WMT APP PORTFOLIO
Native and Progressive Web Applications

Web & Mobile Technology Program Management Office

For the current issue of the WMT App Portfolio, visit
mobile.health.mil

Welcome to the App Portfolio!

The Solution Delivery Division constantly strives to develop and deliver information technology products that help improve the quality of the service we provide our beneficiaries and stakeholders. Our job is to make technology work for everyone. That is why we are excited to spotlight many of our products in the Web & Mobile Technology Program Management Office's App Portfolio.

Defense Health Agency patients, providers, and staff will find useful and simple-to-use health care apps in the Portfolio. As you browse the pages, I encourage you to download any apps that pique your interest. Try them out and let us know how they work for you – we need and value your feedback!

Col. Marcus Moss
Chief, Solution Delivery Division

The Web & Mobile Technology Program Management Office is proud to unveil the latest version of the WMT App Portfolio! Whether you are a patient, health care provider, or Defense Health Agency employee, we believe you will find apps that answer your needs.

Our team of highly skilled developers and user experience specialists work directly with patients and health care professionals to produce practical user-friendly apps. Each app goes through rigorous user testing to ensure it is easy to access, download, and use.

We welcome your feedback and invite you to share any innovative ideas for a new app. You will find instructions for submitting your feedback and ideas inside.

Robert "Bob" Kayl
Program Manager, Web & Mobile Technology Program Management Office
Solution Delivery Division

All websites listed in this portfolio were developed by WMT PMO, a component of the Defense Health Agency Solution Delivery Division under the Program Executive Office for Medical Systems/Chief Information Officer (PEO MS/CIO, J-6).

TABLE OF CONTENTS

WHAT DOES WMT DO?

The Web & Mobile Technology Program Management Office is responsible for the development, maintenance, and support of innovative mobile solutions and systems for Department of Defense customers. Key services include the maintenance of many Defense Health Agency websites and collaboration platforms, including Health.mil, TRICARE.mil and *Inside DHA*, the agency's intranet.

Beyond web and app development, WMT PMO also offers customized graphics, logos, and branch templates among other services. Additionally, it oversees the DHA Usability Lab, which evaluates digital products to identify user pain points, natural interactions, challenging tasks, and the severity of any issues. WMT PMO hopes to further its goal of ensuring a seamless digital experience across all platforms for end users.

The WMT App Portfolio is intended to provide DOD beneficiaries, health care providers, and staff information about mobile apps developed specifically for their needs and use.

WMT maintains more than 16 active health care-related mobile apps. All apps are available for free download.

This portfolio also provides guidelines for requesting new apps and tools for developing DHA-compliant apps.

WHAT IS A PWA?
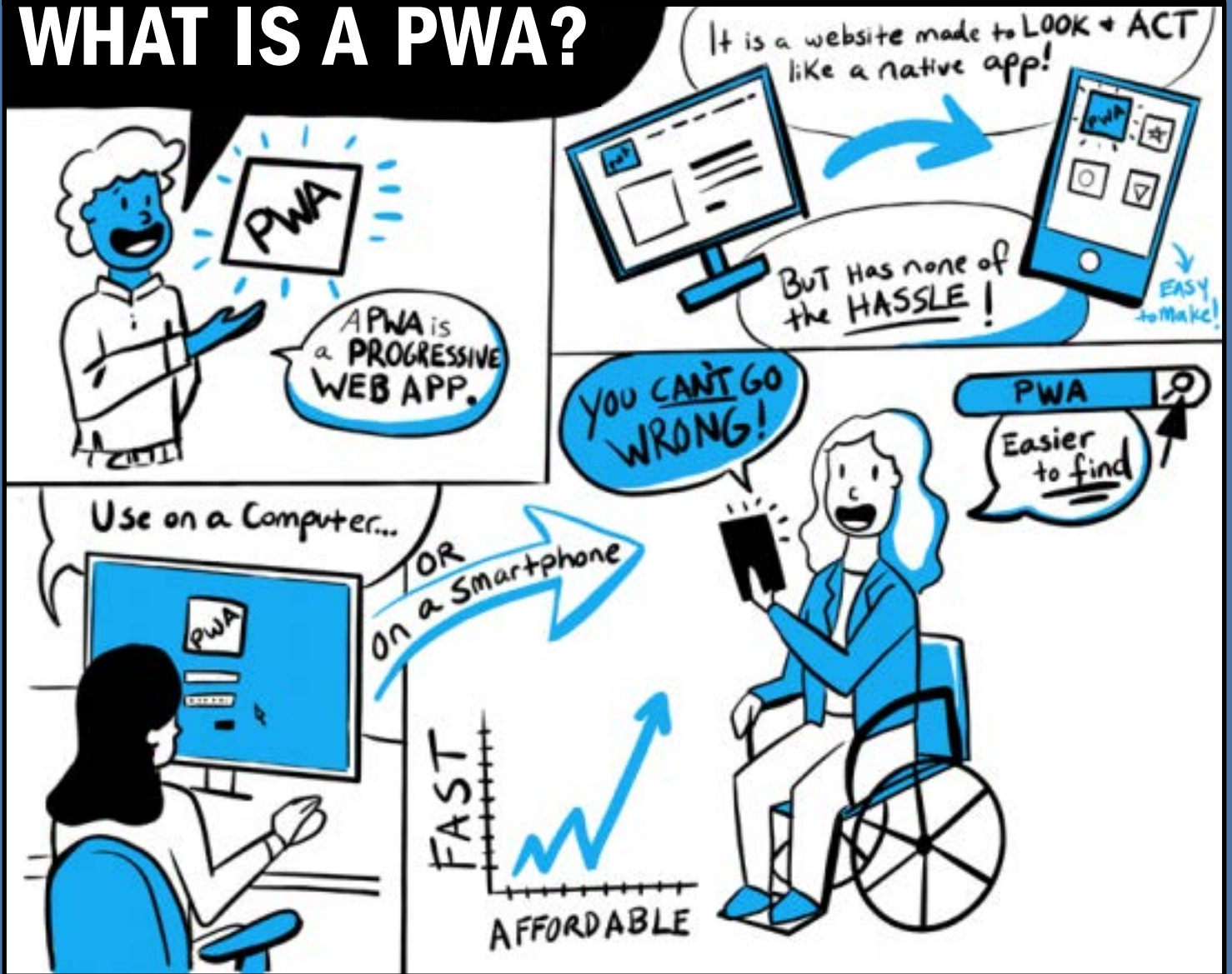
PATIENT HEALTH APPS

BIOZEN

Purpose

BioZen can be paired with external sensors to provide users with live data covering a range of biophysiological signals, including electroencephalogram, electromyography, galvanic skin response, electrocardiogram, respiratory rate, and temperature. This data allows users to monitor their results as they practice deep relaxation and meditation techniques.

