

Your VA Virtual Pain Care Guide

Expanding Veteran Access to Care Through Virtual Technologies

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

iOS Android Web Requires login

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
-  **VA Video Connect** ■
Secure video visits with your VA care team from anywhere.
mobile.va.gov/app/va-video-connect

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

-  **Mindfulness Coach** ● ▲
Learn mindfulness to reduce stress and improve emotional balance.
mobile.va.gov/app/mindfulness-coach
-  **Live Whole Health** ● ▲ ■
Learn skills to help you reach your whole health goals.
mobile.va.gov/app/live-whole-health
-  **Pain Coach** ■
Receive helpful tools for tracking and managing chronic pain.
mobile.va.gov/app/pain-coach-app-veterans
-  **Annie App for Veterans** ■
Receive text reminders to help you manage your care.
mobile.va.gov/annie
-  **COVID Coach** ● ▲
Receive tools to support self-care and mental health during the COVID-19 pandemic.
mobile.va.gov/app/covid-coach

Your Personalized Instructions:

Connect today!

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

If you need technical assistance with these tools, call the **Office of Connected Care Help Desk:**
866-651-3180 | 24/7

If you need technical assistance with My HealthVet call: **877-327-0022 | Monday to Friday: 7 a.m. – 7 p.m. Central time.**



VA Mobile

VA Telehealth

