HEALTH TECHNOLOGIES FOR PATIENTS



	ACT Coach**	AIMS**	The Big Moving Adventure*	Breathe2Relax	CBT-i-Coach**	Concussion Coach**	CPT Coach**	Dream EZ	LifeArmor	Mindfulness Coach**	MissionFit	Mood Coach**	MOVE! Coach**	Moving Forward**	MyPlate	Pain and Opioid Safety	Parenting2Go**	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 O O O O O O															Podcasts														
Alcohol/Drugs/Tobacco						0			0							•					0			•		0	•				
Anger/Irritability	•	0				0			0			0					0						0								0
Anxiety		0	0	0	0	0		0	0	0		0		0			0			0	0	0	0	0	0	0		0			0
Depression		0	0	0	0	0		0	0	0		0		0			0			0	0	0	0	0	0	0		0			0
Family/Social	0		0						0			0		0			0					0	0								
Headaches/Pain									0	0						0														0	0
Nutrition/Exercise											0		0		0				0		0										
Personal development/ Goal setting	0	0							0			0	0	0	0		0		•				0			0	0				
Post Traumatic Stress	0						0	0	0	0							0	0		0	0		0					0			0
Sleep					0	0		0	0										0		0								0		
Spirituality	0								0			0																			
Stress		0	0	0	0	0		0	0	0		0		0			0			0	0	0	0	0	0	0		0			0
Traumatic Brain Injury						0			0					0																	
Google play	0	0	0	0	0	0	0	0	0		0	0	0	0	0	0		0	0	0	0	0		0	0	0		0			
Download on the App Store	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0	0	0	0	0		0	0			
To Be Used with Manualized Treatment	0	0			0		0	0					0					0					0	0							

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For more information, please visit: health.mil/mHealth

- * Developed by or in partnership with Sesame Workshop.
- ** Developed by or in partnership with the U.S. Department of Veterans Affairs.