

# Annie Messages Can Help You Cope During COVID-19



In this stressful time, your health and well-being are important to us. If COVID-19 is causing you concern, Annie may be able to help. Annie is VA's automated text messaging app that sends health information and reminders to Veterans. Any cellphone with texting capabilities can receive Annie messages.

Annie's **Coping during COVID** protocol messages can help you better care for yourself as you cope with the COVID-19 pandemic. This self-care tool delivers text messages to your cell phone to help you feel more connected and less stressed.

## How To Set Up Annie

Follow these steps to get started. If you already receive Annie messages for other protocols, skip to Step 6.



**Step 1:** Go to the website.  
[veteran.mobile.va.gov/annie-vet](https://veteran.mobile.va.gov/annie-vet)



**Step 2:** Log in.  
Log in using your My Health eVet Premium, DS Logon Level 2, or ID.me account. Find out how to get a secure login account at [mobile.va.gov/login-information](https://mobile.va.gov/login-information).



**Step 3:** Consent to participate.  
Read the consent information. Scroll to the end and select the consent box.



**Step 4:** Set up your Annie account.  
Complete the fields under the **Information Messages, Preferences, and Patient Info** tabs. Select **Submit**, which will take you to a screen saying your registration was a success.



**Step 5:** Confirm participation.  
You will receive a message from Annie asking you to confirm your participation. Reply to the message with the word **Start**.



**Step 6:** Subscribe.  
To subscribe to the Coping during COVID protocol, text Annie (75338) the words **SUB COPE**.



*Taking charge of your health — one text at a time.*

For detailed instructions, visit Annie online:

**[mobile.va.gov/annie](https://mobile.va.gov/annie)**



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