

VA Montana Health Care System Patient Health and Wellness Programs



This brochure lists patient education programs available to Veterans enrolled in the VA Montana Health Care System.

2016 Edition

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VA | Defining
HEALTH CARE | **EXCELLENCE**
in the 21st Century



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Join the “PACT”!



What does “Patient Aligned Care Teams” (PACT) mean?
PACT is a team of health care staff working with you to provide high quality care. **Your core team consists of your provider (doctor, nurse practitioner, or physician assistant), nurses, clerk and YOU.**

In addition to the standard office appointments, we now offer telephone appointments, group classes, and secure messaging (email to your PACT team).

What is my role in PACT?

Your role in PACT is very important. Do the following to be an active team player:

- ✓ Be prepared for your visit. Make a list of your top 2-3 concerns.
- ✓ Arrive 30 minutes early with proper identification.
- ✓ Please cancel any appointments that you cannot attend as soon as possible. This will make sure other Veterans can be served.
- ✓ Let us know current contact and insurance information.
- ✓ Bring a list of your medications including over the counter medications and supplements.
- ✓ Please have labs completed before your appointment, when possible.
- ✓ Bring any forms you would like completed.
- ✓ Contact your PACT with any problems or concerns
- ✓ If you have access to a computer, sign up for My HealtheVet.

CLINIC PHONE NUMBERS

Fort Harrison	(877) 468-8387
Outpatient	(406) 442-6410
Behavioral Health	(406) 447-6000
Anaconda	(406) 496-3000
Billings	(406) 373-3500
Behavioral Health	(406) 373-3911
Bozeman	(406) 582-5300
Cut Bank	(406) 873-9047
Glasgow	(406) 228-4101
Glendive	(406) 377-4755
Great Falls	(406) 791-3200
Hamilton (Telehealth Site)	(406) 363-3352
Havre	(406) 265-4304
Kalispell	(406) 758-2700
Behavioral Health	(406) 758-2782
Lewistown	(406) 535-4790
Miles City	(406) 874-5675
Missoula	(406) 493-3700
Behavioral Health	(406) 493-3800
Plentywood (Telehealth Site)	(406) 765-3718

EAT WISELY & BE PHYSICALLY ACTIVE

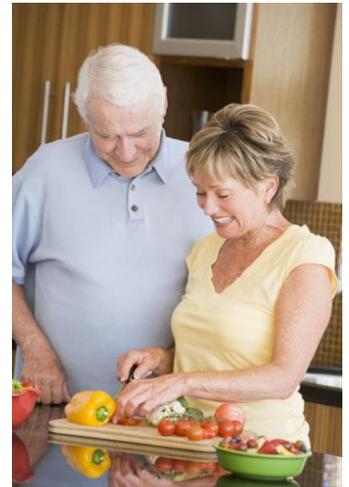
NUTRITION CONSULT

Talk to a Registered Dietician about how to eat wisely to improve your health and feel better. Ask your PACT team or call (406)447-7366.

MOVE! PROGRAM: STATEWIDE

A weight loss program for Veterans that encourages healthy lifestyle changes through goals you set. You may choose among weekly and monthly support groups, one-on-one support from Registered Dietitians, a Licensed Professional Counselor, or a Nurse, telephone support, and/or online and printed resources. Participants in the program at Fort Harrison may also participate in exercise and yoga classes. Participants in Miles City may participate in an exercise class.

Contact the MOVE! Office: (406) 447-7337



MOVE! WEBSITE

www.move.va.gov

Handouts on many healthy eating, physical activity, and behavior change strategies.



MOVE! COACH APP provides self-managed, weight management. It allows Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Available only on Apple products.

IMPROVE SLEEP

IMPROVING SLEEP ONE “Z” AT A TIME:

Having trouble falling asleep or getting back to sleep if you wake in the middle of the night? Ask for this booklet which will give you more information on restful sleep!