Benefits

BioZen uses biometric data from external sensors to display brain waves, potentially indicating various cognitive states like meditation and attention. This helps users practice deep relaxation and meditation techniques. The meditation module displays psychological information using customizable graphics that change based on the real-time biometric data recording.

★ ★ ★ ★ ★

"I use this daily...Very effective tool to help with focus and relaxation."

-Mike R
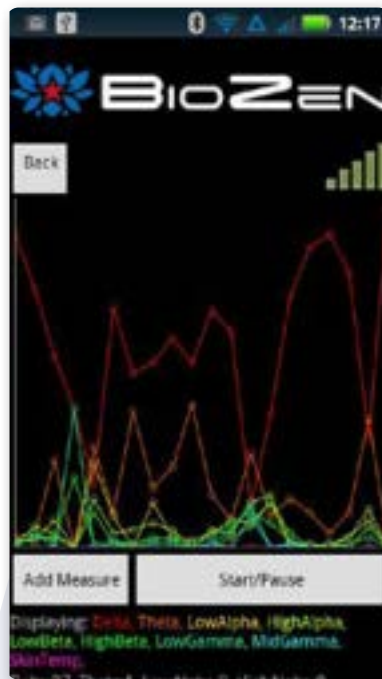
- DISPLAYS BRAIN WAVES
- RECORDS BIOMETRIC DATA
- MONITORS PROGRESS

BREATHE2RELAX

Purpose

Initially designed for the military community, but beneficial to anyone, this relaxation app trains you on the "belly breathing" technique that has proven benefits for overall mental health. Use the app's breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.

Benefits

Users can use Breathe2Relax to learn how stress affects their body, lower stress levels, and reduce anxiety in their daily lives. Features easy to follow breathing exercises.

GET IT ON
Google Play

Download on the
App Store

★★★★★
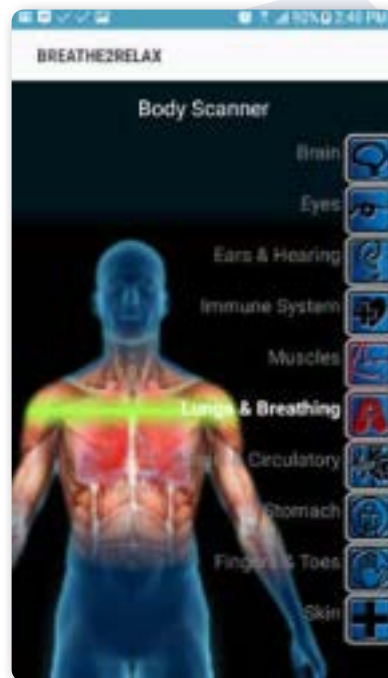
"My assigned Post Traumatic Stress Disorder psychologist at the VA recommended this app to me. I was very skeptical at first but wow. This app improved my quality of life just with simple breathing techniques..."

-Dunksterr

● **UNDERSTAND STRESS**

● **REDUCE STRESS**

● **LEARN BREATHING SKILLS**

DECIDE + BE READY

Purpose

Decide + Be Ready contains evidence-based information on the most common forms of contraception available. The app has a unique interface and incorporates individual preferences and health conditions to help patients make the best decision regarding their contraception needs.

Benefits

Provides important contraceptive information for patients and prescribers. Compares contraceptive methods.

Available for web **Download**

★ ★ ★ ★ ★

"Excellent tool for service members most especially new members! Women's reproductive health is SO important..."

-Tiffany R.

- **CONTRACEPTIVE INFORMATION**
- **HEALTH CONSIDERATIONS**
- **USEFUL SCHEDULES**

DHA MEDCARD

Purpose

DHA MedCard allows Department of Defense pharmacies to capture and verify the validation dates of third party payers for DOD beneficiaries. Additionally, the app provides the user a way to capture information on themselves and family members that may be helpful when interacting with a pharmacist. Currently, this application is only supported at the following Air Force Bases: Hill, Mountain Home, Tinker, Grand Forks, and Joint Base McGuire-Dix-Lakehurst.

Benefits

Facilitates informed decision-making between the user and pharmacists. Allows users to manage prescription pickup authorizations whereby a photo is taken of a note authorizing a proxy to take receipt of the medications.

GET IT ON
Google Play

Download on the
App Store
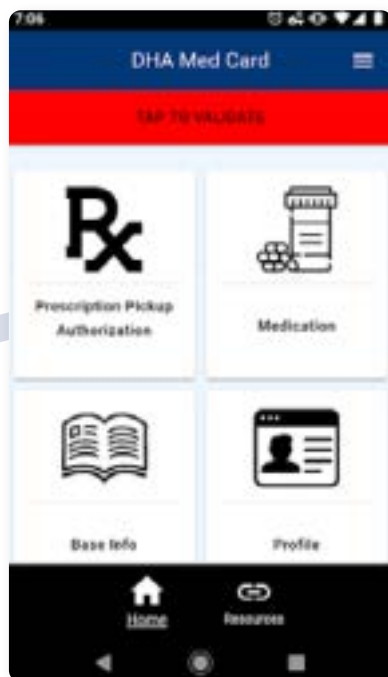
● **PROFILE SET UP**

● **PRESCRIPTION AUTHORIZATION**

MEDICATION ADHERENCE

Purpose

This app supports providers and patients in ensuring compliance of prescribed medications.

Benefits

Providers, nurses, and patients can input medication dosages and set up reminders. The app educates patients on certain illnesses and medications and allows for journal entries to document issues, which can be referenced during provider visits. It also includes resource links and phone numbers, allows patients to enter appointment dates, and add health care contact information.

GET IT ON
Google Play

Download on the
App Store
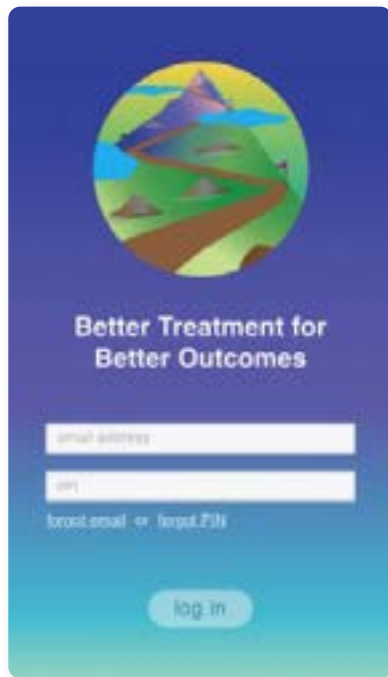
- **INPUT MEDICATION**
- **SET REMINDERS**
- **IDENTIFY ISSUES**

PAIN & OPIOID SAFETY

Purpose

The Pain and Opioid Safety app provides users and prescribers resources that could save lives. The app includes clinical practice guidelines, training references for providers, and a frequently asked question section for patients.

