



Defense Health Agency

# GUIDE TO DIGITAL HEALTH TECHNOLOGY



APPS



PODCASTS



MILITARY  
CHILDREN  
RESOURCES



WEBSITES

click to navigate

# APPS



**ACT Coach:** Acceptance and Commitment Therapy (ACT) helps patients live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. The ACT Coach app supports anyone engaging in Acceptance and Commitment Therapy with a therapist. It offers exercises, tools, information, and tracking logs so patients can practice what they are learning in their daily life.<sup>1</sup>

Download  



**Antimicrobial Stewardship:** Antimicrobial Stewardship app supports Military Health System (MHS) providers at the point-of-care with relevant guidelines, antibiograms and evidence-based recommendations for treatment of infectious diseases, of which, COVID-19 is one. The app also recommends the best antibiotic as the first-line treatment to reduce the chance of failed therapy, ensure patients heal faster, and save the military money by reducing antibiotic prescriptions and promoting long-term microbe drug sensitivities. It provides a centralized and easily accessible web-based platform for standardized practices and antimicrobial stewardship information within the MHS.<sup>3</sup>

Download



**Breathe2Relax:** Breathe2Relax can quickly help patients learn diaphragmatic (deep belly) breathing. The app also provides detailed information on the effects of stress on the body. Patients can use Breathe2Relax as a stand-alone stress reduction tool or with a provider. Breathe2Relax now uses HealthKit and the Apple Watch device to measure users' heart rate during breathing exercises and provide an even more complete picture of the relaxation experienced.<sup>3</sup>

Download  



**Breathe, Think, Do with Sesame:** Breathe, Think, Do with Sesame helps adults teach young children (ages 2-5) problem solving, self-control, planning, and task persistence. This bilingual (English and Spanish), research-based app helps children learn Sesame's "Breathe, Think, Do" strategy for problem solving. Children will enjoy silly animations and playful interactions as they learn emotional vocabulary, a calm breathing technique, and personalized encouragements.<sup>2</sup>

Download  



**CBT-i Coach:** CBT-i Coach is for patients currently engaged in Cognitive Behavioral Therapy for Insomnia (CBT-I) with a health care provider. The app guides users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia. CBT-i Coach is not intended to be used as self-help without the guidance of a professional health care provider.<sup>1</sup>

Download  

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA



**COVID Coach:** Anyone can use the COVID Coach to build resilience, manage stress, and increase well-being during the novel coronavirus pandemic. Customized tools help service members, veterans, and their families cope with stress, stay well, stay safe, stay healthy, stay connected, and navigate parenting, care-giving, and working from home while social distancing, quarantined, or sheltered in place. This app is appropriate for self-care or as part of behavioral health treatment.<sup>1</sup>

Download  



**CPT Coach:** CPT Coach is for patients with post-traumatic stress disorder (PTSD) who are participating in Cognitive Processing Therapy (CPT) with a professional mental health care provider. This app contains support materials for a complete course of CPT to help patients manage their treatment, including between-session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets. CPT Coach is not intended to be used as self-help without the guidance of a professional mental health care provider.<sup>1</sup>

Download  



**Decide + Be Ready:** Decide + Be Ready provides an interactive way to learn about birth control options. The app covers the basics of each birth control method, allows the patient to compare methods side-by-side, and helps capture questions for their provider. In 15 minutes or less, patients have the information they need to discuss birth control with their health care provider. Although Decide + Be Ready was designed specifically for military servicewomen, it can support any patient.<sup>3</sup>

Download  



**Dream EZ:** Dream EZ supports patients engaged in imagery rehearsal therapy (IRT) for nightmare reduction. The Dream EZ app helps providers teach patients about nightmare rescripting using progressive exercises. In addition to teaching the rescripting process, the app helps patients track and record between-session assignments and exercises. IRT is an evidence-based treatment for reducing the frequency and intensity of repetitive nightmares, which may subsequently improve patients' sleep, anxiety, and depression symptoms. Dream EZ should be used while receiving IRT from a health care provider and is not intended to replace therapy.<sup>3</sup>