SLEEP STUDY ORIENTATION:

This class may be recommended before having a sleep study and can be done over telehealth. This one hour class is offered weekly on Thursdays and Fridays. Appointments must be scheduled in advance and require a referral from your primary care provider.

CONTACT: (406) 447-7443

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I):

CBT-I is an proven treatment option to help Veterans diagnosed with insomnia fall asleep, stay asleep, and improve daytime functioning and quality of life. CBT-I is offered as individual sessions.

CONTACT: YOUR LOCAL CLINIC (SEE PAGE 4)

PTSD SLEEP/ NIGHTMARE: FORT HARRISON

Learn how to reduce PTSD related nightmares through this 6 week class. Veterans are encouraged to attend Cognitive Behavioral Therapy for Insomnia prior to this class.

CONTACT: (406) 447-6000



CBT-I APP: CBT-I Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Available for iOS and Android phones.

LIVING LIFE WELL!



6 week workshop focused on improving how you cope with ongoing health conditions.

For more information call:
Fort Harrison- (406) 447-6052
Kalispell-(406) 758-2782 or 758-2768

These same classes are also offered in YOUR community!

Call to find out about the next FREE class in your area!

BUTTE SILVER BOW HEALTH DEPT.....(406) 497-5001
BILLINGS LIFTT PROGRAM..... (406) 259-5259
BILLINGS MISSION RIDGE.....(406) 655-5250
BILLINGS CLINIC.....(406) 238-2205
BOZEMAN MSU EXTENSION.....(406) 994-5099
COLUMBUS AND ABSORAKEE: STILLWATER BILLINGS
CLINIC.....(406) 322-1070
CHINOOK MSU EXTENSION IN BLAINE COUNTY
.....(406) 357-2345
GLENDIVE MEDICAL CENTER.....(406) 377-2871
GREAT FALLS: CASCADE COUNTY HEALTH DEPT.....(406) 791-9279
HARLEM FORT BELKNAP INDIAN HEALTH SERVICES.....(406) 353-8538
HELENA: ST. PETER'S HOSPITAL(406) 444-2128
PLAINS, THOMPSON FALLS, HOT SPRINGS: CLARK FORK VALLEY
HOSPITAL.....(406) 826-4669
LEWISTOWN: MSU EXTENSION IN FERGUS COUNTY....(406) 535-3919
MISSOULA YMCA..... (406) 721-9623
MISSOULA PARTNERSHIP HEALTH CENTER(406) 258-4162

BE TOBACCO FREE

Get help **QUITTING TOBACCO: STATEWIDE**

VA Montana resource to help guide Veterans through the quitting process and link Veterans with resources to help you quit tobacco.

CONTACT: MEGAN (406)447-6822

QUIT TOBACCO CLASS: FORT HARRISON

Quitting tobacco can be difficult. Learn skills to help you kick the habit and find support from others trying to quit. Offered on Tuesdays 1:00pm-2:00pm

CONTACT: MEGAN (406) 447-6822

QUIT VET: NATIONAL HOTLINE

A national telephone tobacco cessation quitline for Veterans who receive VA health care. Quitline counselors provide: individualized counseling, help to develop a quit plan, strategies to prevent relapse, and follow-up with calls to help you stay quit.

Hours: Monday-Friday 6:00am-8:00pm (MT)

CONTACT: 1-855-QUIT-VET OR 1-855-784-8838

SMOKEFREE VET: NATIONAL SERVICE

Text messaging program to provide 24/7 encouragement, advice, and tips. Sign up by texting VET to 47848 or text “URGE”, “STRESS”, or “SMOKED” anytime to 47848 without signing up.



STAY QUIT COACH APP is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking and to help them stay quit after treatment ends. Available for iOS and Android phones.

What's your
health age?



Take the **health**living assessment to find out

The **health**living assessment (HLA) is a first step to understanding—and improving—your health. The HLA asks you questions about your lifestyle and health history, and provides you:

- **Your “health age,”** an estimate of how healthy you are compared with others your age, based on factors like your weight, diet, exercise, and health habits.
- **Personalized reports** on your overall health and risk of certain diseases.
- **Recommendations** on how to improve your health and lower your disease risk.