Benefits

Provides important opioid information for users and prescribers. Serves as a point of reference for provider opioid training.

Available for web
Download

★ ★ ★ ★ ★

"Informative"
-Yegor S.

"Awesome"
-Alex M.
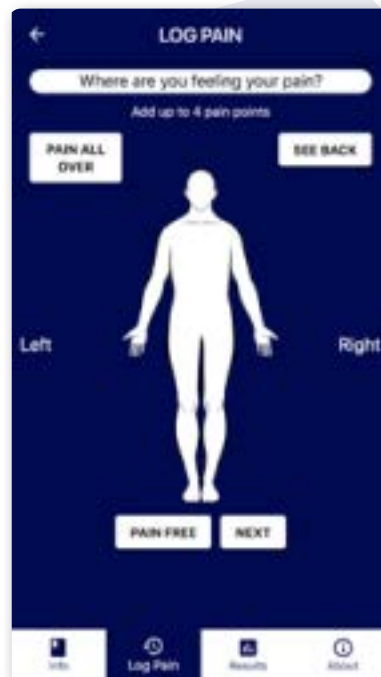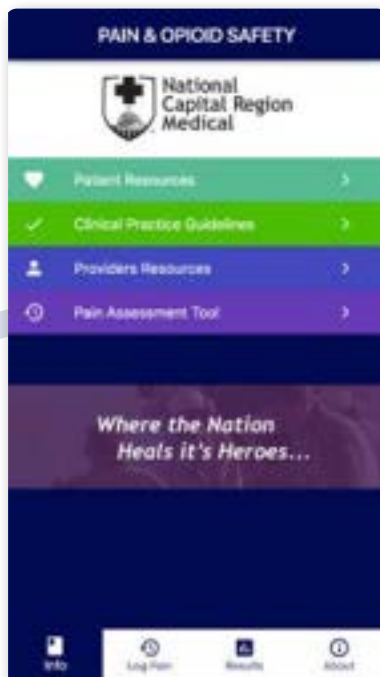
● **POINT OF REFERENCE**

● **GREAT RESOURCES**

● **CLINICAL PRACTICE GUIDELINES**

PEDIATRIC TO ADULT CARE TRANSITION

Purpose

The PACT app is designed to provide resources and information to youth who are making the transition from pediatric care to adult care.

Benefits

As children get older, the responsibility of managing medical appointments, filling out forms, and keeping track of medications becomes their own. This independence requires an organized process for them to gain health care skills, prepare for an adult model of care, and transfer to new clinicians. The PACT app provides resources to teenagers during a difficult point in their lives, making the transition from pediatric care to adult care easy and seamless by ensuring they have the necessary knowledge and information to continue to receive the care they need.
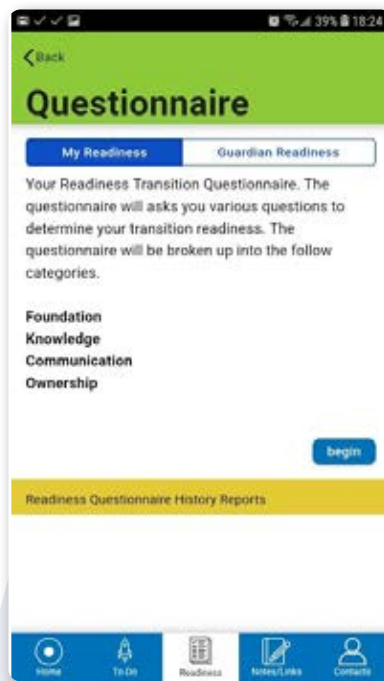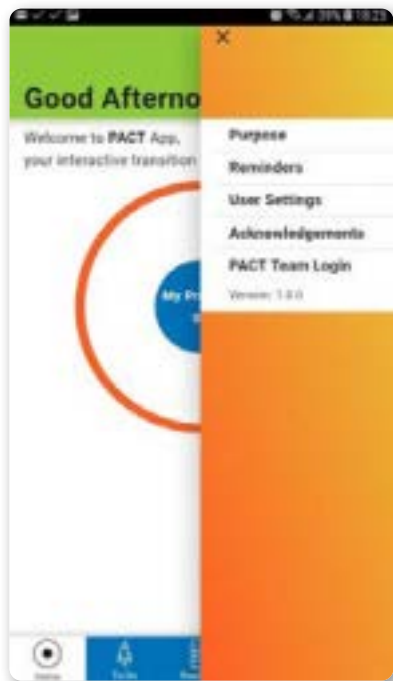
- **GUIDES TEENS**
- **EASES TRANSITION TO ADULT-FOCUSED HEALTH CARE**
- **TARGETED RESOURCES**

TACTICAL BREATHER

Purpose

Tactical Breather can be used to control physiological and psychological responses to stress. Through repetitive practice and training, you can learn to gain control of your heart rate, emotions, concentration and other responses during stressful situations.

Benefits

Learn breathing techniques to gain control over stressful situations. Customizable graphics and audio. Play interactive games and exercises.

Available for web Download

★ ★ ★ ★ ★

"Excellent! To be calm, act calm, practice calm. As a type A personality, former Marine/ Purple Heart, with ADHD and self-employed. Practice tactical breathing, it works"

-Marc W

● **CONTROL STRESS**

● **BREATHING TECHNIQUES**

● **PERSONALIZED GRAPHICS AND AUDIO**

VIRTUAL HOPE BOX

Purpose

The VHB is a smartphone application designed for patients and their behavioral health providers as an accessory to treatment. The app contains simple tools that encourages positive thinking and aids in relaxation.

Benefits

Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to their specific needs. The patient can then update or add content on their own from any location. VHB uses supportive audio, video, mindfulness exercises, games, and other tools to help regulate emotions and cope with stress.

GET IT ON Google Play

Download on the App Store

★ ★ ★ ★ ★

"I use the games on this app to work on relaxing and keeping my mind busy on one thing. I find myself using the app multiple times a day to just slow myself down. I hope others are getting relief using it as well."

