

# Welcome

## “Help @ Your Fingertips: VA Mobile Apps”

**Lisa Huang, North Florida/South Georgia  
Veterans Health System Library**

**Lisa.Huang@va.gov**

**352-548-6312**



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# Why Mobile Apps?

## Smartphones are:

### Accessible

- 85% of population owns a smartphone ([Pew Research Center, 2021](#))

### *Physically* accessible

- Available 24/7

### Discreet



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# Why VA Mobile Apps?

- **Free & publicly available in the app marketplaces**
- **Secure: do not share or require personal information**
- **Fully Section 508 compliant**
- **Evidence-informed**
- **Tailored to Veterans & VA providers, can be used by anyone**



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[www.ptsd.va.gov/appvid/mobile/](http://www.ptsd.va.gov/appvid/mobile/)



**PTSD Coach** supports the self-management of posttraumatic stress disorder (PTSD).



**PTSD Family Coach** is for partners, family members, and other loved ones of individuals who may be experiencing PTSD.



**AIMS for Anger Management** (Anger and Irritability Management Skills) is an app for anyone experiencing problematic anger.



**Beyond MST** is for managing stress that may be related to the experience of military sexual trauma



**Couples Coach** is for partners who want to improve their relationship and explore new ways to connect.



**COVID Coach** is for managing stress related to the COVID-19 pandemic.



**Insomnia Coach** is designed for anyone who would like to improve their sleep.



**Mindfulness Coach** is designed to help people regularly practice mindfulness.



**VetChange** is an app for anyone who is concerned about their drinking and PTSD.



# VA Mobile Store

[mobile.va.gov/appstore](https://mobile.va.gov/appstore)

**VA Launchpad for Veterans : one app to launch them all, provides list of VA apps**



**VA Video Connect: virtual appointments app**



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# Popular Apps

Rx Refill:  
Prescription  
refills



Ask a  
Pharmacist app



VA Health Chat provides easy,  
online access to chat for  
minor health questions,  
schedule a visit, get COVID-  
19 answers, and more.



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# Thank you

- **Point of Contact: Lisa Huang**  
**[Lisa.Huang@va.gov](mailto:Lisa.Huang@va.gov) | 352-548-6312**

## Resources:

- **National Center for PTSD Mobile Mental Health apps = [www.ptsd.va.gov/appvid/mobile/](http://www.ptsd.va.gov/appvid/mobile/)**
- **VA App Store = [mobile.va.gov/appstore](http://mobile.va.gov/appstore)**



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