The HLA is available 24/7 through the My HealthVet website. It's confidential and takes only about 20 minutes to complete!

 **health**living assessment

Ready to get on track to better health? It's easy with the HLA:

- 1 Log in to your online account at My HealthVet (www.myhealth.va.gov). If you're new to My HealthVet, just register for an online account at www.myhealth.va.gov.
- 2 Click on the healthliving assessment link.
- 3 Complete the assessment and find out about your health age today!

MANAGE DIABETES

WE HAVE CERTIFIED DIABETES EDUCATORS TO HELP YOU LEARN HOW TO BETTER MANAGE DIABETES! Ask your PACT how to set up a visit! Or you can call (406) 447-7366 to make an appointment.

ASK YOUR HEALTHCARE TEAM ABOUT THE DIABETES BLUE FOLDER. This folder provides helpful information you need to understand and manage diabetes.
CONTACT: YOUR PACT

GETTING STARTED WITH DIABETES- MISSOULA

Learn the basics about diabetes and how to take care of this condition. Meets first Thursday of each month at 3pm.

CONTACT: (406) 493-3771

DIABETES YOUR WAY (DYW) - FORT HARRISON, MISSOULA, GREAT FALLS

This six week class series is for any Veteran who wants to learn how to best manage their condition. DYW is highly recommended for any Veteran who has diabetes.

CONTACT: FORT HARRISON: (406) 447-7633 OR KATIE (406) 447-7016

MISSOULA: HEATHER (406) 493-3771

GREAT FALLS: KRISTAL (406) 791-3217

INTERESTED IN LEARNING ABOUT TYPE 2 DIABETES AT HOME?

Ask for a copy of the Type 2 Diabetes Home Video Guide: Skills for Self-Care!

Review the entire video or individual chapters as often as needed to make sure you are on track with your diabetes management.

CONTACT: YOUR PACT



BE INVOLVED IN YOUR HEALTH CARE

BETTER BREATHING WITH COPD-FORT HARRISON

Learn how to breathe better, improve activities and increase energy with less shortness of breath. Six week class held on Fridays.

CONTACT: JOAN (406) 447-7895

DOWN WITH HIGH BLOOD PRESSURE-FORT HARRISON

Take control of your blood pressure and learn lifestyle changes that you can make to lower your blood pressure. Two hour class.

CONTACT: KATIE (406) 447-7016



COGNITIVE BEHAVIORAL THERAPY (CBT) FOR CHRONIC PAIN- FORT HARRISON, KALISPELL, MISSOULA

Learn practical skills to help you reduce pain, increase activity level, and improve quality of life. CBT helps Veterans look at how thoughts, feelings and behaviors are connected with chronic pain. Twelve week class.

CONTACT: FORT HARRISON (406)447-6000

KALISPELL-(406) 758-2782

MISSOULA- (406) 493-3800

LIVING LIFE WELL-FORT HARRISON, KALISPELL

Are you sick and tired of being sick and tired? Try out this six week workshop focused on improving how you cope with ongoing health conditions and get to living life again! This same great class is offered in the community near you. See page 7.

CONTACT: FORT HARRISON- (406) 447-6052

KALISPELL- (406) 758-2782 OR (406) 758-2768

HOME TELEHEALTH

The Home Telehealth program helps you manage your health care needs in the comfort of your home. Using in-home technology, Registered Nurse Care Coordinators and Licensed Social Workers monitor and assess your health and well-being. The Registered Nurse Care Coordinator or Social Worker serves as a link between you and your Patient Aligned Care Team (PACT). Home Telehealth is currently able to serve Veterans with the following conditions:

- ❖ Anxiety
- ❖ Bipolar Disorder
- ❖ Congestive Heart Failure (CHF)
- ❖ Chronic Obstructive Pulmonary Disease (COPD)
- ❖ Depression
- ❖ Diabetes (DM)
- ❖ Hypertension (HTN)
- ❖ PTSD
- ❖ Schizophrenia
- ❖ Tobacco Cessation
- ❖ Weight Loss (TeleMOVE)
- ❖ Nutrition

For more information contact: 447-7620

MANAGE STRESS AND EMOTIONAL HEALTH

INDIVIDUAL COUNSELING (OFFERED EITHER FACE TO FACE OR BY TELEHEALTH): VA Montana strives to offer therapy that is proven to be helpful in reducing emotional health symptoms and improving Veteran's quality of life. Licensed counselors will work with you to determine your needs and discuss available therapy options.

CONTACT: YOUR LOCAL VA CLINIC (SEE PAGE 4)

MANAGE STRESS

INTRODUCTION TO MINDFULNESS- FORT HARRISON, KALISPELL

Mindfulness is the skill of paying attention to the present moment, which has been proven to help reduce stress, improve coping with chronic pain, depression, anxiety, and PTSD. This class will help you learn and practice the skill of mindfulness.

CONTACT: FORT HARRISON (406) 447-6000

KALISPELL (406) 758-2782



MINDFULNESS COACH APP is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a healthcare professional. It is not recommended for PTSD. Available for iOS only.

BEHAVIORAL HEALTH GROUPS

VA Montana offers a variety of group counseling options. Please call the local VA behavioral health department to find out what group options are available in your clinic.

ACT FOR DEPRESSION: BOZEMAN

Acceptance and Commitment Therapy (ACT) is a talk therapy for treating symptoms of depression. ACT for Depression (ACT-D) helps individuals with depression make changes so that they can have full, rich, and meaningful lives. The focus is to help you live more closely to your values. It also helps you to be more accepting of yourself. ACT-D helps individuals to have better relationships with themselves, others, and the world.

CONTACT: (406) 582-5300

BEHAVIORAL HEALTH ORIENTATION: FORT HARRISON

Informational group for Veterans seeking outpatient behavioral health therapy services. Veterans will receive information on the different types of treatment available, explore readiness to begin treatment, and assistance in exploring goals for treatment. This is a 2 week class offered on Tuesdays from 11-noon.

CONTACT: (406)447-6000

DBT GROUP: FORT HARRISON, MISSOULA

DBT or “Dialectical Behavior Therapy” focuses on learning and developing mindfulness, social, mood management and stress management skills. DBT assumes that people are doing the best they can and that developing skills will help improve how they feel and interact with others.

**CONTACT: FORT HARRISON (406) 447-6000
MISSOULA (406) 493-3800**

EAGALA: FORT HARRISON

The treatment sessions use horses to re-create life experiences providing opportunities for Veterans to discover their strengths, overcome challenges, and create change and growth in their life.

CONTACT: (406) 447-6000

PROBLEM SOLVING THERAPY: KALISPELL

Problem-solving therapy aims to help Veterans improve coping skills, understand the “role” of emotions and create an action plan to deal with difficult emotions and improve well-being.

CONTACT: (406) 758-2782

WRAP (WELLNESS RECOVERY ACTION PLAN) GROUP: FORT HARRISON

WRAP is a self-management plan for people dealing with emotional distress, physical health issues, addictions, and other life challenges that are looking for a sense of wellness.

CONTACT: (406)447-6000

POST-TRAUMATIC STRESS DISORDER (PTSD)/TRAUMA GROUPS

MILITARY SEXUAL TRAUMA COURAGE GROUP (WOMEN VETERANS ONLY): FORT HARRISON

This therapy group uses Cognitive Processing Therapy “CPT” to address feelings and thoughts related to MST. In CPT Veterans learn new ways to handle difficult thoughts and see how MST changed the way they view life. Twelve session weekly group.

CONTACT: (406)447-6000



PTSD COACH APP is designed for Veterans and military Service Members who have, or may have, Post-Traumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android phones.