- Elmo79andy

● **EMOTIONAL REGULATION**

● **ACTIVITY PLANNING**

● **CONTROLLED RELAXATION**

PROVIDER APPS

ANTIMICROBIAL STEWARDSHIP

Purpose

The Antimicrobial Stewardship app contains an array of information for providers on microbes and drug effectiveness by region. The app also includes resources on COVID-19.

Benefits

The app helps providers determine the effectiveness of different drugs against various microbes, assisting both patients and providers with medical treatment options.

Available for web
Download

- **DRUG EFFECTIVENESS**
- **MICROBE INFO**
- **RESOURCES**

DHA PEDIATRICS

Purpose

The DHA Pediatrics app contains information for pediatricians at various military hospitals and clinics. This password protected app contains a multitude of resources for providers all in one place for quick access.

Benefits

Provides resources including pediatric-specific disease guides and standard operating procedures, medical libraries, clinical practice guideline algorithms, and handbooks. Additional resources include conversion calculator, Antimicrobial Stewardship link, child advocacy program information, and vaccine schedules.

Available for web **Download**

"The DHA Pediatrics app is an effective tool to extend a clinician's capabilities and inter-professional communication between Defense Health Networks and users world-wide"

- Developer

● **EASILY ACCESSIBLE PEDIATRIC RESOURCE GUIDE**

● **LINKS TO ANTIMICROBIAL INFORMATION**

IMMUNIZATION TOOLKIT

Available for web Download

Purpose

The Immunization Toolkit app provides practical immunization reference information for Department of Defense beneficiaries and providers. The app was developed following evidence-based national recommendations and clinical practice guidelines.

Benefits

Keeps providers and military personnel up to date on all immunization practices and options for a variety of ailments. This information is routinely updated to ensure currency and accuracy.

● **IMMUNIZATION PRACTICES/OPTIONS**
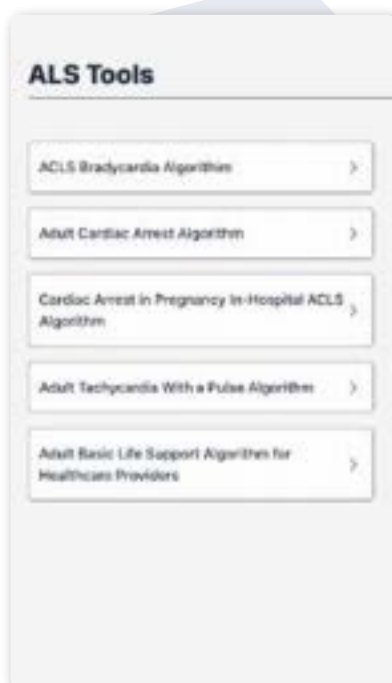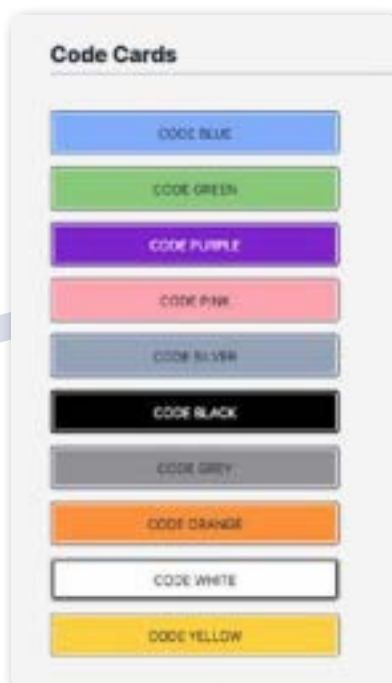
● **UP TO DATE AND ACCURATE INFO**

INTERNAL MEDICINE

Purpose

The Internal Medicine app is a collection of clinical practice guidelines, guides, and standard operating procedures intended to give clinicians at military hospitals and clinics easy access to information from their mobile device. This app is currently only in use at Brooke Army Medical Center but may be extended to other locations in the future.

Benefits

In addition to providing clinicians ready access to critical information, the app also provides a directory for quick access to department phone numbers.

Available for web
Download

Code Cards

- CODE BLUE
- CODE GREEN
- CODE PURPLE
- CODE PINK
- CODE SILVER
- CODE BLACK
- CODE GREY
- CODE ORANGE
- CODE WHITE
- CODE YELLOW

ALS Tools

- ACLS Bradycardia Algorithm
- Adult Cardiac Arrest Algorithm
- Cardiac Arrest in Pregnancy In-Hospital ACLS Algorithm
- Adult Tachycardia With a Pulse Algorithm
- Adult Basic Life Support Algorithm for Healthcare Providers

- ● **EASY ACCESS TO CLINICAL PRACTICE GUIDELINES AND OTHER PROCEDURES**

- ● **DEPARTMENT DIRECTORY OF IMPORTANT PHONE NUMBERS**

LEJEUNE TRAUMA

Purpose

The Lejeune Trauma app provides clinical practice guidelines for Department of Defense providers at Naval Medical Center Camp Lejeune. The app was developed in coordination with the office of the Camp Lejeune Chief Medical Information Officer.

Benefits

Provides Camp Lejeune medical teams specific guidance in an easily accessible format that keeps them informed and improves patient safety.

Available for web
Download

- **EASY ACCESS TO CLINICAL GUIDELINES**
- **IMPROVES PATIENT SAFETY**

NATO FIRST RESPONDER

Purpose

This app was created for North Atlantic Treaty Organization first responders. Medics use the NATO First Responder app to record field data on injured military personnel.

Benefits

The data is available to medical personnel throughout all stages of care, from the field to hospitals located in the country of origin. The app also transmits injury data to electronic health records. Access to patient data is restricted to authorized personnel with the appropriate credentials.

- **RECORD INJURY DATA**
- **AVAILABLE AT ALL STAGES OF TRANSPORT**

PROVIDER RESILIENCE

Purpose

Provider Resilience gives health care providers tools to protect against burnout and compassion fatigue as they help service members, retirees, and qualified family members. Users complete a short self-assessment that assesses their risk factors and generates ratings based on their responses. These ratings can be viewed as graphs and monitored over time. A clock showing time until their next vacation, inspirational cards, stretches, and other resources all encourage the user to take restful breaks.

Benefits

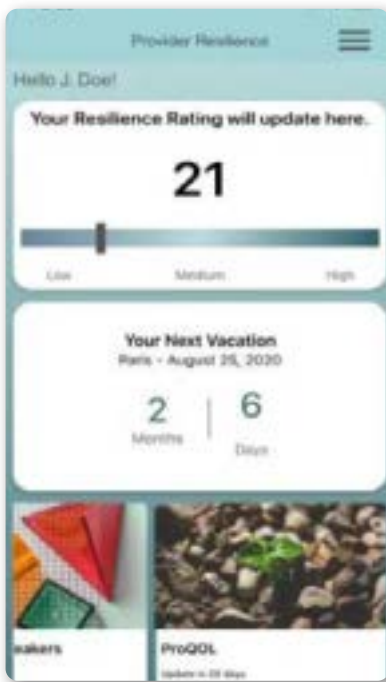Provides encouragement for providers while giving them the tools to monitor and guard against burnout, compassion fatigue, and traumatic stress.

