

# **MHS APP PORTFOLIO**

**Native and Progressive Web Applications**

For Current Issue of The MHS App Portfolio  
[mobile.health.mil](http://mobile.health.mil)

March 2021



# **MHS APP PORTFOLIO**

## **Native and Progressive Web Applications**

## Welcome To The App Portfolio!



### COL Francisco Dominicci

The Solution Delivery Division constantly strives to develop and deliver information technology products that help improve the quality of the service we provide our Military Health System (MHS) patients. Our job is to make technology work for everyone. That is why we are excited to spotlight many of our products in the MHS App Portfolio.

MHS 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 Francisco Dominicci, Chief, Solution Delivery Division



### Bob Kayl

The Web and Mobile Technology Program Management Office is proud to unveil the 2021 Military Health System (MHS) App Portfolio! Whether you are a patient, health care provider or Defense Health Agency employee, we believe you will find apps inside that answers your needs.

Our team of highly skilled developers and user experience specialists work directly with patients and health care professionals to produce practical and 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 encourage you to let us know if you have a great idea for a new idea for a new app. You will find instructions for submitting your feedback and ideas inside.

— Robert “Bob” Kayl, Program Manager, Web and Mobile Technology Program Management Office,  
part of the Solution Delivery Division

All applications listed in this portfolio were developed by the Web and Mobile Technology (WMT) Program Management Office. WMT is part of the Defense Health Agency Solution Delivery Division within the Deputy Assistant Director Information Operations directorate.

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# WHO IS MHS?

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The Military Health System (MHS) is one of America's largest and most complex health care institutions. But the MHS is more than an institution. It is a community made up of patients, doctors, nurses, pharmacists, physical therapists, logistics specialists, administrators, programmers, data security experts and countless others. The people that make up the MHS are a cross-section of patriots who are committed to providing high-quality care for beneficiaries. Each team member uses their specialized skills to help save lives on the battlefield, combat infectious disease and provide health services to approximately 9.6 million beneficiaries, composed of uniformed service members, military retirees and family members.

The Military Health System (MHS) App Portfolio is intended to provide MHS patients, health care providers and staff some information about mobile apps developed specifically for their needs and use.

All apps are available to download for free. Some may only be available as either an android or iOS native version.

This Portfolio also provides guidelines for requesting new apps and tools for developing Defense Health Agency (DHA)-compliant apps.

# PAGE SUMMARY

Shows what section of the portfolio you are in.

This shows where you can download the app.

The digital version of this portfolio includes clickable links to the app as available in:

- Apple App Store
- Google Play Store or
- As a Progressive Web App on <https://mobile.health.mil>

These are metrics for the particular app. Updated Biannually.

Key features from the app.

Screenshots taken directly from the app itself.

Section

Location

Numbers

Features

Screenshots

## PAIN & OPIOID SAFETY

**Purpose**  
Opioid Safety provides the users of opioids and those that prescribe them with resources that could save lives. This app includes Clinical Practice Guidelines, a point of reference for opioid training for providers, providing helpful information and frequently asked questions (FAQ) for patients using Opioids.

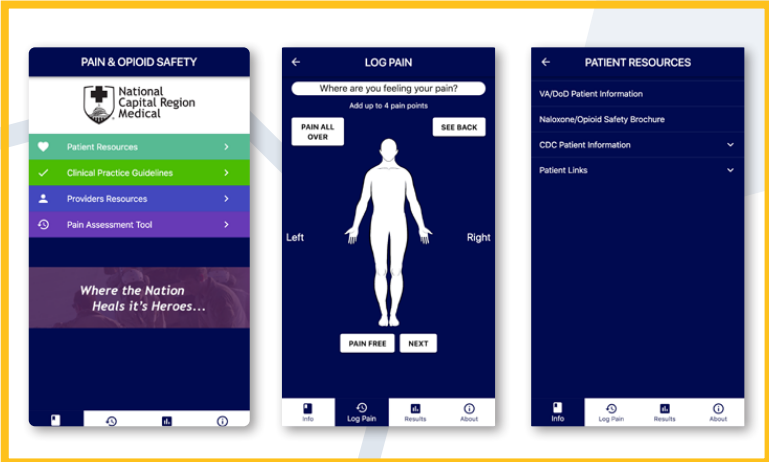
**Benefits**  
Provides important Opioid information for users and prescribers. Gives a point of reference for opioid training for providers.

Patient Health APPS



<b>Numbers</b>	
<b>2.0.12</b>	<b>430</b>
Version Number (Apple Store)	Number of Downloads

- POINT OF REFERENCE
- GREAT RESOURCES
- CLINICAL PRACTICE GUIDELINES



# WMT AND THE APP REQUEST



PATIENT HEALTH APPS

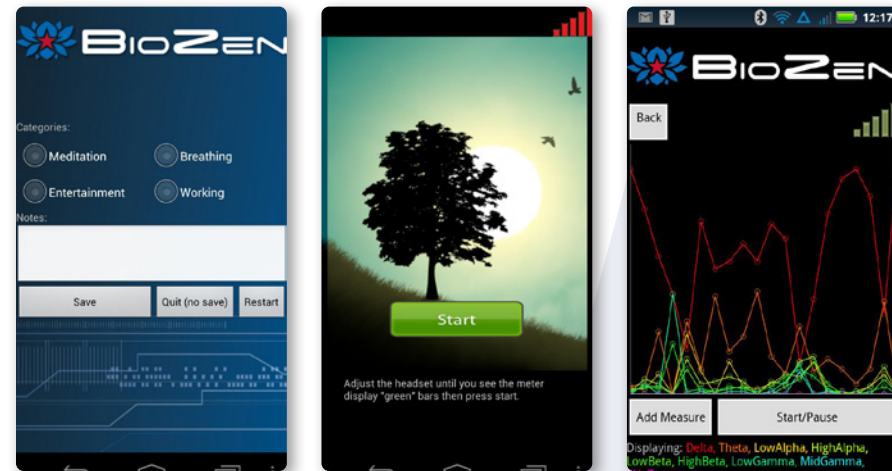
# BIOZEN

## Purpose

BioZen is a mobile app that can be paired with external sensors to provide users with live data covering a range of biophysiological signals, including electroencephalogram (EEG), electromyography (EMG), galvanic skin response (GSR), electrocardiogram (ECG or EKG), respiratory rate and temperature.

## Benefits

BioZen can display several brain wave bands (Gamma, Beta, Alpha, Theta and Delta) separately, as well as combinations of bands that may indicate relevant cognitive states, such as meditation and attention. The BioZen meditation module represents psychological information with user-selectable graphics that change in response to user biometric data. Biometric data is recorded in real time.



## Numbers

**2.0.0**  
Version Number  
(Google Play)

**3.5**  
Category Rating

**10,000+**  
Number of Downloads

- BRAIN WAVES
- RECORDS BIOMETRIC DATA
- MONITOR PROGRESS

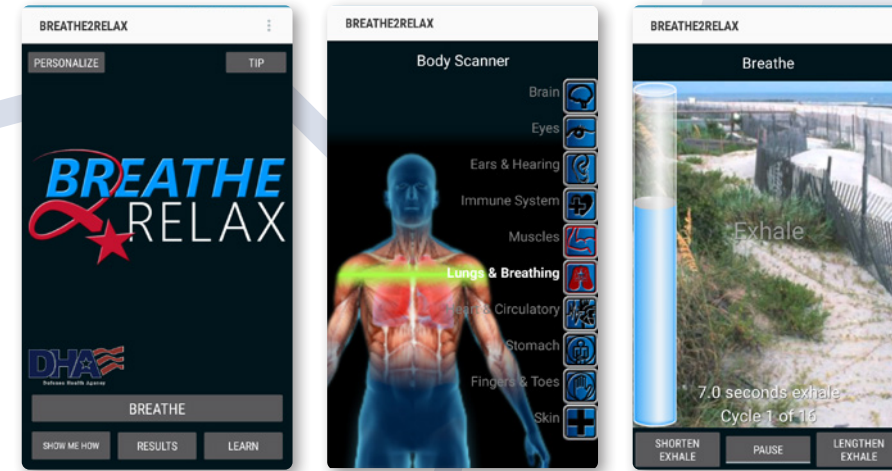
# BREATHE2RELAX

## Purpose

Initially designed for the military community, but beneficial for use by anyone, this relaxation app trains you on the “belly breathing” technique that has proven benefits for your 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 lower their stress and reduce their anxiety with Breathe2Relax by learning how to reduce stress in their daily lives. Learn how stress affects your body. Helps reduce stress and anxiety. Easy to follow breathing exercises.



