My App List

Review your selections below and select to either Email or Print your recommendations.

A recommended list of apps for you to explore. Visit mobile.va.gov/appstore to learn more about these apps:

VA: Health and Benefits
https://mobile.va.gov/app/va-health-and-benefits

Manage existing VA claims and appointments, securely message your VA health care providers, and more.

VA Health Chat
https://mobile.va.gov/app/va-health-chat

Connect with a VA staff member in as little as 60 seconds.

VA Video Connect
https://mobile.va.gov/app/va-video-connect

Meet with VA health care providers through live video on any computer, tablet, or mobile device with an internet connection.

Stay Quit Coach
https://mobile.va.gov/app/stay-quit-coach

Create a personalized plan to quit smoking and access resources for staying smoke-free.

CBT-i Coach
https://mobile.va.gov/app/cbt-i-coach

Receive supplemental support for Cognitive Behavioral Therapy for Insomnia (CBT-i) and learn strategies to improve sleep.

PTSD Coach
https://mobile.va.gov/app/ptsd-coach

Access tools, educational resources, and self-assessments to help manage the stresses of daily life with PTSD.

ACT Coach
https://mobile.va.gov/app/act-coach

Practice lessons learned during Acceptance and Commitment Therapy (ACT) in your daily life.

CPT Coach
https://mobile.va.gov/app/cpt-coach

Enhance your Cognitive Processing Therapy (CPT) treatment for PTSD with these support materials.

Airborne Hazards and Open Burn Pit Registry
https://mobile.va.gov/app/burn-pit-registry

Complete a health questionnaire and access information and resources for deployment-related exposures.

MOVE! Coach
https://mobile.va.gov/app/move-coach

Complete a 16-week nutrition and exercise program for weight management.

For more health management resources visit My HealtheVet. My HealtheVet is VA's secure, online patient portal that makes it easy for Veterans to manage their health care all in one place.

To learn about My HealtheVet, visit myhealth.va.gov

AIMS for Anger Management
https://mobile.va.gov/app/aims-anger-management

Track, address, and manage anger to reduce frustration and feel in control.

STAIR Coach
https://mobile.va.gov/app/stair-coach

Improve your emotional well-being and relationships with interactive tools for understanding and relieving trauma symptoms.

VetChange
https://mobile.va.gov/app/vetchange

Develop healthier drinking habits using motivational tools, stress management techniques, and other support resources.

Mindfulness Coach
https://mobile.va.gov/app/mindfulness-coach

Learn how to practice mindfulness to reduce stress and improve emotional balance.

PTSD Family Coach
https://mobile.va.gov/app/ptsd-family-coach

Access self-care tools and receive support for living with someone who has PTSD.

Insomnia Coach
https://mobile.va.gov/app/insomnia-coach

Access a guided weekly training plan, an interactive sleep diary, and other tools to help track and improve sleep.

Couples Coach
https://mobile.va.gov/app/couples-coach

Explore more resources with your partner to improve communication and satisfaction in your relationship.

Live Whole Health
https://mobile.va.gov/app/live-whole-health

Support your health and well-being with care centered around what matters most to you.

Beyond MST
https://mobile.va.gov/app/beyond-mst

Find coping tools and free resources to work through challenges associated with Military Sexual Trauma (MST).

MHA for Veterans
https://mobile.va.gov/app/mha-veterans

Take a variety of mental health assessments from the comfort and convenience of home.

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Safety Plan
https://mobile.va.gov/app/safety-plan

Create a custom step-by-step action plan to keep yourself safe when experiencing thoughts about suicide or self-harm.

PE Coach
https://mobile.va.gov/app/pe-coach

Supplement your Prolonged Exposure (PE) therapy sessions with exercises and techniques to alleviate PTSD symptoms.

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