HEALTH TECHNOLOGIES FOR PATIENTS

DHA
Defense Health Agency

	ACT Coach**	AIMS**	The Big Moving Adventure*	Breathe2Relax	CBT-i-Coach**	Concussion Coach**	CPT Coach**	Dream EZ	LifeArmor	Mindfulness Coach**	MissionFit	Mood Coach**	MOVE! Coach**	Moving Forward**	MyPlate	Pain and Opioid Safety	Parenting2Go**	PE Coach 2**	Performance TRIAD	Positivity Activity Jackpot	PTSD Coach**	Sesame Street for Military Families*	STAIR Coach**	Stay Quit Coach**	T2 Mood Tracker	Tactical Breather	VetChange**	Virtual Hope Box	A Better Night's Sleep	Living Beyond Pain	Military Meditation Coach
	Mobile Apps																												Podcasts		
PRESENTING CONDITIONS																															
Alcohol/Drugs/Tobacco									○							○					○			○		○	○				
Anger/Irritability	○	○				○			○	○		○					○				○		○								○
Anxiety		○	○	○	○	○		○	○	○		○		○			○			○	○	○	○	○	○	○		○			○
Depression		○	○	○	○	○		○	○	○		○		○			○			○	○	○	○	○	○	○		○			○
Family/Social	○		○						○			○		○			○					○	○								
Headaches/Pain									○	○						○														○	○
Nutrition/Exercise											○		○		○				○		○										
Personal development/ Goal setting	○	○							○			○	○	○	○		○		○				○			○	○				
Post Traumatic Stress	○						○	○	○	○							○	○		○	○		○					○			○
Sleep					○	○		○	○										○		○								○		
Spirituality	○								○			○																			
Stress		○	○	○	○	○		○	○	○		○		○			○			○	○	○	○	○	○	○		○			○
Traumatic Brain Injury						○			○					○																	
APP FEATURES																															
Google play	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○		○	○	○	○	○		○	○	○		○			
App Store	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○		○	○	○	○	○		○	○			
To Be Used with Manualized Treatment	○	○			○		○	○					○					○					○	○							

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For more information, please visit: health.mil/mHealth

* Developed by or in partnership with Sesame Workshop.

** Developed by or in partnership with the U.S. Department of Veterans Affairs.