## Numbers

**1.7.7**  
Version Number  
(Apple Store)

**3.3**  
Category Rating

**2M+**  
Number of Downloads

- UNDERSTAND STRESS
- REDUCE STRESS
- BREATHING SKILLS

# DECIDE + BE READY

## Purpose

The Decide + Be Ready mobile application contains evidence-based information on the most common forms of contraception available. The app uses a unique interface that was previously studied and designed to aid patients in making the best contraception decision. The app incorporates patient preferences and their unique health conditions to aid in the decision-making process.

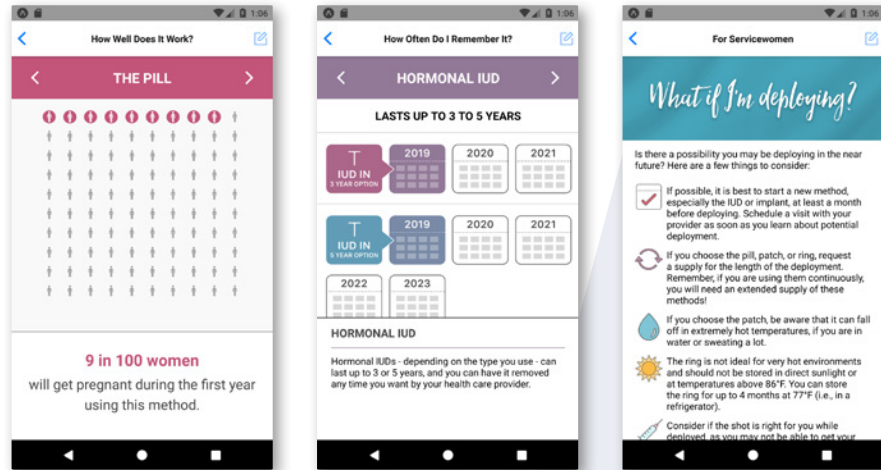
## Benefits

Provides important contraceptive information for patients and prescribers. Providers who prescribe contraceptives can use the app and prescribe to their patients.



## Numbers

<b>1.1.0</b> Version Number	<b>4.5</b> Category Rating	<b>5,300+</b> Number of downloads
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- CONTRACEPTIVE INFORMATION
- PRESCRIPTIONS
- USEFUL SCHEDULES

# DHA MEDCARD

## Purpose

The MedCard app allow DHA Pharmacies to capture & verify the validation dates of 3rd party payers for DoD beneficiaries.

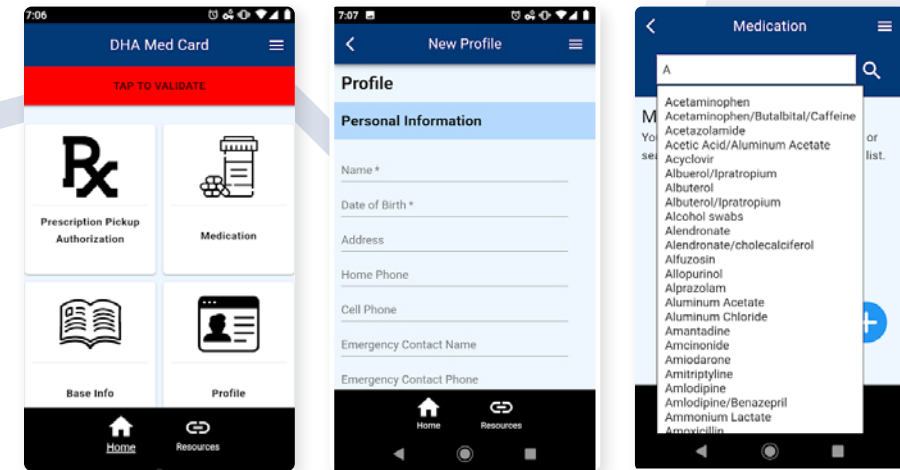
## Benefits

The app provides the user a way to capture and track information for themselves and family members that may be helpful when interacting with a pharmacist.



## Numbers

<b>2.0.4</b> Version Number (Apple Store)	<b>2.0.4</b> Version Number (Google Play)	<b>500+</b> Number of Downloads
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- PROFILE SET UP
- PRESCRIPTION AUTHORIZATION



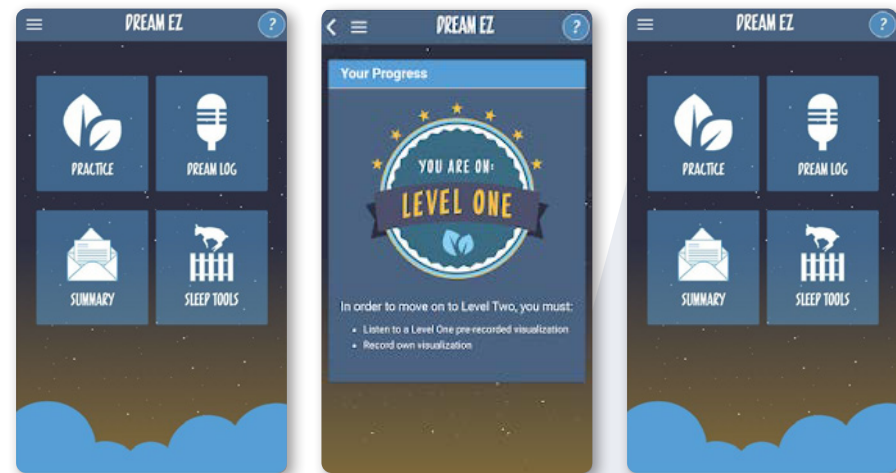
# DREAM EZ

## Purpose

Dream EZ uses principles from Imagery Rehearsal Therapy (IRT) for nightmare reduction to help users control their nightmares by making them diminish in intensity and frequency. These techniques help users get a better night's sleep.

## Benefits

Limits nightmares so users can get a better night's sleep. Helps users relax and reduce stress. Provides resources to track nightmares and enhance treatment options. 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 that use IRT typically do not report that they have the actual re-visualized dream; instead, they report either 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.



## Numbers

<b>1.0</b> Version Number (Apple Store)	<b>4.2</b> Category Rating (Apple Store)	<b>75,300+</b> Number of Downloads
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- TRACKS DREAMS
- REDUCES STRESS
- HELPS RELAX

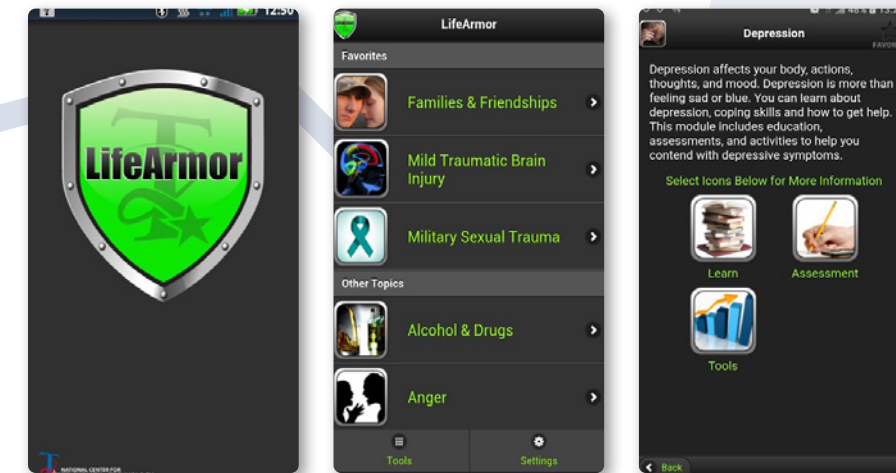
# LIFEARMOR

## Purpose

LifeArmor's touch-screen technology allows user to browse 17 different mental health topics and provides resources for understanding the causes, techniques for managing the challenges and tools for tracking symptoms. Psychological health topics include sleep, depression, relationship issues, and post-traumatic stress.

## Benefits

Brief self-assessment tools help users measure and track their symptoms. LifeArmor's resources can also help manage specific problems.



## Numbers

<b>2.7.7</b> Version Number (Apple Store)	<b>4.0</b> Category Rating (Apple Store)	<b>47,700+</b> Number of Downloads
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- SELF-ASSESSMENT TOOLS
- TRACK SYMPTOMS
- MANAGE SPECIFIC PROBLEMS

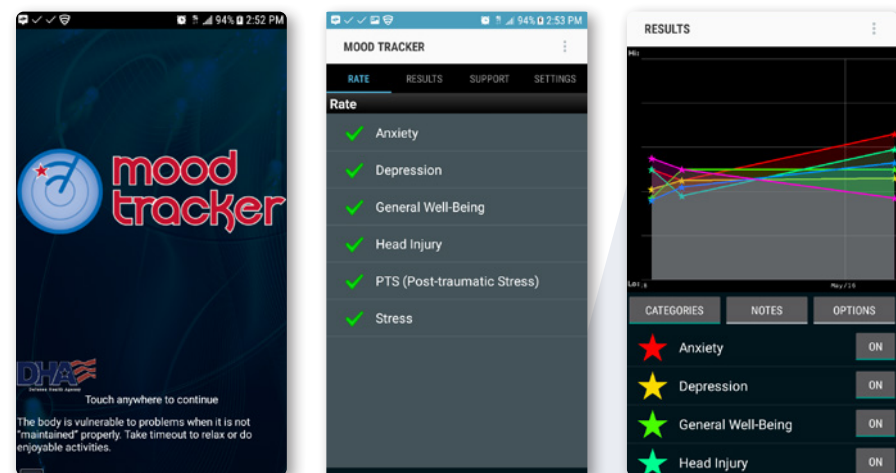
# MOOD TRACKER

## Purpose

The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user’s general well-being. Developed as a tool for service members to record and review their behavior changes, particularly after combat deployments, it has now become popular with many civilian users around the world.