PTSD 101: KALISPELL, BOZEMAN

This group offers the opportunity to learn more about the causes and symptoms of PTSD. Veterans are taught skills to improve symptoms related to PTSD including identification of triggers, managing negative thoughts, mindfulness skills, activity scheduling, managing anger and assertiveness, and improving sleep. This group is held weekly for 13 weeks.

CONTACT: KALISPELL (406) 758-2700
BOZEMAN (406) 582-5300

COGNITIVE PROCESSING THERAPY (CPT) FOR PTSD: BOZEMAN AND BILLINGS

CPT focuses on helping Veterans deal with military trauma and PTSD symptoms. CPT helps by giving Veterans a new way to handle difficult thoughts and see how events change the way you view life. In CPT, Veterans learn about PTSD symptoms, become aware of thoughts and feelings, learn new skills to deal with difficult thoughts and feelings, find ways to balance the changes in your beliefs from before and after the traumatic event(s).

CONTACT: BOZEMAN (406) 582-5300
BILLINGS (406) 797-3911

RESIDENTIAL TREATMENT PROGRAMS: FORT HARRISON

VA Montana offers two residential treatment programs to assist Veterans in need of more intensive treatment to manage their symptoms related to PTSD and substance use.

CONTACT: (406) 447-6100

- **TRAUMA RECOVERY UNIT**

Five and a half week trauma-focused treatment program. Primary goal is to lessen and manage symptoms of PTSD and prepare Veterans to return home with adaptive skills.

- **SUBSTANCE USE DISORDER UNIT**

Residential treatment program to help Veterans with substance abuse concerns. Learn skills to lead a life free from drugs and alcohol.

SUBSTANCE USE GROUPS: FORT HARRISON, BOZEMAN, BILLINGS, GREAT FALLS, KALISPELL, MISSOULA

Develop skills to lead a life free from drugs and alcohol. VA Montana offers a variety of groups depending on the level of care you need. Behavioral health therapists will help you find a group that meets your needs.

CONTACT: LOCAL BEHAVIORAL HEALTH DEPARTMENT (SEE PAGE 4)

VETERAN'S CRISIS LINE

Talk with a trained counselor at a crisis center about your distress. Includes free referral services.

VETERAN'S CRISIS LINE: 1-800-273-8255

**VISIT: WWW.VETERANSCRISISLINE.NET OR
WWW.SUICIDEPREVENTIONLIFELINE.ORG**

SUPPORT GROUPS

➤ CAREGIVER SUPPORT GROUP- FORT HARRISON

This group focuses on providing support to the caregiver to manage self care and overall wellness. Topics range from discussing issues about accessing health care for the Veteran to wellness and self-care activities for the caregiver.

Tuesday 10:30-12:00, Group House

CONTACT: DESIREE (406) 447-6797

➤ LOW-VISION EDUCATION AND SUPPORT GROUPS- FORT HARRISON, BILLINGS

Meets the second Wednesday of every other month. You may call in if you are not able to make the meeting in person. Veterans' spouses and caregivers are welcome to attend.

CONTACT: (406) 447-7625 OR (406) 373-3943.



LEARN IN THE COMFORT OF YOUR OWN HOME

Ask your PACT (health care team) about the following resources:

DVDS:

- ❖ **Living Better With Heart Failure**
- ❖ **Down With High Blood Pressure**
- ❖ **Type 2 Diabetes Home Video Guide: Skills For Self-Care**
- ❖ **Fit for Life**
- ❖ **Strength Training**

BOOKLETS:

- ❖ **Living Well With COPD**
- ❖ **Blue Diabetes Folder**
- ❖ **Living Well With Heart Failure**
- ❖ **Improving Sleep One “Z” at a Time**



WEBSITES:

- ❖ **Parkinson’s Disease** : Telephone support group, education videos, many handouts and checklists for day to day management of Parkinson’s Disease.
<http://www.parkinsons.va.gov/patients.asp>
- ❖ **Learn more about kidney disease:** Try out this new VA on-line learning clinic to discover more about kidney disease! Learn more about what your kidneys do, lab tests, medications, nutrition and treatment options!
<http://ckd.vacloud.us/>

