

Appendix D. Clinicians Guide: DoD and VA Mobile Health Apps for Patients and Providers Charts

CLINICIAN'S GUIDE

DoD and VA Mobile Health Apps for PATIENTS



	ACT Coach	Army On-Source Money Matters	Army PRT	The Big Moving Adventure	BloZen	Breathe2Relax	CBT Coach	Concussion Coach	CPT Coach	CSF2 Goal Setting	Dream EZ	Feel Electric!	High Intensity Tactical Training	LifeArmor	Mindfulness Coach	MOVE! Coach	Moving Forward	MyPlate	Parenting2Go	PE Coach	Performance TRIAD	Physical Readiness Training	Positive Activity Jackpot	PTSD Coach	Sesame Street for Military Families	Stay Quit Coach	T2 Mood Tracker	Tactical Breather	VetChange	Virtual Hope Box		
Presenting Conditions	Alcohol/Drugs/Tobacco																															
	Anger/Irritability	•				•		•				•		•	•				•					•								
	Anxiety/Stress/Depression				•	•	•	•			•	•	•	•	•				•				•	•	•	•	•	•	•	•	•	
	Family/Social	•	•		•					•		•		•				•		•					•							
	Headaches/Pain														•	•																
	Mindfulness	•					•	•	•							•															•	
	Nutrition/Exercise			•									•			•		•				•	•		•							
	Personal development/Goal setting	•	•								•			•			•	•	•	•		•							•	•		
	PTS	•								•		•			•	•				•				•	•						•	
	Resilience	•		•			•		•		•		•		•	•	•															•
	Sleep							•	•			•										•			•							
	Spirituality	•													•																	
	TBI								•						•			•														
App Features	Available for Android	•		•	•	•	•	•	•	•	•	•	•	•				•		•	•	•	•	•	•	•	•	•	•	•	•	
	Available on the App Store	•	•	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•	•	•
	Corresponding Guide or Handout	•				•		•	•	•					•		•		•	•			•	•							•	
	Password Protected											•									•									•		
To Be Used with Manualized Treatment	•						•		•	•						•				•												