## Benefits

Allows users to monitor and track their emotional health. Records emotions like anxiety, stress, depression, head injury, posttraumatic stress and general well-being. The saved results are displayed in an easy-to-understand graph or spreadsheet file which can be transferred by e-mail or other wireless connection to a personal computer.



## Numbers

**3.5.11**  
Version Number  
(Apple Store)

**3.4**  
Category Rating  
(Apple Store)

**450,600+**  
Number of Downloads

- MONITOR HEALTH
- RECORD EMOTIONS
- USEFUL GRAPHS

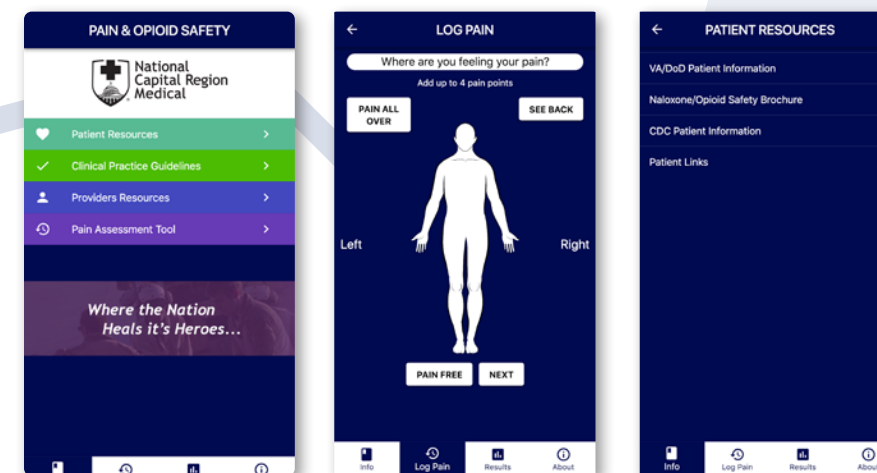
# PAIN & OPIOID SAFETY

## Purpose

Opioid Safety provides the users of opioids and those that prescribe them with resources that could save lives. This app includes Clinical Practice Guidelines, a point of reference for opioid training for providers, providing helpful information and frequently asked questions (FAQ) for patients using Opioids.

## Benefits

Provides important Opioid information for users and prescribers. Gives a point of reference for opioid training for providers.



## Numbers

**2.0.12**  
Version Number  
(Apple Store)

**400+**  
Number of Downloads

- POINT OF REFERENCE
- GREAT RESOURCES
- CLINICAL PRACTICE GUIDELINES

# PEDIATRIC TO ADULT CARE TRANSITION

## Purpose

Pediatric to Adult Care Transition (PACT) is an app built to assist with guiding teenagers to become ready to transition from pediatric care to adult care.

## Benefits

PACT provides resources to teenagers during a difficult point in their lives, making the transition from pediatric care to adult care easy and seamless.



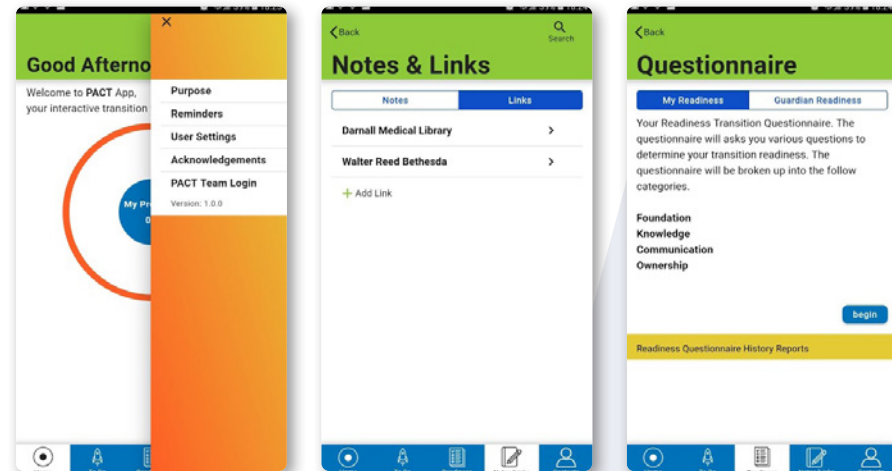
## Numbers

**1.0.3**  
Version  
Number

**5.0**  
Category  
Rating  
(Google Play)

**200+**  
Number of  
Downloads

- GUIDING TEENS
- EASY TRANSITION
- BEST RESOURCES



# POSITIVE ACTIVITY JACKPOT

## Purpose

Positive Activity Jackpot combines a behavioral health therapy called Pleasant Event Scheduling (PES) to help users find interesting things to do close to where they live.

## Benefits

Uses Pleasant Event Scheduling (PES) to overcome depression and build resilience. Helps clients decide on pleasant events to participate in to build a pleasant event schedule. Meant to improve the overall quality of life.



## Numbers

**1.0.1**  
Version  
Number  
(Apple Store)

**4.0**  
Category  
Rating  
(Apple Store)

**47,900+**  
Number of  
Downloads

- PLEASANT EVENT SCHEDULING
- BUILD RESILIENCE
- PLAN A WORK OUT



# TACTICAL BREATHER

## Purpose

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

## Benefits

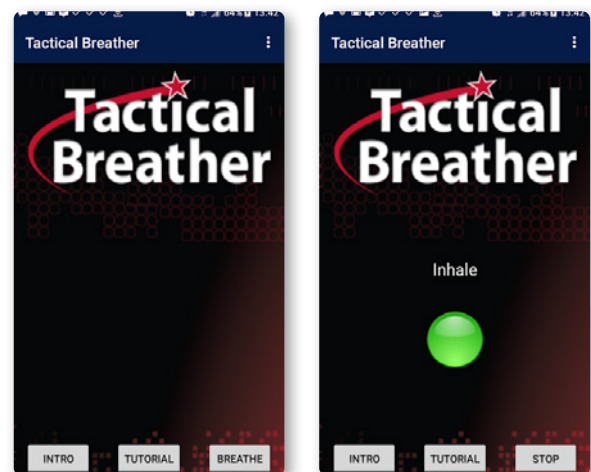
Helps control physiological and psychological responses to stress. Learn breathing techniques to gain control over stressful situations. Customizable graphics and audio. Play interactive games and exercises.



### Numbers

<b>1.4.3</b> Version Number (Apple Store)	<b>3.6</b> Category Rating (Apple Store)	<b>117,000+</b> Number of Downloads
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- CONTROL STRESS
- BREATHING TECHNIQUES
- GRAPHICS AND AUDIO



# VIRTUAL HOPE BOX

## Purpose

The Virtual Hope Box (VHB) is a smartphone application designed for patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction and positive thinking.

## Benefits

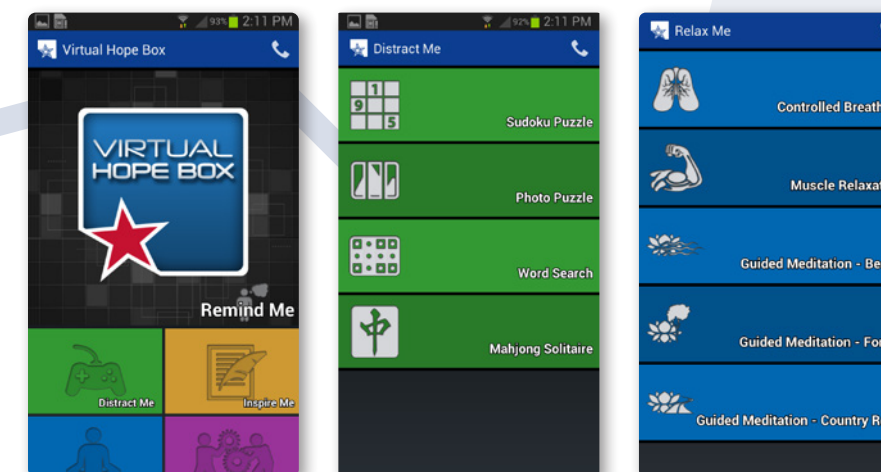
Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.



