
- **Mindfulness Coach**
  - [mobile.va.gov/app/mindfulness-coach](http://mobile.va.gov/app/mindfulness-coach)
- **Stay Quit Coach**
  - [mobile.va.gov/app/stay-quit-coach](http://mobile.va.gov/app/stay-quit-coach)
- **VetChange**
  - [mobile.va.gov/app/vetchange](http://mobile.va.gov/app/vetchange)
- **Virtual Hope Box**
  - [health.mil/connectedhealth](http://health.mil/connectedhealth)

### Achieve Your Health Goals and Manage Your Care

<table>
<thead>
<tr>
<th>Action</th>
<th>Connect With Your Care Team</th>
<th>Achieve Your Health Goals and Manage Your Care</th>
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<tbody>
<tr>
<td>Video visit with health care staff</td>
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<td>Receive automated health texts</td>
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<td>Refill prescriptions</td>
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<td>Get prescription advice</td>
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<td>Schedule appointment</td>
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<td>Send images or secure messages to health care staff</td>
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<td>Self-manage health symptoms</td>
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<td>Take health assessment or set health goals</td>
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<td>View or download VA health records</td>
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<td>Alcohol and tobacco use</td>
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<td>Anxiety and stress</td>
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<tr>
<td>Cancer and oncology</td>
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<td>Depression, grief, and loneliness</td>
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<td>Family and caregivers support</td>
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<td>Mindfulness and resilience</td>
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## 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.

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

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

**Department of Defense (DoD) Connected Health:**
- dha_jblm.j-3.mbx.connected-health-contactus@mail.mil
- [health.mil/connectedhealth](http://health.mil/connectedhealth)

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

**Version 1.0**
**Last updated 12MAR2021**
Connect With Your Care Team:

- **My HealtheVet**
  Gain greater control of your VA personal health records with online access from anywhere, at anytime.
  myhealth.va.gov

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

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

- **Mindfulness Coach**
  Learn mindfulness to reduce stress and improve emotional balance.
  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

- **VetChange**
  Develop healthier drinking habits through this app’s tools and guidance.
  mobile.va.gov/app/vetchange

- **Virtual Hope Box**
  Simple tools to help with coping, relaxation, distraction, and positive thinking.
  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

- **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

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

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Department of Defense (DoD) Connected Health:
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