Available for web
Download

★★★★☆

"User friendly Does what it says it does. No hiccups yet. I use it but as a trauma counselor. Still very accurate and applicable."

-Laura Morin

- ● **GUARDS AGAINST BURNOUT**
- ● **ASSESS FATIGUE RISK**
- ● **PROVIDES STRESS COPING TOOLS**

WARFIGHTER BRAIN HEALTH PROVIDER TOOLKIT

Available for web
Download

Purpose

The Warfighter Brain Health Provider Toolkit app is a comprehensive resource for providers and medical support staff, designed to streamline management of patients' brain health. The app, developed in partnership with the Traumatic Brain Injury Center of Excellence (TBICoE), the Department of Defense, and the Department of Veterans Affairs, offers a wealth of resources. These include the Military Acute Concussion Evaluation 2, the Progressive Return to Activity protocols, clinical recommendations, and fact sheets for both providers and patients. The app addresses issues related to traumatic brain injury and low-level blast exposure.

Benefits

Centralizes brain health resources from TBICoE, DOD, VA, and the Joint Trauma System. Offers comprehensive support and a standardized system for health care providers, medical support staff, and patient management in addressing traumatic brain injury care.
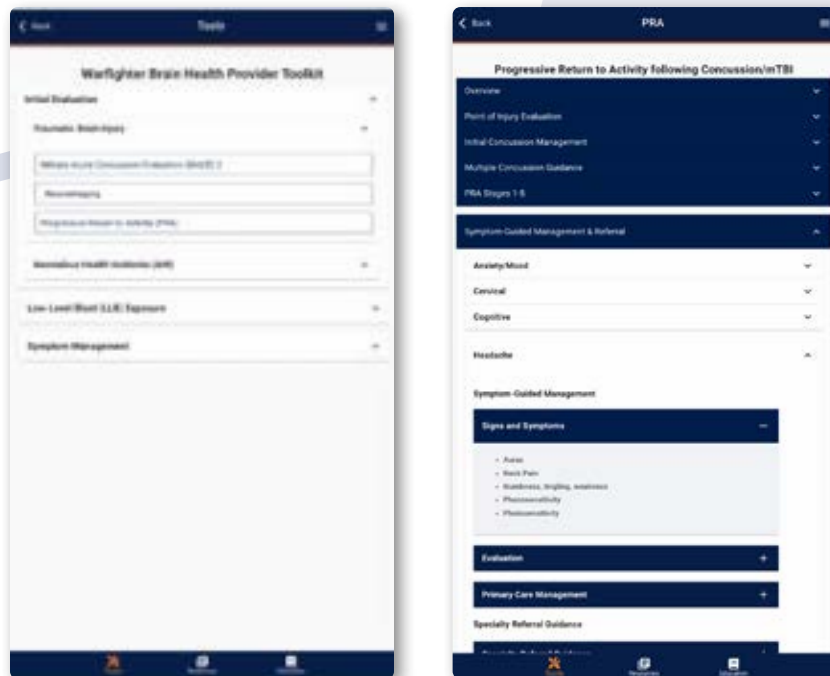
- **STREAMLINES DIAGNOSTIC PROCESSES**

- **IMPROVES ACCURACY OF EVALUATIONS**

- **REDUCES SPECIALIST REFERRALS**

PERSONNEL READINESS APPS

DEPLOYMENT READINESS EDUCATION FOR SERVICE WOMEN

Available for web **Download**

Purpose

The DRES app is intended to provide female military members information about contraceptives and menstrual suppression to help them prepare for deployment. A 2018 study revealed that only 39% of women received contraceptive counseling before deployment. Additionally, only seven percent of women reported practicing menstrual suppression, and 13% of those deployed to combat lost duty days for menstrual issues.

Benefits

DRES provides servicewomen resources to support healthy decision-making, practice menstrual suppression, and reduces the need for sick call visits. DRES is available to all service members.
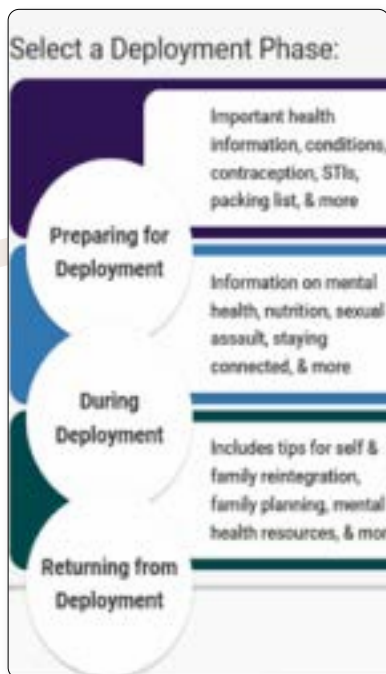
- **CONTRACEPTIVE COUNSELING**

- **DEPLOYMENT-RELATED RESOURCES**

- **HEALTHY DECISION-MAKING**

MISSION FIT

Purpose

Mission Fit is an exercise app that provides a 12-week program of fitness routines, along with a library of more than 90 exercises with detailed instructions, including videos, images, and textual descriptions. The app guides users through various routines by navigating workout weeks, days, and exercise instructions.

Benefits

Mission Fit features a comprehensive exercise library and a workout section that allows users to personalize their regimens. The app provides users with a daily routine, including warm up, strength training, and conditioning exercises; it also helps users gauge their pre-workout soreness and pre-workout motivation level. The Mission Fit exercise library provides instructions for safely performing specific exercises, such as weightlifting.

Available for web **Download**

★ ★ ★ ★ ★

This plan offers variety, takes out the guess work out on form, removes barriers of needing to plan or guess. I am in wk 5 of functional and loving it!"