Download 



**Insomnia Coach:** Insomnia Coach provides a guided, weekly training plan to help patients track and improve sleep. The app's interactive diary helps track daily changes in sleep. Insomnia Coach also features 17 evidence-based tools to help patients get their sleep back on track.<sup>1</sup>

Download  



**LifeArmor:** LifeArmor provides easy-to-read information on 17 common military mental health topics, including sleep, depression, relationship issues, and PTSD. Brief self-assessments help patients measure and track their symptoms, and tools are available to assist with self-management of specific problems or symptoms.<sup>3</sup>

Download  



<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA



**Mindfulness Coach:** The Mindfulness Coach app provides a gradual, self-guided training program to help patients understand and adopt a simple mindfulness practice. Mindfulness Coach also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises, a catalog of additional exercises available for free download, goal-setting and tracking tools, a mindfulness mastery assessment to help track progress over time, customizable reminders, and access to other support and crisis resources. Mindfulness Coach can be used with or without the guidance of a health care professional and is not intended to replace therapy.<sup>1</sup>

[Download](#)  



**Pain and Opioid Safety:** Pain and Opioid Safety provides information about opioids for both patients and health care teams. For patients, this app includes education about pain management and a pain assessment that allows patients to rate and track their pain. For prescribers, this app includes Clinical Practice Guidelines and information on opioid training.<sup>3</sup>

[Download](#) 



**PE Coach 2:** PE Coach 2 supports patients engaged in Prolonged Exposure (PE) therapy for PTSD with a health care professional trained in PE. The app guides patients through the manualized treatment and allows patients to track and record their progress. In addition, the app provides techniques such as controlled breathing to help patients decrease distress. By itself, this app is not sufficient to treat PTSD. However, those who are receiving PE treatment can work together with their therapist to use the tools in this app.<sup>1</sup>

[Download](#)  





**Positive Activity Jackpot (PAJ):** PAJ uses a behavioral therapy called Pleasant Event Scheduling to help patients improve their moods and build resilience. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist.<sup>3</sup>

[Download](#) 



**Provider Resilience:** Health care providers can use Provider Resilience to help reduce burnout, compassion fatigue, and secondary traumatic stress. Through quick tools, self-assessment, and brief education, Provider Resilience gives front-line providers tools to keep themselves productive and emotionally healthy as they help our nation's service members, veterans, and their families.<sup>3</sup>

[Download](#)  



**PTSD Coach:** PTSD Coach provides patients with education about PTSD, information about professional care, self-assessment, opportunities to find support, and tools to help manage the stresses of daily life with PTSD, including a suicide safety planning module for use with a provider. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Patients can customize tools based on their preferences and can integrate their own contacts, photos, and music. Patients can use this app on their own or with a provider.<sup>1</sup>

[Download](#)  



**MissionFit:** The MissionFit exercise app provides a 12-week program of exercise routines, along with a library of more than 90 exercises with detailed instructions including video, images, and text description.<sup>3</sup>

[Download](#) 



**MOVE! Coach:** MOVE! Coach is a weight management app centered around a structured, 19-week program. Patients can monitor, track, and receive feedback regarding their progress with weight, diet, and exercise goals. This app can be used by itself, but additional benefits may be achieved if used in combination with treatment/coaching by a health care team.<sup>1</sup>

[Download](#)  

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA







**PTSD Family Coach:** PTSD Family Coach provides support and education for the families and caregivers of those with PTSD.

