



# HEALTH TECHNOLOGIES FOR PATIENTS



PRESENTING CONDITIONS

APP FEATURES

	ACT Coach**	AIMS**	The Big Moving Adventure*	Breathe2Relax	CBT-i-Coach**	COVID Coach**	CPT Coach**	Dream EZ	LifeArmor	Mindfulness Coach**	MissionFit	MOVE! Coach**	MyPlate	Pain and Opioid Safety	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			
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																												
																												
																												
To Be Used with Manualized Treatment																												

This product was developed by the Connected Health Branch, Defense Health Agency. February 2021. PUID # 24

For more information, please visit: [health.mil/mHealth](https://health.mil/mHealth)

\* Developed by or in partnership with Sesame Workshop.

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