-Brandy L.
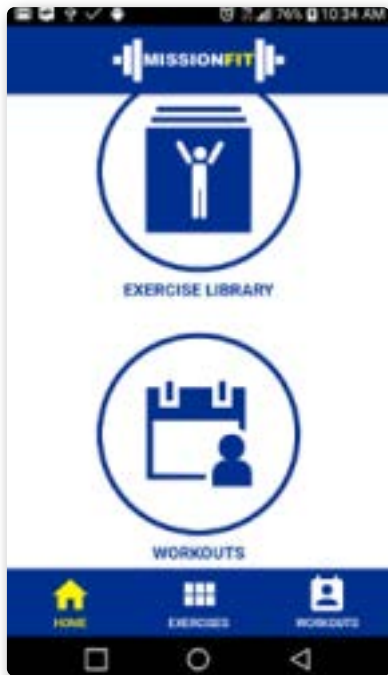
● **EXERCISE REGIMENS**

● **12-WEEK PROGRAM**

● **DAILY ROUTINE**

ORGANIZATION APPS

ALEXANDER T. AUGUSTA MILITARY MEDICAL CENTER

Purpose

The Alexander T. Augusta Military Medical Center app is a searchable directory for navigating the military hospital located at Fort Belvoir, Virginia. The app features an easy-to-use home screen that enables users to quickly find their way to and around the facility, along with links to the hospital pharmacy and laboratory, patient resources, and contact information. The directions section includes a parking garage diagram with beacons to help patients find their way from the parking area to specific departments inside the hospital.

Benefits

Enables users to quickly find their way around the facility. Helps patients find their way from the parking area to sections within the hospital. Offers accessible links to the hospital pharmacy, laboratory, patient resources, and contact information.

Available for web
Download

★★★★☆

"It has good information. I think a useful feature to add would be a search button for the maps. So, I could say search "Labor and Delivery" and it shows me the map of where that is at and maybe even the site page for that office."

-Emily G.

● **FACILITY GUIDE**

● **PARKING LOCATOR**

● **LINKS TO VARIOUS RESOURCES**

SAN ANTONIO MILITARY HEALTH SYSTEM

Available for web **Download**
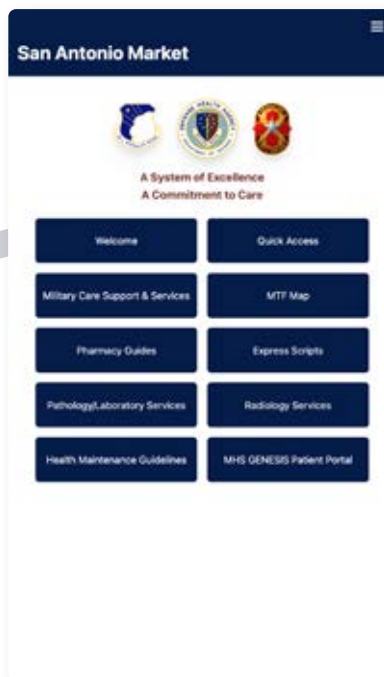
Purpose

The San Antonio Military Health System app is a resource guide that uses mobile technology to provide information to beneficiaries on how to access medical care in the San Antonio, Texas area. This app is the first in a series of resource guides that may be available to other defense health networks (DHN) in the future. The apps will help beneficiaries in each DHN easily access the care and services available to them. The San Antonio military health system serves more than 250,000 military beneficiaries across the region.

Benefits

Provides phone numbers, hours of operation, and information on pharmacy, lab, radiology, and other health care services provided at Brooke Army Medical Center, Wilford Hall Ambulatory Surgical Center, 10 standalone military hospitals and clinics, and over 100 specialists.

- **SINGLE RESOURCE TO SAN ANTONIO MILITARY MEDICAL CARE AND SERVICES**

- **FASTER ACCESS TO THE MHS GENESIS PATIENT PORTAL**

- **ACCESS TO HEALTH MAINTENANCE GUIDELINES**

WOMACK ARMY MEDICAL CENTER

Available for web
Download

Purpose

WMT PMO collaborated with the Womack Army Medical Center Information Management Division at Fort Liberty, North Carolina to release a WAMC Mobile app. The app provides Department of Defense beneficiaries with information on the hospital's health care services, pharmacy and prescription refill information, guidance on accessing care, and up-to-date announcements. The app also includes resources for patients, such as bereavement support, access to the MHS GENESIS Patient Portal, along with extensive information on how to easily maintain personal information in the Defense Enrollment Eligibility Reporting System.

Benefits

The app simplifies beneficiaries' access to care, resources, and improves communication.

- **INFORMATION ON WAMC'S HEALTH CARE SERVICES**

- **IMPORTANT NEWS AND ANNOUNCEMENTS**

- **ACCESS TO THE MHS GENESIS PATIENT PORTAL**

SHORT-TERM OR EVENT-SPECIFIC APPS

Purpose

WMT often produces apps for temporary use, tailored to specific events or conferences. These apps are developed at the request of the event's organizers and provide attendees with important resources and information such as speaker schedules and locations, presentation slide decks, venue maps, frequently asked questions, and other resources. These apps are usually decommissioned soon after the event concludes.

Examples of these type of PWAs:

NURSING PRACTICE OVERSIGHT COURSE

The Nursing Practice Oversight Course app was developed at the request of course organizers to support the 350 attendees of the four-day, invitation-only course. The NPOC app provides a course agenda, hotel map, important course information and letters to the field, and speaker biographies.

U.S. AIR FORCE SURGEON GENERAL SENIOR LEADERSHIP WORKSHOP

The Air Force Surgeon General requested development of a simple mobile friendly site to host information about their annual workshop. Their requirements included a map of the site, an agenda, and important workshop documents such as communications, registration instructions, and a welcome letter.

U.S. AIR FORCE RESERVE COMMAND SENIOR LEADERSHIP WORKSHOP

WMT developed a simple mobile friendly app at the Command's request to support their bi-annual Senior Leadership Workshop. The app included an agenda, speaker biographies, surveys for collecting feedback, workshop communications, letters to the field, and contact information.
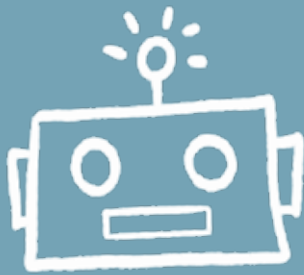
FUTURE APPS

ACCESS TO CARE (NATIONAL CAPITAL REGION)

IN DEVELOPMENT

Purpose

The Access to Care National Capital Region app will be a resource guide that uses mobile technology to provide information to beneficiaries on how to access medical care in Washington, D.C., and the surrounding area. This app is the second in a series of area-specific resource guides planned for the Defense Health Agency. This app will help beneficiaries in the NCR easily access the care and services available to them.

Benefits

Provides phone numbers, hours of operation, and information on pharmacy, lab, radiology, and other health care services provided at Walter Reed National Military Medical Center and many other DC-area hospitals and clinics.