The PTSD Family Coach includes 24 unique tools to help patients manage this stress, including mindfulness exercises, tools to help them re-build their social networks, and tools to help with difficult thoughts and emotions they may be experiencing. The app also provides a way for patients to track their stress level over time, using scientifically valid measures, and can provide specific feedback about their progress.<sup>1</sup>

Download  



**STAIR Coach:** STAIR Coach supplements in-person psychotherapy using Skills Training in Affective &

Interpersonal Regulation (STAIR). STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help manage emotions and relationships. The app includes education, interactive tools, customizable reminders, and quick links to support. This app is not intended to be used without the guidance of a health care professional and should not replace in-person therapy.<sup>1</sup>

Download 



**Stay Quit Coach:** Stay Quit Coach helps patients stick to their tobacco cessation goal. The app guides patients in creating a tailored plan that takes into account their personal reasons for quitting. Stay Quit Coach provides information about smoking and quitting, interactive tools to help patients cope with urges to smoke, and motivational messages and support contacts to help patients stay tobacco-free.<sup>1</sup>

Download  



**T2 Mood Tracker:** T2 Mood Tracker helps patients monitor their moods and behaviors. The app includes six scales (anxiety, stress, depression, brain injury, PTSD, general well-being), and patients can also add custom measures. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help patients build insight and to help health care providers make treatment decisions.<sup>3</sup>

Download  



**Tactical Breather:** Tactical Breather teaches the four-count diaphragmatic (deep belly) breathing method. Through repetitive practice and training, patients can learn to gain control of their heart rate, emotions, concentration, and other physiological and psychological responses to their body during stressful situations.<sup>3</sup>

Download  



**The Big Moving Adventure:**

This is an app for parents and caregivers with young children (ages 2-5) who experienced a recent or upcoming move. Children can create their own Muppet friend and help them through the moving process, including: hearing the news, packing, saying goodbye, expressing feelings, traveling, exploring the new home, and making new friends. The Parents Section contains more detailed tips and suggestions on these same topics to help families who are in the process of relocating.<sup>2</sup>

Download  

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA



**VetChange:** VetChange is an app for veterans and service members who are concerned about their drinking and are interested in developing healthier drinking behaviors. This app provides tools for cutting down or quitting drinking, tools for managing stress symptoms, education about alcohol use and how it relates to PTSD symptoms, and guidance to find professional treatment. VetChange can be used with or without the guidance of a health care provider and is not intended to replace professional treatment.<sup>1</sup>

Download 



**Virtual Hope Box:** The Virtual Hope Box contains simple tools to help patients improve coping, relaxation, distraction, and positive thinking. Patients can use the Virtual Hope Box to store meaningful content such as family photos, inspirational quotes, and soothing music. The app also provides positive activity planning, games, and interactive relaxation exercises including guided imagery, controlled breathing, and muscle relaxation deep breathing. Patients can also collaborate with their provider to create coping cards to use in response to personal problem areas they experience.<sup>3</sup>

Download  

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA

# PODCASTS



**A Better Night's Sleep:** Military Health System experts provide tips on improving sleep and getting treatment for common and uncommon sleep disorders. DHA psychologist Dr. Julie Kinn and her guests answer listener questions about insomnia, sleep apneas, nightmares, and other topics relevant to military service members, veterans, and their families.<sup>3</sup>



**Living Beyond Pain:** Army Psychologist Capt. Tracy Beegen interviews experts from the Department of Defense and the Veteran's Health Administration to discuss practical tips for pain management. Learn ways to manage chronic pain flare-ups, get moving, and discover new coping tools.<sup>3</sup>



**Military Meditation Coach:** The Military Meditation Coach podcast provides a variety of meditation, mindfulness, and relaxation exercises from experts across the Military Health System.<sup>3</sup>



**Next Generation Behavioral Health:** Between patients, health care providers can listen to quick, 10-minute episodes of the Next Generation Behavioral Health podcast for tips on how to use apps and other health technologies to modernize patient care. Get advice on issues such as safety, ethics, and patient privacy, and be among the first to learn about emerging technologies.<sup>3</sup>

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA

# MILITARY CHILDREN RESOURCES



## Military Kids Connect

[militarykidsconnect.health.mil](http://militarykidsconnect.health.mil)

The Military Kids Connect website helps children with challenges connected to being in a military family. Youth-facing content covers topics such as moving, deployment, feelings, health and wellness. Kids can share ideas, experiences, and suggestions with other military children on Military Kids Connect's monitored online message board so they know they are not alone in dealing with the stresses of military life. The website also has information for parents, educators, and providers.<sup>3</sup>