LEARN IN THE COMFORT OF YOUR OWN HOME

WEBSITES:

- ❖ **Anger Management:** Practical skills and tools to manage anger and develop self-control over thoughts and actions.
www.veterantraining.va.gov/aims
- ❖ **Problem Solving:** Self-Help resources to help with problem solving. Includes relaxation tips.
www.startmovingforward.org
- ❖ **AboutFace:** AboutFace is dedicated to improving the lives of Veterans with post-traumatic stress disorder (PTSD). Learn about PTSD, explore treatment options and, most importantly, hear real stories from other Veterans and their family members. Get advice from VA clinicians who have treated thousands of cases of PTSD.
<http://www.ptsd.va.gov/apps/AboutFace/>
- ❖ **After Deployment:** Helpful tips and resources for every aspect of life once you return home. Great website, check it out!
<http://afterdeployment.dcoe.mil/>



VA INTERNET HEALTH RESOURCES

VETERANS HEALTH LIBRARY

www.veteranshealthlibrary.org

Free access to hundreds of handouts and videos designed specifically for Veterans. You will have the information you need to understand a diagnosis, make treatment decisions, better understand medications and manage your health.

MY HEALTHEVET

My HealthVet: **www.myhealth.va.gov**

My HealthVet is an online Personal Health Record that allows Veterans to become engaged in their health care, access trusted and secure health information, and get facts about VA benefits and services. Your registered account gives you access to tools that will help you track your health measures, such as blood pressure, blood sugar, and weight.

If you receive care at a VA facility, the next step is to upgrade your My HealthVet account to the free “Premium” account so you can view parts of your VA medical record, VA appointments, lab results, and refill and track your VA prescriptions.

To learn more about how to get an upgraded account, contact the My HealthVet National Help Desk: (877) 327-0022 or your local My HealthVet Coordinator: Duane Cunningham (406) 447-7437

NATIONAL CENTER FOR HEALTH PROMOTION & DISEASE PREVENTION

www.prevention.va.gov

This site includes information on; be involved in your health care, strive for a healthy weight, eat wisely, limit alcohol, be physically active, prevent falls and accidents, get recommended vaccines and screening tests, prevent sexually transmitted disease, be tobacco free, and manage stress. Live a healthier life!

**The only health
information resource
designed for you.**



Veterans Health Library

Your source for health information ★★★★★

www.veteranshealthlibrary.org

Community Health and Wellness Programs

STATE OF MONTANA HEALTH PROGRAMS:

- Arthritis
- Asthma Control
- Cancer Control
- Cardiovascular health program
- Diabetes program
- Disability & health programs
- Injury prevention
- Montana tobacco use prevention program
- Nutrition & physical activity



CONTACT: 1-844-684-5848

Or visit: chronicdiseaseprevention.mt.gov

Community Based Programs Workgroup page and interactive map:

<http://dphhs.mt.gov/publichealth/chronicdisease/CommunityBasedPrograms>

Community Health Programs Guide:

<http://dphhs.mt.gov/Portals/85/publichealth/ChronicDisease/mtccdp22506CommunityGuideDesignWEBFinal.PDF>

MONTANA TOBACCO QUIT LINE: Free program to help tobacco users quit tobacco. Provides a personalized quit plan, coaching on how to quit, and nicotine replacement therapy if appropriate.

CONTACT: 1-800-QUIT-NOW (784-8669)

NETWORK OF CARE FOR SERVICE MEMBER, VETERANS AND THEIR FAMILIES: The Montana Network of Care for Service Members, Veterans, and their Families (SMVF) is a one-stop-shop for services, information, support, advocacy, resources, and more. This public service is an attempt to bring critical information together for all components of the SMVF Community. Please take the time to become familiar with the site, share it with others, and come back often to see what is new. Warrior Strong, Montana Strong!
<http://montana.networkofcare.org/veterans/>



WHAT IS MONTANA 2-1-1? It is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities.
<http://www.montana211.org/>

Mobile Apps for Veterans

Insomnia/sleep:



CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Available for iOS and Android phones.