- **SINGLE RESOURCE TO NCR MILITARY MEDICAL CARE AND SERVICES**

- **FASTER ACCESS TO THE MHS GENESIS PATIENT PORTAL**

- **ACCESS TO HEALTH MAINTENANCE GUIDELINES**

DREAM EZ

Purpose

Dream EZ uses principles from Imagery Rehearsal Therapy (IRT) to help users control their nightmares by diminishing the intensity and frequency, resulting in a better night's sleep. By engaging in dream prescription and imagery rehearsal, the dream content becomes less disturbing and less likely to cause a person to wake up from a nightmare. People who use IRT report that their nightmares happen less frequently, do not happen at all, or tend to be less disturbing, which makes it easier to return to sleep.

Benefits

Helps users relax and reduce stress. Provides resources to track nightmares and enhance treatment options.

IN DEVELOPMENT

- **TRACKS DREAMS**
- **REDUCES STRESS**
- **AIDS RELAXATION**

JOINT SPECTACLE PRESCRIPTION ENTRY CLOUD-BASED SYSTEM

Purpose

JSPECS will allow qualifying service members to reorder eyewear without having to access military optometry clinics and ship them to any location. Valid prescriptions must be under two years old. Desktop and mobile-enabled, the app's development will empower service members to engage in and enhance their health care and optical readiness. Use of the app will reduce the workload on clinics while improving turnaround times. Future versions will allow users to initiate new orders and virtually try on eyewear.

Benefits

While JSPECS will be designed to reduce the need for ordering eyewear at Department of Defense eye clinics, it will have many other benefits:

- Delivers mobile-friendly, seamless ordering capability for eyewear reordering, new prescriptions, and frame selection
- Patients receive eyewear directly by mail
- Supports service members' optical readiness and directly supports the operational medicine mission across the DOD
- Reduces time spent on routine reorders
- Facilitates faster receipt of eyewear
- Empowers rapid response readiness and work-leveling across labs for large-scale or short-notice deployments
- Allows users to view their order history and order status
- Streamlines the reordering process for service members who lose their eyewear while away from home station

IN DEVELOPMENT

- **TRACK EYEWEAR**
- **ORDER THROUGH MOBILE DEVICES**

T2 MOOD TRACKER APP

Purpose

The app records a range of emotions such as anxiety, depression, post-traumatic stress, and several others. Developed as a tool for service members to record and review their behavior changes, particularly after deployments, it is now popular with many civilian users around the world.

Benefits

Allows users to monitor and track their emotional health, including stress and lingering symptoms of head injuries. The saved results are displayed in an easy-to-understand graph or spreadsheet that users can transfer by wireless connection to a personal computer or email, and then share with their medical teams.

IN DEVELOPMENT

- **MONITOR HEALTH**
- **RECORD EMOTIONS**
- **USEFUL GRAPHS**

RETIRED APPS

MISSION ACCOMPLISHED

Apps built by WMT that achieved their objective and are now retired

Medical Education and Training Campus

METC provided easy access to information about the San Antonio, Texas school. The app included a campus map, program catalog, student resources, news updates, and newcomer information. It also helped users build connections with the school through a campus message board and links to the METC Podcast.

Navy PT App

The Navy Physical Training app hosted a variety of exercises for military personnel to keep up the military's physical health standards. Users could create a workout plan, and make sure they stuck with it. Navy PT set users up for success in maintaining their exercise goals.

MHS HR Newswire

The Military Health System Human Resource News Wire app gave users instant access to the latest human resource news related to the MHS. Produced in conjunction with the MHS HR department, this app provided users with news articles, highlighted job openings, key dates, and contact information.
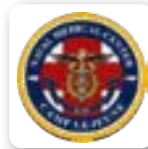
U.S. Navy Medicine App

The U.S. Navy Medicine app provided reliable and current information on the service's military hospitals and clinics. This app was an up-to-date guide for medical care. Users could search facilities, see detailed information for each hospital or clinic, access contact information for frequently called numbers, or get directions.

My Prosperity Plan

My Prosperity Plan helped users identify goals and develop a plan to maximize their personal, professional, spiritual, and relationship potential. Users could review their goals and track their progress. My Prosperity Plan was a coaching or mentoring tool that encouraged users to discuss their plan with family, friends, and leaders.

Positive Activity Jackpot

Positive Activity Jackpot combined a behavioral health therapy called Pleasant Event Scheduling to help users find interesting things to do close to where they lived. The objective of PES was to help users overcome depression and build resilience by creating a pleasant event schedule to improve their overall quality of life.
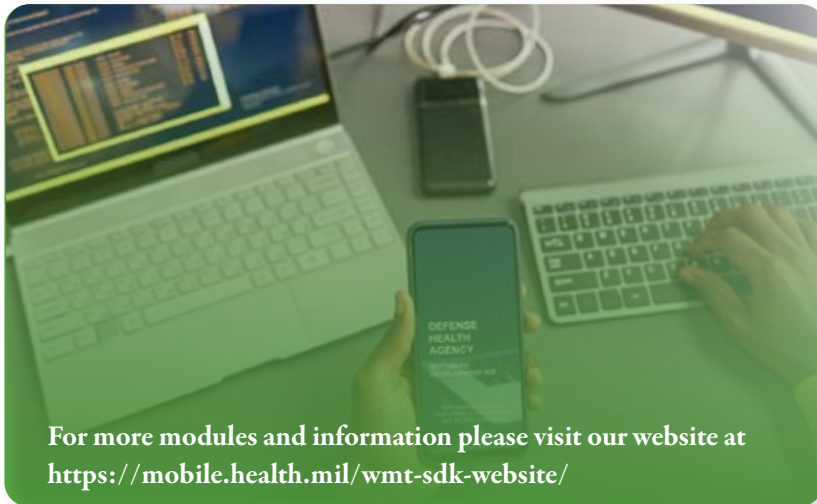
APP DEVELOPMENT TOOLS & APP REQUESTS

DHA SOFTWARE DEVELOPMENT KIT

Purpose

The Defense Health Agency Software Development Kit is a toolkit designed for use by DHA staff or teams who want to create mobile web applications quickly and easily. The apps must adhere to DHA design standards, and new tools to assist in the process are created all the time. The DHA SDK is available as a progressive web app.

Benefits

The DHA SDK includes many prebuilt development modules and is an easy way for developers to start building apps. Modules provide functionality such as databases, graphs, User Interface components, and much more.