## Sesame Street for Military Families

[sesamestreetformilitaryfamilies.org](http://sesamestreetformilitaryfamilies.org)

The Sesame Street for Military Families bilingual website supports military families with fun and interactive educational resources to help young children cope with transitions common to military life (like deployments, moves, and homecomings). Activities available on Sesame Street for Military Families include Mood Monster, Big Bird's Comfy-Cozy Nest, and Feeling Faces.<sup>2</sup>

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA



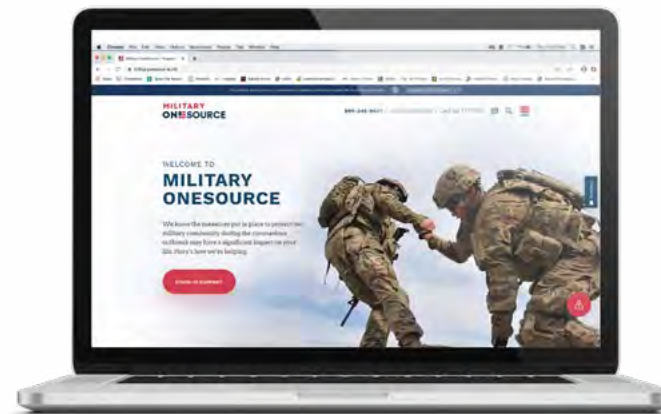
# WEBSITES



## Health.Mil

[health.mil/assessments](https://health.mil/assessments)

This website allows service members and beneficiaries to evaluate a variety of behavioral health concerns using self-report measures and receive feedback with recommendations based off their responses. Topics include alcohol use, anger, anxiety, depression, relationship, stress, and sleep. Assessments are publically available and are not intended to provide a diagnosis.<sup>3</sup>



## Military One Source

[militaryonesource.mil](https://militaryonesource.mil)

Military OneSource is a 24/7 connection to information, answers and support to help military community members reach their goals, overcome challenges, and thrive. As members of the military family, military patients are eligible to use this Department of Defense-funded program anytime, anywhere. Military OneSource offers tax services, spouse employment help, webinars and online training, and relocation and deployment tools.

<sup>1</sup> Developed by or in partnership with the U.S. Department of Veterans Affairs.

<sup>2</sup> Developed by or in partnership with Sesame Workshop.

<sup>3</sup> Developed by the DHA

# HOW TO DOWNLOAD



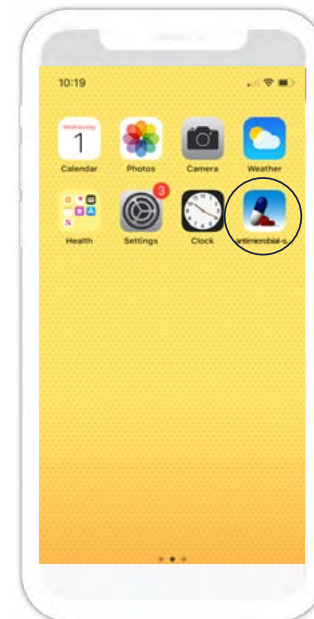
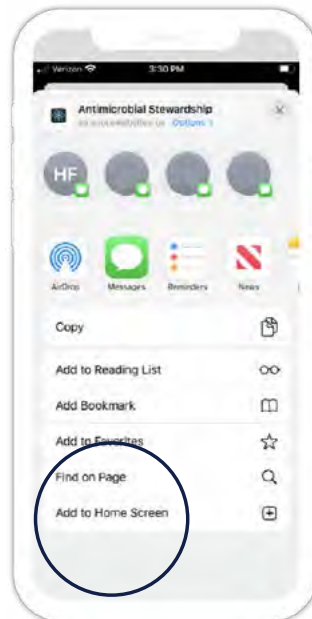
## ANTIMICROBIAL STEWARDSHIP APP

### iPHONE

Using **Safari** browser, open link for the **Antimicrobial Stewardship Application On Your Phone** provided at **<https://mobile.health.mil/asp>**.

