

Mobile Health Applications - Download Instructions

How to download an Apple App from the App Store:

1. Using your Apple device (iPhone, iPad, etc), click on the App Store icon (on the main screen), search for the name of the app you are looking for
2. Scroll until you find the app you are looking for
3. Tap Get App and then tap Install
4. Once the mobile app finishes installing, tap the icon and follow the on-screen instructions
5. Read and accept the End User License Agreement
6. You are ready to begin using the mobile app

How to download an Android app from Google Play:

1. Using an Android device, open the Google Play Store
2. Tap the search icon and enter the name of the app you are looking for
3. Select the app you are looking for and tap Install, then tap Accept & Download
4. Once the mobile app is installed, tap on the app icon and follow the on-screen instructions
5. Read and accept the End User License Agreement
6. You are ready to begin using the mobile app

Publically Deployed Mobile Health Applications

- ACT Coach) (iOS)
- The Big Moving Adventure (Android and iOS)
- BioZen (Android)
- Breathe2Relax (Android and iOS)
- CBT-I Coach (Android and iOS)
- Concussion Coach (iOS, Android pending VA release)
- CPT Coach (iOS, Android pending VA release)
- Dream EZ (Image Rehearsal Therapy) (Android and iOS)
- Feel Electric! (Android and iOS)
- LifeArmor (Android and iOS)
- Mindfulness Coach (iOS)
- mTBI Pocket Guide (Android and iOS)
- Moving Forward (iOS)
- Navy Leaders Guide to Managing Sailors in Distress (Android and iOS)
- Parenting2Go (iOS)
- PE Coach (Android and iOS)
- Positive Activity Jackpot (Android)
- Provider Resilience (Android and iOS)
- Psychological First Aid Mobile (Android and iOS)
- PTSD Coach (Android and iOS)
- Sesame Street for Military Families (Android and iOS)
- Stay Quit Coach (iOS, Android pending VA release)
- Tactical Breather (Android and iOS)
- T2 Mood Tracker (Android and iOS)
- Virtual Hope Box (Android and iOS)

Publically Deployed Websites

- **After Deployment** (<http://afterdeployment.dcoe.mil>)
- **Military Kids Connect** (<http://militarykidsconnect.dcoe.mil>)
- **T2 Organizational Website** (<http://t2health.dcoe.mil>)
- **Moving Forward** (<http://startmovingforward.dcoe.mil>)
- **Parenting for Service Members and Veterans** (<http://militaryparenting.dcoe.mil>)
- **DoD Suicide Event Report** (<https://dodser.t2.health.mil>)
- **Sesame Street for Military Families** (<http://www.sesamestreetformilitaryfamilies.org>)