



Your VA Virtual Pain Care Guide

Expanding Veteran Access to Care Through Virtual Technologies

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:

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 HealthVet Help Desk:
877-327-0022 | Monday to Friday: 7 a.m. – 7 p.m. CT.