### Numbers

<b>1.4.8</b> Version Number (Apple Store)	<b>4.0</b> Category Rating (Apple Store)	<b>750,500+</b> Number of Downloads
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- EMOTIONAL REGULATION
- ACTIVITY PLANNING
- CONTROLLED RELAXATION





# PROVIDER APPS

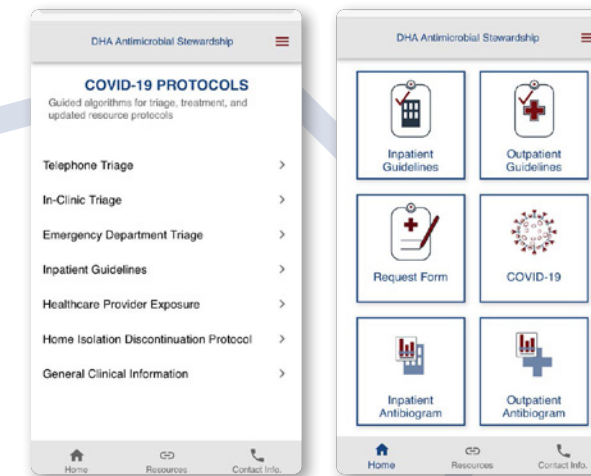
# ANTIMICROBIAL STEWARDSHIP

### Purpose

The Antimicrobial Stewardship app contains an array of information for providers on microbes and how effective drugs are against them for each particular region. In addition to the information on microbes, COVID-19 resources for providers have also been added to the app.

### Benefits

The Antimicrobial Stewardship App helps providers determine how effective drugs are against microbes, overall assisting patients and providers with medical treatment.



- DRUG EFFECTIVENESS
- MICROBE INFO
- RESOURCES

# DHA PEDIATRICS

## Purpose

DHA Pediatrics V3 is an app for pediatricians and contains pediatric information for various MTF pediatric departments.

## Benefits

Provide Pediatrics a resource of information in order to perform their job.

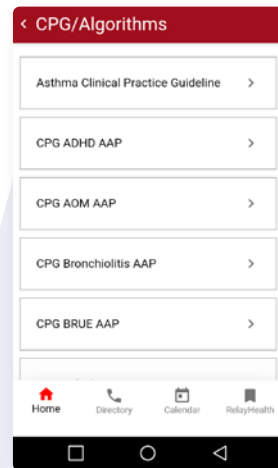
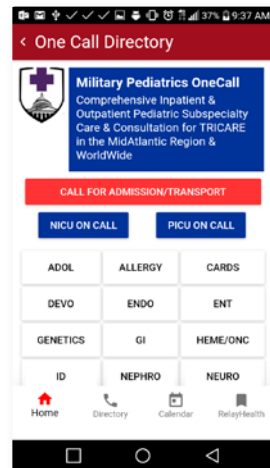
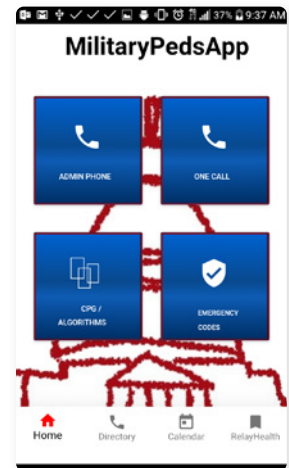


## Numbers

**2.0.3**  
Version  
Number

**5.0**  
Category  
Rating

**300+**  
Number of  
Downloads



- PERSONALIZE VHB CONTENT
- SUPPORTIVE AUDIO, PICTURES, VIDEO, GAMES, EXERCISES

# IMMUNIZATION TOOLKIT

## Purpose

The Immunization Took Kit (ITK) application (app) provides practical immunization reference information for Military Health System beneficiaries and providers. The app was developed following national recommendations and evidenced-based and clinical practice guidelines.

## Benefits

Keeps users (providers and military personnel) up to date on all immunization practices and immunization options for a variety of ailments. The information hosted on this app is up to date and accurate.

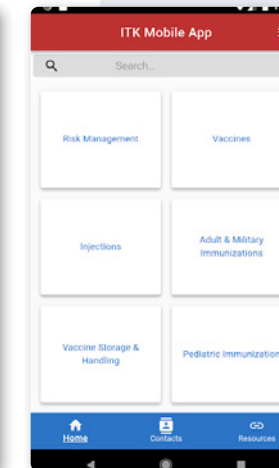
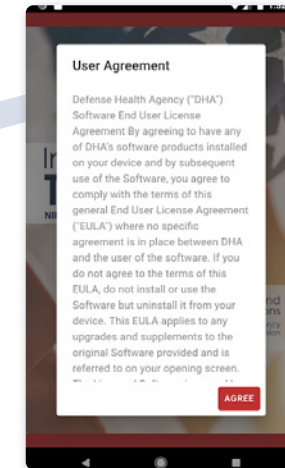


## Numbers

**1.0.3**  
Version  
Number  
(Apple Store)

**4.5**  
Category  
Rating  
(Apple Store)

**100+**  
Number of  
Downloads



- IMMUNIZATION PRACTICES/OPTIONS
- UP TO DATE AND ACCURATE INFO

# PROVIDER RESILIENCE

## Purpose

Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans and their families. The user's responses to a short self-assessment create ratings of their risk for compassion fatigue, burnout, and secondary traumatic stress. These ratings can also be viewed as graphs so they can monitor them over time. A clock showing time since a provider's last day off, inspirational cards and stretches helps them take breaks.

## Benefits

Gives health care providers tools to guard against burnout and compassion fatigue. Provides encouragement for care providers. Monitors for burnout.



## Numbers

**2.0.0**

Version Number  
(Apple Store)

**4.5**

Category Rating  
(Apple Store)

**69,300+**

Number of Downloads



# PERSONNEL READINESS APPS

- GUIDING PROVIDERS
- DEALING WITH FATIGUE
- PROVIDES STRESS COPING TOOLS



# MISSION FIT

## Purpose

Mission Fit is an Air Force exercise app that provides a 12-week program of exercise routines, along with library of 90+ exercises with detailed instructions including video, images and textual description. The app guides users through workout routines by navigating workout weeks, days and exercise routine instructions.

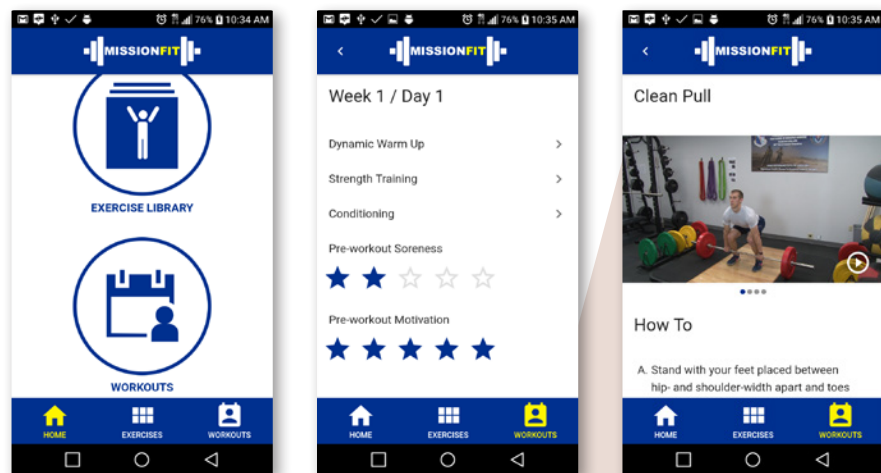
## Benefits

The Mission Fit app features a comprehensive exercise library and a workout section that allows users to personalize their regimens. The app provides users with a daily routine that covers 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 weight lifting.



## Numbers

<b>1.2.1</b> Version Number (Apple Store)	<b>4.6</b> Category Rating (Apple Store)	<b>2,700+</b> Number of Downloads
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- EXERCISE REGIMENS
- 12-WEEK PROGRAM
- DAILY ROUTINE

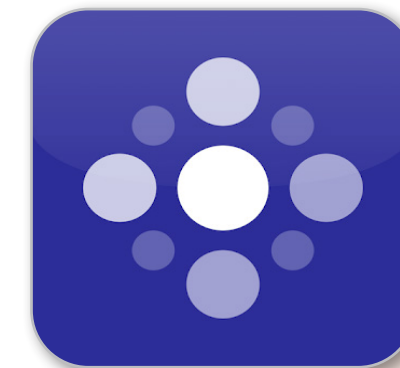
# NAVY PT

## Purpose

Navy PT is an app that hosts a variety of exercises for military personnel in order to keep up with physical demands. With this app, users can set up and create a work out plan, and make sure to stick with it.