Smoking/tobacco cessation:



Stay Quit Coach is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking and to help them stay quit after treatment ends. Available for iOS and Android phones.

Weight management:



MOVE! Coach provides self-managed, weight management allowing Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Available for iOS only.

Mental health:



Life Armor allows users to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Available for iOS and Android phones.

PTSD:



PTSD Coach is designed for Veterans and Military Service Members who have, or may have, Post-traumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android phones.



CPT Coach is for Veterans, Service Members, and others with PTSD who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course. Available for iOS and Android phones.

Mood, depression, and/or bipolar disorder:



T2 Mood Tracker allows users to monitor their moods on six pre-loaded scales, anxiety, stress, depression, traumatic brain injury, posttraumatic stress, and general well-being. Available for iOS and Android phones.



ACT Coach is designed for Veterans and Military Service Members in Acceptance and Commitment Therapy (ACT) with a professional mental healthcare provider and provides additional assistance with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. Available for iOS and Android phones.

Anxiety and stress:



Virtual Hope Box (VHB) is an accessory to treatment that contains simple tools to help with emotional regulation, coping, relaxation, distraction, and positive thinking through personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools. Available for iOS and Android phones.



Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. Available for iOS and Android phones.



Breathe2Relax features hands-on breathing exercises. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. The app can be used as a stand-alone stress reduction tool, or can be used in addition to face-to-face care. Available for iOS and Android phones.



Mindfulness Coach is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a healthcare professional. It is not recommended for PTSD. Available for iOS only.

TBI/concussion:



Concussion Coach is designed for Veterans, Service members, and other individuals who experience physical, cognitive, and emotional symptoms that may be related to mild to moderate traumatic brain injury. App provides a self-assessment, and information on managing TBI. Available for iOS now and Android phones.

Parenting:



Parenting2Go helps Veterans and Service Members reconnect with their children and provides tools to strengthen parenting skills. Available for iOS only.

Social:



POS REP is a mobile, proximity-based social network made specifically for the military veteran community. POS REP, short for Position Report, connects veterans who served together and allows veterans to discover peers and resources in their local communities. Available for iOS now and Android phones.

Other VA resources:



VA Launchpad for Veterans

<https://mobile.va.gov/app/launchpad>



VA Summary of Care App

<http://mobilehealth.va.gov/training/summary-of-care>



Airborne Hazards and Open Burn Pit Registry

<http://mobilehealth.va.gov/training/burn-pit-registry>



USA.gov- Federal Mobile Apps Directory

<http://www.usa.gov/mobileapps.shtml>



Mobile Blue Button for Veterans:

<https://mobile.va.gov/app/mobile-blue-button>



IN THE SPOTLIGHT: Ask A Pharmacist App

Get answers to your VA Pharmacy Questions with the
Ask a Pharmacist App



Do you have VA prescriptions? Do you have questions about your medication? Now, VA has a new web application (app) that can help.

VA launched the *Ask a Pharmacist App*, which provides an easy way to find answers to the kinds of questions VA pharmacists regularly hear from patients. Have to search through multiple VA sites to find answers or rely on sites outside of VA that may not be accurate is frustrating. Now, you can use Ask a Pharmacist to find information that you know is reliable and VA- approved.

Ask a Pharmacist can help you:

- Find a VA pharmacy close to you
- Learn how VA pharmacies operate
- Learn about the medications you take
- Learn how to identify your pills by sight
- Learn how to read medication labels
- Learn how your medications may interact with each other
- Provides direct link to My HealtheVet's Rx Refill and Secure Messaging (with Advanced or Premium My HealtheVet account)

You can access the app on your smartphone, tablet, desktop computer or any device with an Internet connection.

**If you have any questions about this brochure
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