For more modules and information please visit our website at
https://mobile.health.mil/wmt-sdk-website/

- **SMS NOTIFICATIONS**
- **APPLE AUTH**
- **RATING**
- **POUCH CRYPTO**
- **ANALYTICS**
- **SECURITY**
- **G-SPAN**

MILITARY HOSPITAL AND CLINIC APP TEMPLATE

Purpose

This template gives Department of Defense hospitals and clinics a streamlined path to create their own mobile app. Content within each site's app will follow a consistent, flexible template that staff can easily update through the Health.mil content management system.

Benefits

This new template enables any facility, regardless of size, to have their own mobile app and manage content updates by themselves. This innovative solution helps military hospitals and clinics provide their beneficiaries with current, accessible, and accurate information.

- **EASY MAINTENANCE THROUGH MAIN HEALTH. MIL CONTENT MANAGEMENT SYSTEM**

- **SITES CAN EASILY CREATE THEIR OWN MOBILE APP**

- **FASTER APP CREATION TIME**

HOW TO REQUEST A DEFENSE HEALTH AGENCY MOBILE APP

1 Go to the Request Portal (CAC required):
https://info.health.mil/apps/HIT/ services/SitePages/escMenu.aspx

6 VOILA! Your app request is in! See the timeline on next page.

2 Click on "Mobile App Development"

5 Click "Submit"

3 Click "Order Service"

4 Fill out Request Form:
a. Under "Associated Project" select "Mobile"
b. For "Short Title" provide a suggested app name
c. For "Requirement" provide a clear description of the requirements for the requested app
d. For "Justification," explain why the app is needed. Include target users and how it would support the Military Health System mission and why other apps will not fulfill the requirements

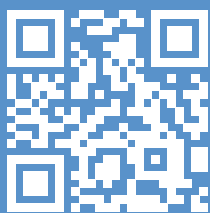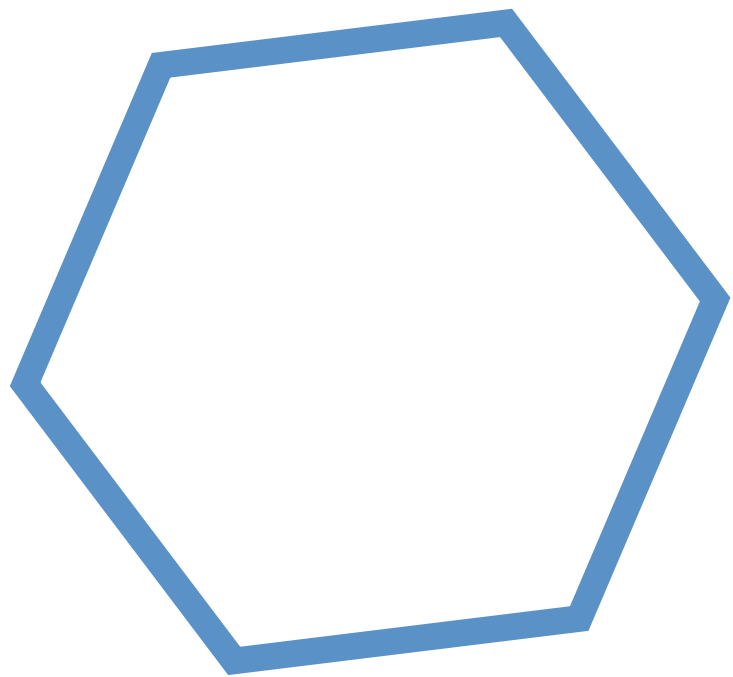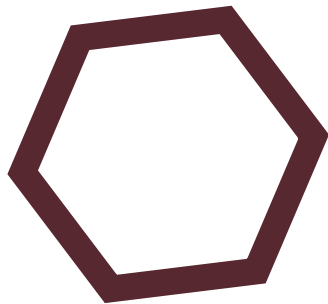# MOBILE APP TIMELINE

PRELIMINARY PHASE

1 | Initial Review of Request

2 | Review and Refine Approved Functional Requirement
5-20 days

2a | WMT will provide the requestor a projected level of effort

2b | Requestor accepts level of effort and approves app development, which may include a cost

DEVELOPMENT AND DELIVERY PHASE

3 | Finalize Technical Requirements
10-20 days

4 | App Development Process Starts
5-10 days

4a | User-Centered Design

4b | Sprint Cycles of Development
2-6 months

5 | Quality Assurance and User Acceptance Testing
2-4 weeks
(Depending on Scope)

6 | Deliver to Market
1-3 days

APP NAME	CATEGORY	Apple Store	Google Play	PWA	PAGE
ACCESS TO CARE (NATIONAL CAPITAL REGION)	FUTURE				31
ALEXANDER T. AUGUSTA MILITARY MEDICAL CENTER	ORGANIZATION			✓	26
ANTIMICROBIAL STEWARDSHIP	PROVIDER			✓	14
BIOZEN	PATIENT HEALTH		✓		4
BREATHE2RELAX	PATIENT HEALTH	✓	✓		5
DECIDE + BE READY	PATIENT HEALTH			✓	6
DEPLOYMENT READINESS EDUCATION FOR SERVICE WOMEN (DRES)	PERSONNEL READINESS			✓	23
DHA MEDCARD	PATIENT HEALTH	✓	✓		7
DHA PEDIATRICS	PROVIDER			✓	15
DREAM EZ	FUTURE				32
IMMUNIZATION TOOLKIT	PROVIDER			✓	16
INTERNAL MEDICINE	PROVIDER			✓	17
JOINT SPECTACLE PRESCRIPTION ENTRY CLOUD-BASED SYSTEM (JSPECS)	FUTURE				33

APP NAME	CATEGORY	Apple Store	Google Play	PWA	PAGE
LEJEUNE TRAUMA	PROVIDER			✓	18
MEDICATION ADHERENCE	PATIENT HEALTH	✓	✓		8
MISSION FIT	PERSONNEL READINESS			✓	24
NATO FIRST RESPONDER	PROVIDER		✓		19
PAIN & OPIOID SAFETY	PATIENT HEALTH			✓	9
PEDIATRIC TO ADULT CARE TRANSITION (PACT)	PATIENT HEALTH	✓	✓		10
PROVIDER RESILIENCE	PROVIDER			✓	20
SAN ANTONIO MILITARY HEALTH SYSTEM	ORGANIZATION			✓	27
T2 MOOD TRACKER	FUTURE				34
TACTICAL BREATHER	PATIENT HEALTH			✓	11
VIRTUAL HOPE BOX (VHB)	PATIENT HEALTH	✓	✓		12
WARFIGHTER BRAIN HEALTH PROVIDER TOOLKIT	PROVIDER				21
WOMACK ARMY MEDICAL CENTER	ORGANIZATION			✓	28

mobile.health.mil