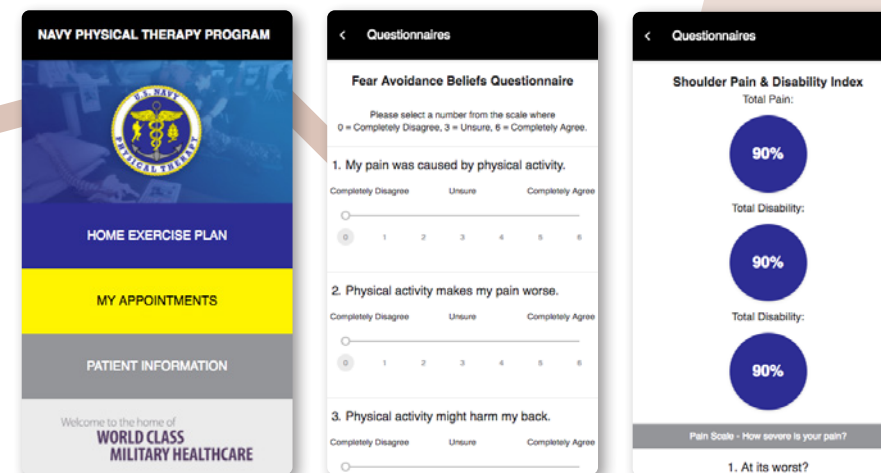
## Benefits

Navy PT sets users up for success to maintain their exercise goals along with meet the military physical health standards.



## Numbers

<b>1.2.1</b> Version Number (Apple Store)	<b>100+</b> Number of Downloads
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- MANY EXERCISES
- WORK OUT PLANS
- CLEAN INTERFACE



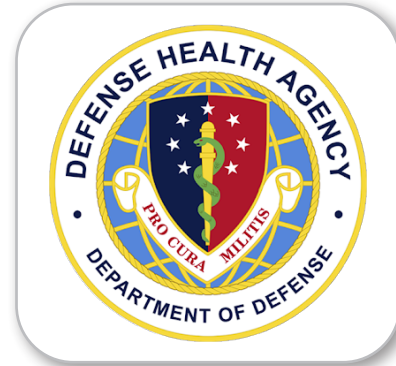
# MY PROSPERITY PLAN

## Purpose

The My Prosperity Plan app helps users identify goals and develop a plan to reach those goals to maximize their potential personally, professionally, spiritually, and relationally. This app includes goal sheets for the following domains: Personal, Professional, Relationships, and Spiritual. Users can review each domain regularly and track their progress and are encouraged to discuss their Prosperity Plan with family, friends and leaders. This helps them pursue their goals in each domain. The app can be a coaching/mentoring tool to help each of us to prosper.

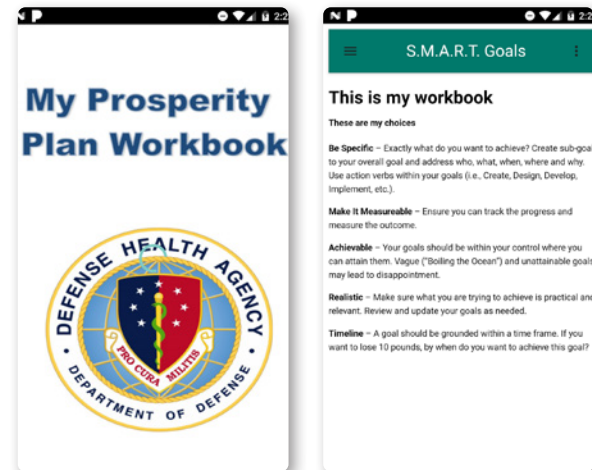
## Benefits

Helps users identify goals, and build a plan to reach those goals. Helps leadership support service members in reaching their goals. Can be used as a coaching/mentoring tool to challenge and guide everyone. Goal sheets are available to support for growth personally, professionally, relationally and spiritually.



## Numbers

<b>1.0.28</b>	<b>100+</b>
Version	Number of
Number	Downloads



- **BUILD A PLAN**
- **REACH YOUR GOALS**
- **GUIDE YOUR TEAM**



# CLINIC & ORGANIZATIONAL APPS

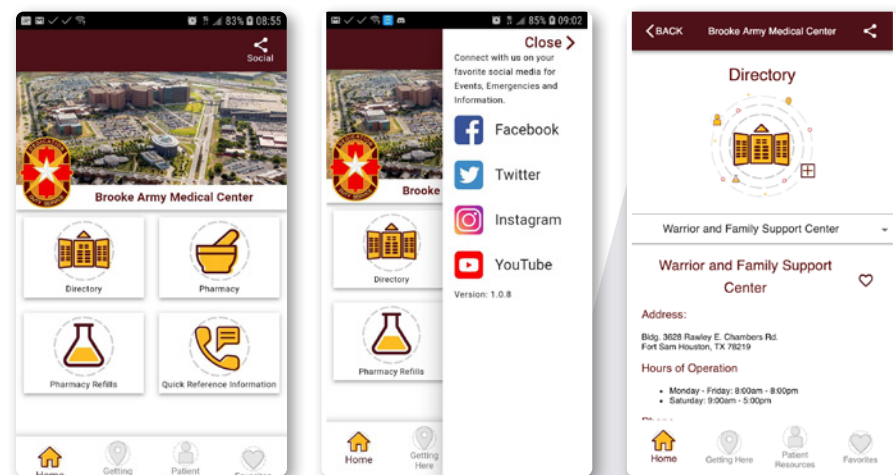
# BROOKE ARMY MEDICAL CENTER

## Purpose

The Brooke Army Medical Center (BAMC) mobile application provides a wide range of information for the military treatment facility's (MTF's) staff and those who seek care at the Fort Sam Houston, TX hospital.

## Benefits

The BAMC app provides users quick reference information and a directory of the MTF's departments and services. BAMC patients can also use the app to check pharmacy wait times and to connect to the TRICARE Online Patient Portal. This app is available for free download to iPhone and Android devices.



## Numbers

<b>1.0.9</b> Version Number	<b>3.3</b> Category Rating	<b>500+</b> Number of Downloads
--------------------------------	-------------------------------	------------------------------------

- QUICK REFERENCE
- HOSPITAL MAPS
- PHARMACY WAIT TIMES

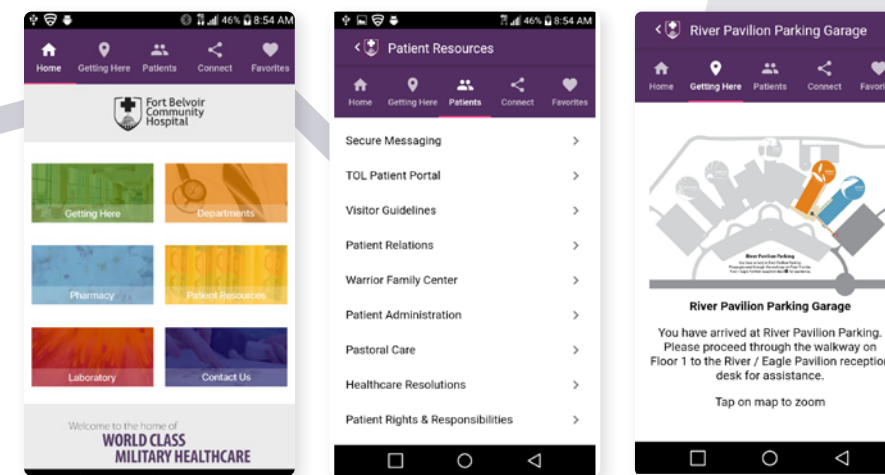
# FORT BELVOIR COMMUNITY HOSPITAL

## Purpose

The Fort Belvoir Community Hospital (FBCH) app is a searchable directory for navigating the Northern Virginia military hospital. The FBCH 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 specific departments inside the hospital. Easily access links to the hospital pharmacy, laboratory, patient resources and contact information.



- FACILITY GUIDE
- PARKING LOCATOR
- LINKS TO VARIOUS RESOURCES

# MEDICAL EDUCATION AND TRAINING CAMPUS

## Purpose

Medical Education and Training Campus (METC) Mobile provides users quick, easy access to useful information about the San Antonio, TX school.

