




## Clinician's Guide to DoD and VA Mobile Health Applications

### KEY

 = available on iOS devices (iPhone, iPad, etc)  = available on Android devices

 = App can be password protected

 = App has a corresponding guide or flyer for patients and/or providers (located on your workshop CD or contact T2 at <http://t2health.dcoe.mil/>)

<sup>1</sup>User: PT = Patient focused apps; PR = Provider focused apps; TX = apps to accompany manualized evidence based treatment

<sup>2</sup>NOFFS = Navy Operational Fitness and Fueling System

<sup>3</sup>HITT = High Intensity Tactical Training

+ Five core mobile health apps

# Requires biosensor device to measure heart rate, respiration, EEG

**App names in bold** = Apps developed, co-developed, or co-branded by National Center for Telehealth & Technology (T2)

\* Indicates apps meant to be used as a part of a manualized treatment protocol with a provider:

ACT Coach is used with Acceptance and Commitment Therapy

CBTi Coach is used with Cognitive Behavioral Therapy for Insomnia

CPT Coach is used with Cognitive Processing Therapy

Dream EZ is used with Imagery Rehearsal Therapy for Trauma Related Nightmares

Move! Coach is used with the VA Move! Weight-loss program

PE Coach is used with Prolonged Exposure Therapy

Stay Quit Coach is used "*Integrated Care for Smoking Cessation: Treatment for Vets with PTSD*"