To make this information available even when you're offline:

- Click the **share** button.
- Scroll down and select **add to home screen**.



# HOW TO DOWNLOAD



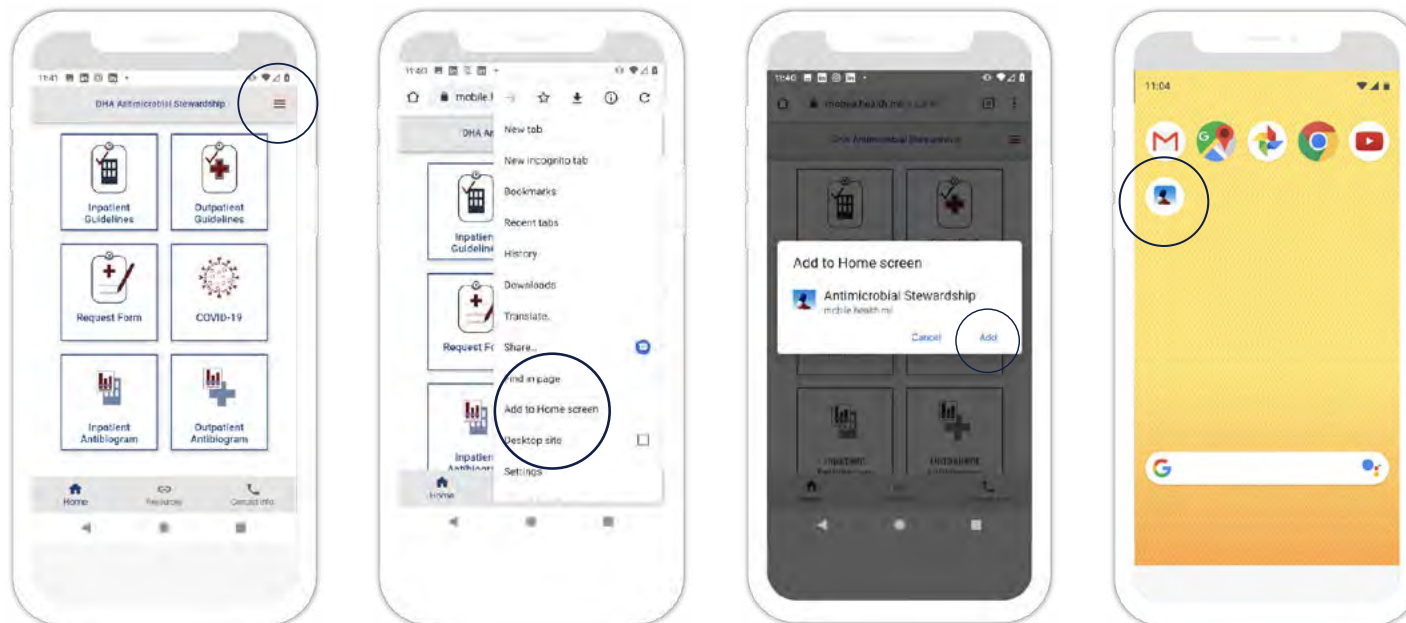
## ANTIMICROBIAL STEWARDSHIP APP

### ANDROID

Using **Chrome** browser, open link for the **Antimicrobial Stewardship Application On Your Phone** provided at <https://mobile.health.mil/asp>.

To make this information available even when you're offline:

- App will ask if you would like to add an icon, or you can click on the three lines drop down menu on upper right corner to select **add to home screen**.





This product was developed by the  
Connected Health Branch, Defense Health  
Agency, February 2021.

For more information visit  
[health.mil/ConnectedHealth](https://health.mil/ConnectedHealth)

Product ID: 29

 [Health.mil/ConnectedHealth](https://health.mil/ConnectedHealth)

 [DHAConectedHealth](#)

 [DHAConectedHealth](#)

 [DHAConected](#)