## Benefits

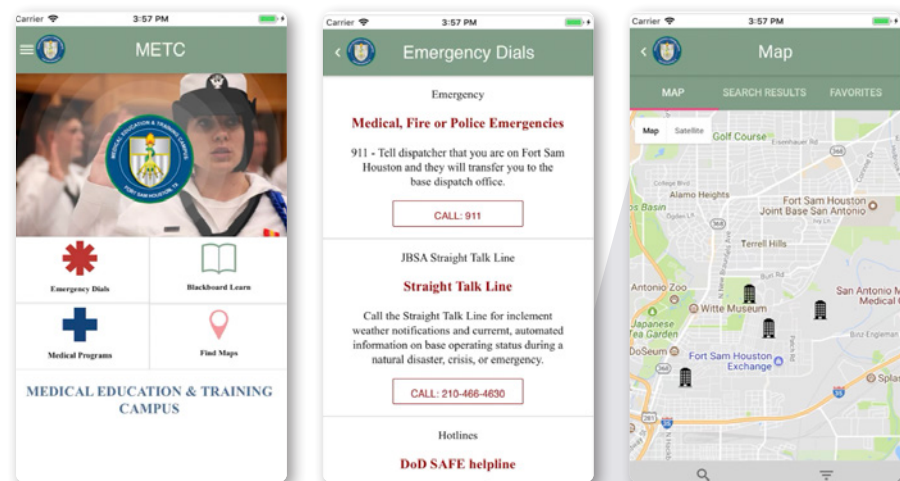
METC Mobile provides users instant access to a broad range of useful information, including the campus map, program catalog, student resources, METC news and visitor and newcomer information. The app also helps users build connections with the school, with features like METCommunity, a campus message board, and the METC Podcast. METC Mobile also allows users to track and email their schedules, view daily workshops and search sessions, among other features.



## Numbers

**2.1.3**

Version Number



- BUILD CONNECTIONS
- INSTANT ACCESS TO RESOURCES

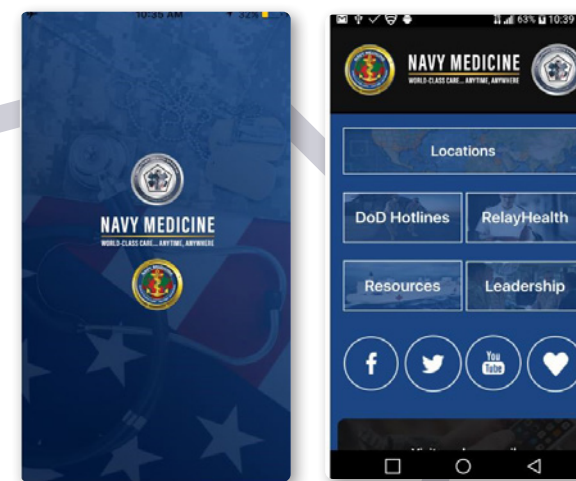
# U.S. NAVY MEDICINE MTF

## Purpose

The Bureau of Navy Medicine and Surgery is proud to offer the first version of Navy Medicine's Military Treatment Facility (MTF) mobile app to enhance the patient experience. This new app is a reliable, up-to-date guide for medical care. Whether looking for the closest hospital or clinic when you are traveling or changing duty station, the Navy Medicine app offers users a variety of features to help enhance their visit. Users can search facilities, see detailed information for each hospital or clinic, access contact information for frequently called numbers, tap phone numbers to call them, or tap addresses to get directions.

## Benefits

Provides a reliable, up-to-date guide for medical care available 24/7. Easily find the nearest hospital or clinic. Access contact information: tap phone numbers to call them, or tap addresses to get directions.



## Numbers

**1.0.5**

Version Number

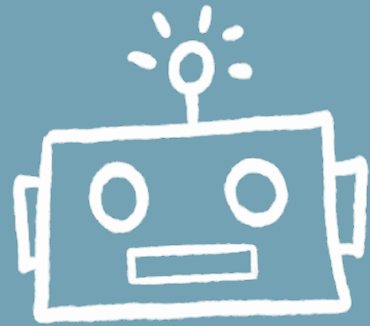
**3.4**

Category Rating

**1000+**

Number of Downloads

- 24/7 CARE GUIDE
- CLINIC/HOSPITAL LOCATIONS
- CONTACT INFORMATION



## FUTURE APPS

# ANTI-DEPRESSANT ADHERENCE

### Purpose

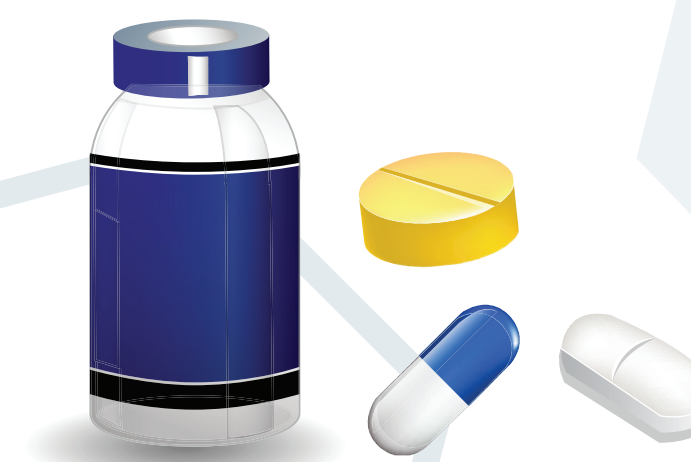
The Anti-depressant Adherence App will assist providers and patients with medication compliance for anti-depressants.

### Benefits

The app will allow providers, nurses and patients to input medication doses and frequencies and to set up reminders. The app will also provide information regarding medications and diseases; it will include a comments and note box for patients to identify issues to address with clinicians; and the app will include a location finder to call a local clinic or pharmacy for refills.



**IN DEVELOPMENT**



- INPUT MEDICATION
- SET REMINDERS
- IDENTIFY ISSUES

# COUPLES COMMUNICATIONS

**Purpose**

The Couples Communications App is intended to increase and improve healthy communication between partners.

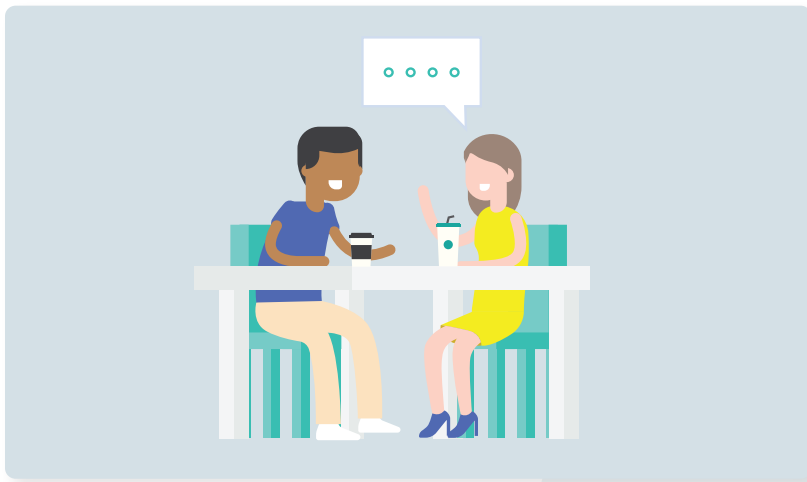
**Benefits**

This app helps couples improve their communication and overall align them in a direction of a healthier and more constructive relationship. The app will enhance Military Health System tools that show how to have healthy conversations. The app’s proposed functions include: Identifying defensiveness and criticism, rewording defensive and critical statements to be appropriate and identifying stonewalling and recommending calming intervention. This app includes tools for teaching sessions during couples therapy, homework outside couples therapy and assistance with regular text conversations.



**IN DEVELOPMENT**

- COUPLES THERAPY
- CONSTRUCTIVE COMMUNICATION
- CONFLICT MANAGEMENT



# COMPLEX PEDIATRIC CARE PARENT EDUCATION

**Purpose**

The Complex Parent Education App is designed for parents of children with special health care needs (CSHCN), such as Downs Syndrome and autistic children, among others. The app provides parents and providers Clinical Practice Guidelines (CPG)-informed information to help parents track their children’s medical needs, empowering them as partners with providers in their children’s care.

**Benefits**

The app also includes military-specific features, such to deployment care plans, permanent change of station checklists and warm handoffs to Exceptional Family Member Programs, specialists and case managers. The app’s functions include:

- Provides CPG-informed information to help parents track CSHCN medical needs
- Empowers parents as partners with providers in their children’s care
- Includes military-specific features for Service members with CSHCN



**IN DEVELOPMENT**

- SPECIAL HEALTH CARE NEEDS
- FOR PATIENTS & PROVIDERS

# CONCUSSION TOOLS

## Purpose

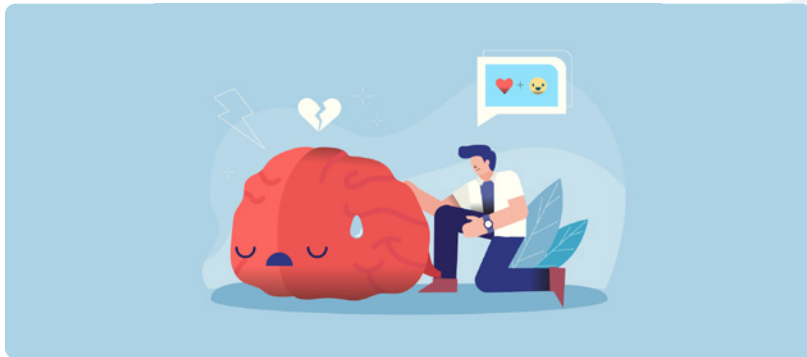
The Concussion Tools App is intended to deliver comprehensive, clinically-relevant information to providers to improve traumatic brain injury (TBI) education and to standardize TBI care. The need for the app was identified by the Defense and Veterans Brain Injury Center (DVBIC). The app will be both web-based and mobile.

## Benefits

The DVBIC application will allow content developers to update the Concussion Tools as necessary, notifying clinicians and other users when updated content is available. Content updates will be available for both web-based and mobile applications, independent of application redeployment. The app will include a downloadable and searchable repository of TBI information. In addition to online access to the content via the mobile application, users will be able to download content to their devices for use in austere environments where cellular and internet signals may not be accessible.



**IN DEVELOPMENT**



- IMPROVE TBI
- CONCUSSION TOOLS
- SEARCHABLE REPOSITORY

# DEPARTMENT OF DEFENSE SUICIDE EVENT REPORT

## Purpose

The Department of Defense Suicide Event Report (DoDSER) is a suicide surveillance program that collects data on instances of suicide behavior among members of the Services.

## Benefits

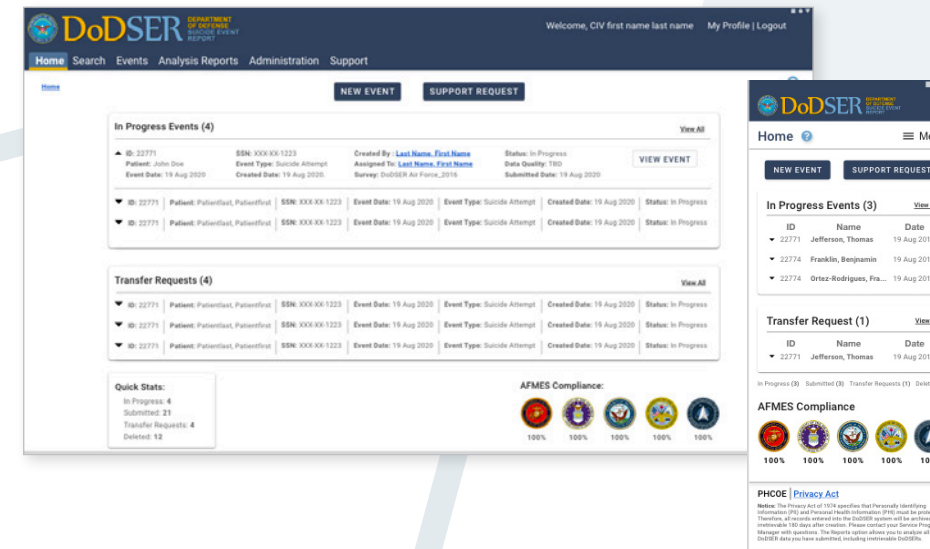
DoDSER standardizes data collected on individual suicide events and allows for detailed statistical reports that can be aggregated across the Services. As such, the DoDSER is an integral part of the DoD's suicide prevention efforts.

- Demographics
- Service History
- Event Information
- Medical History



Available for web  
**Download**

**IN DEVELOPMENT**



- SUICIDE SURVEILLANCE
- DATA COLLECTION
- STATISTICS

# DEPLOYMENT READINESS EDUCATION FOR SERVICE WOMEN

## Purpose

The Deployment Readiness Education for Service Women (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 percent of women received contraceptive counseling before deployment; in 2003, only seven percent of women reported practicing menstrual suppression, and 13 percent of those deployed to combat lost duty days for menstrual issues.

## Benefits

The DRES app will provide women resources to support healthy decision-making. The app should also help more women practice menstrual suppression and reduce sick call visits. The DRES app will be available to all service members.



**IN DEVELOPMENT**

- CONTRACEPTIVE COUNSELING
- RESOURCES
- HEALTHY DECISION-MAKING

# JSPECS

## Purpose

The Joint Spectacle Prescription Entry Cloud-based System (JSPECS) mobile application (app) allows qualifying Service Members to reorder eyewear 24/7 outside of military treatment facilities (MTFs) and have them shipped anywhere. JSPECS was developed to empower Service Members across the Department of Defense (DoD) to better participate in their health care and ensure optical readiness. This desktop and mobile-enabled capability requires a current prescription (under two years old), and is intended to enhance vision readiness and reduce workload on the clinics. Future iterations will allow users to virtually try on eyewear and initiate new orders.

## Benefits

While JSPECS is designed to reduce the need for ordering eyewear at DoD eye clinics, it has 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
- Reduces time spent on routine reorders
- Directly supports operational medicine mission, enhancing optical readiness across the DoD
- Empowers rapid response readiness and work-leveling across labs for large-scale or short-notice deployments
- Facilitates faster receipt of eyewear
- Allows users to view their order history and order status
- Enables Service Members away their home stations who lose their eyewear to order replacements online



**IN DEVELOPMENT**

- TRACK EYEWEAR
- ORDER THROUGH MOBILE DEVICES

# NATO FIRST RESPONDER

## Purpose

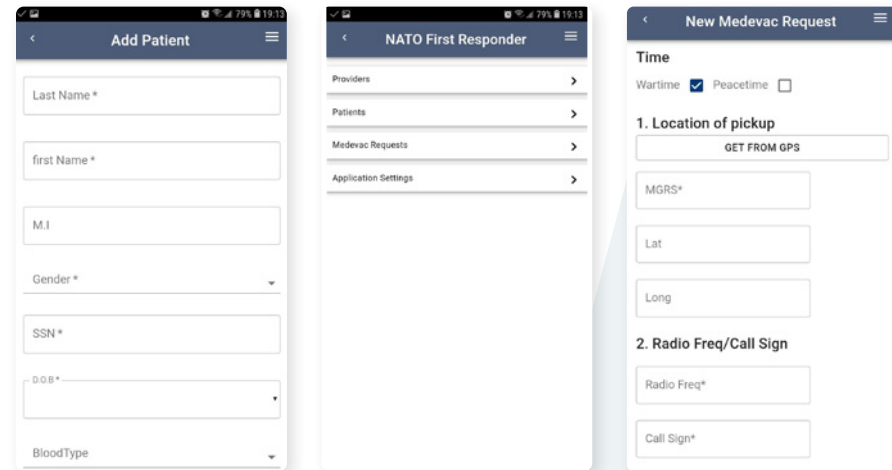
This app was created for North Atlantic Treaty Organization (NATO) first responder troops. Medics use the NATO First Responder app to record medical injury data on soldiers in the field.

## Benefits

The data is available to medical personnel at all stages of transporting the injured to combat support hospitals and eventual destination hospitals. The app also transmits injury data to electronic health information records.



**IN DEVELOPMENT**



- RECORD INJURY DATA
- AVAILABLE AT STAGES OF TRANSPORT

# TEAM STEPPS

## Purpose

Team Strategies & Tools to Enhance Performance and Patient Safety, known as TeamSTEPPS, is a teamwork system developed by AHRQ and the Department of Defense to improve collaboration and communication in health care settings.

## Benefits

Patient safety experts agree that communication and other teamwork skills are essential to the delivery of high-quality health care and to the prevention of medical errors, patient injury, and harm.



**IN DEVELOPMENT**

- PATIENT SAFETY
- TEAMWORK SYSTEM
- IMPROVE COLLABORATION





# DHA SOFTWARE DEVELOPMENT KIT

App Development Tools and App Requests

# DHA SOFTWARE DEVELOPMENT KIT



## Purpose

The DHA SDK is a tool kit designed for developers to be able to make mobile web applications quickly and easily. The applications will adhere to DHA design standards, and new tools are being created all the time. The DHA SDK is available as a progressive web application.

## Benefits

The DHA SDK is an easy way to get started building applications. Provides many pre-built modules to make the development. Modules provide functionality such as databases, graphs, UI components, and much more.



- **BUILD**
- **COMPLIANT**
- **LOWER COST**



## HOW TO REQUEST A NEW MOBILE APP

App Development Tools and App Requests

# HOW TO SUBMIT DHA MOBILE APP REQUEST

- 1** | On LaunchPad, go to the DAD IO J-6 Request Portal:  
<https://info.health.mil/apps/HIT/services/SitePages/escMenu.aspx>
- 2** | Under "Web & Mobile" click on "Mobile App Development"
- 3** | Click "Order Service" at the top of the page

- 4** | Populate the open fields. Here are some tips:
  - 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 MHS mission and why other apps won't fulfill the requirements
- 5** | Click "Submit" at the bottom of the page
- 6** | Mobile App Development Timeline begins (see next page)

# 6 | MOBILE APP TIMELINE

## PRELIMINARY PHASE

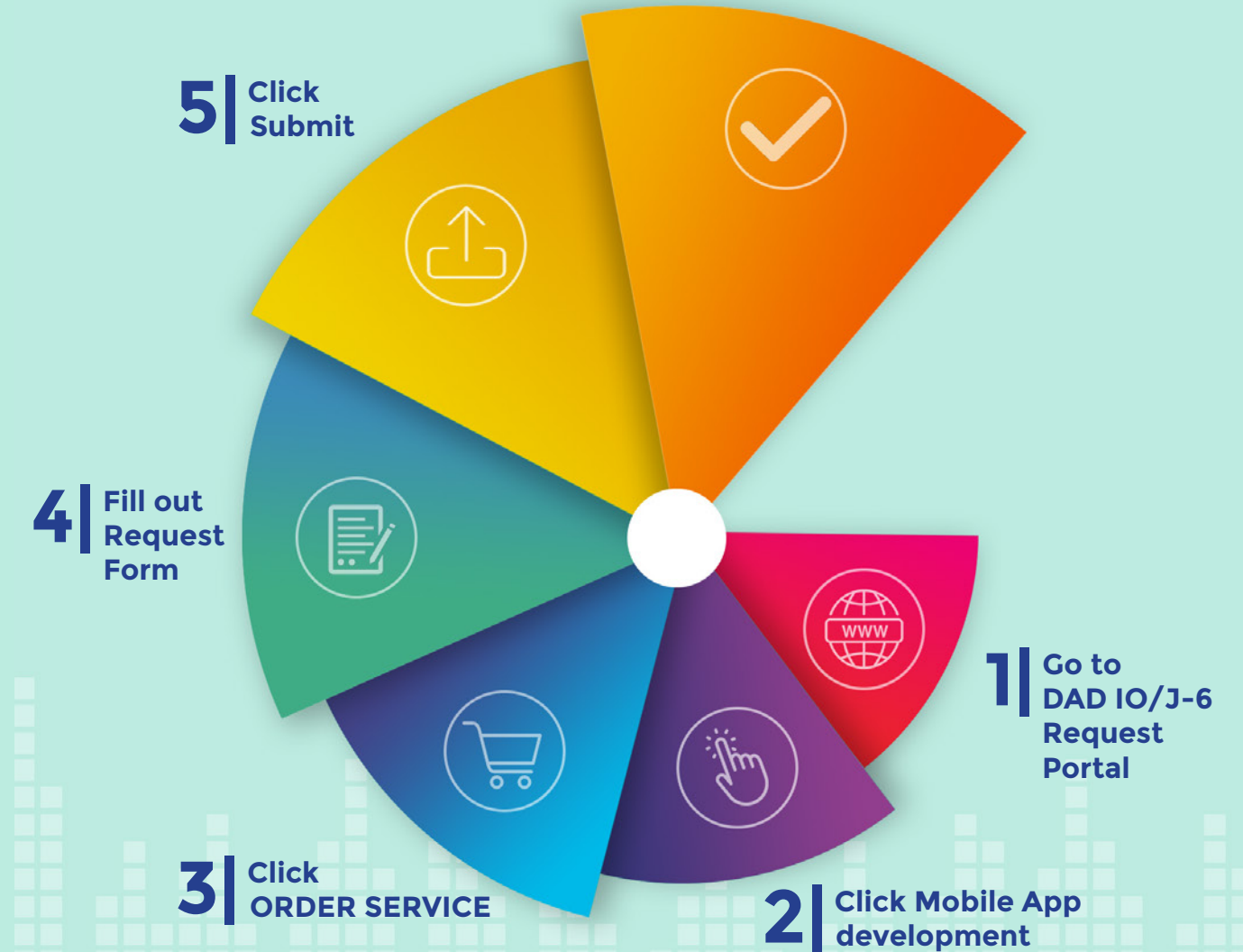
- 1 Initial Review of Request
- 2 Review and Refine Approved Functional Requirement 5-20 days
- 2a WMT will provide the requestor a projected level of effort
- 2b Requestor accepts level of effort and approves app development, which may include a cost

## 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

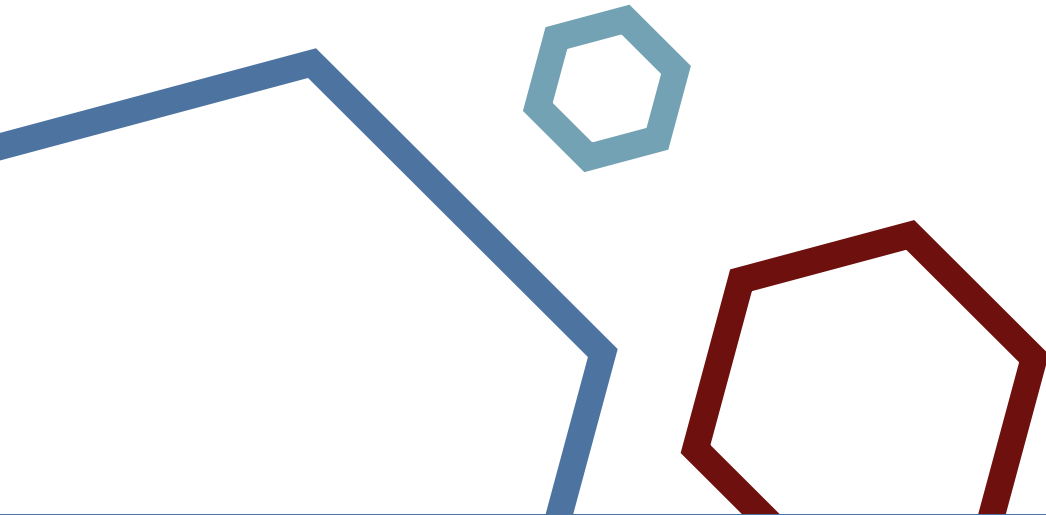
# HERE'S HOW TO REQUEST A DHA MOBILE APP

6 | Your app should be ready in approximately 9 months.



APPLICATIONS	NUMBER OF DOWNLOADS	VERSION NUMBER APPLE STORE	CATEGORY RATING IN APPLE STORE	CATEGORY RATING IN GOOGLE PLAY	PAGE NUMBER
ANTI-DEPRESSANT ADHERENCE	+5	---	---	---	p.39
ANTIMICROBIAL STEWARDSHIP	---	---	---	---	p.25
BIOZEN	10,000+	2.0.0	3.5	3.5	p.12
BREATH2RELAX	2,191,517	1.7.7	4.3	3.3	p.13
BROOK ARMY MEDICAL CENTER	500+	1.0.9	3.3	---	p.34
CONCUSSION TOOLS	---	---	---	---	p.42
COUPLES COMMUNICATIONS	---	---	---	---	p.40
DECIDE + BE READY	5,296	1.1.0	4.5	---	p.14
DODSER	---	---	---	---	p.43
DRES	---	---	---	---	p.44
DHA MEDCARD	100+	2.0.4	---	---	p.15
DHA PEDIATRICS	---	---	---	---	p.26
DHA SOFTWARE DEVELOPMENT KIT	---	---	---	---	p.49
DREAM EZ	75,373	1.0	4.2	---	p.16
FORT BELVOIR COMMUNITY HOSPITAL	500+	1.2.1	---	---	p.35
IMMUNIZATION TOOLKIT	100+	1.0.3	4.5	---	p.27
JSPECS	---	---	---	---	p.45

APPLICATIONS	NUMBER OF DOWNLOADS	VERSION NUMBER APPLE STORE	CATEGORY RATING IN APPLE STORE	CATEGORY RATING IN GOOGLE PLAY	PAGE NUMBER
LIFE ARMOR	47,696	2.7.6	4.0	3.8	p.17
METC	---	2.1.3	---	---	p.36
MISSION FIT	2,728	1.2.1	4.6	---	p.30
MOOD TRACKER	455,607	3.5.11	3.4	3.6	p.18
MY PROSPERITY PLAN	100+	1.0.28	---	---	p.32
NATO FIRST RESPONDER	---	---	---	---	p.46
U.S. NAVY MEDICAL MTF	1000+	1.0.5	---	3.4	p.37
PAIN & OPIOID SAFETY	430	2.0.12	---	---	p.19
PEDIATRIC TO ADULT CARE TRANSITION	206	---	5.0	---	p.20
POSITIVITY ACTIVITY JACKPOT	47,913	1.01	4.0	3.3	p.21
PROVIDER RESILIENCE	69,346	2.0.0	4.5	3.3	p.28
TACTICAL BREATHER	117,025	1.4.3	3.6	4.2	p.22
TEAM STEPPS	---	---	---	---	p.47
VIRTUAL HOPEBOX	758,506	1.4.8	4.0	3.8	p.23



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