YOU SERVE. WE PROTECT.

Health Promotion and Wellness

Mobile Health Applications List

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

App Name	App Description	Agency	Available On:	Link	Category
52 Weeks for Women's Health	This mobile app is for anyone interested in learning more about women's health. It contains information on 52 health topics, from "eye health" to "contraception". Each topic offers lifestyle tips related to the subject.	National Institutes of Health (NIH)	iOS Android	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
BioZen	The Department of Defense developed Biozen to help service members use the therapeutic benefits of biofeedback. BioZen is the first portable, low-cost method for clinicians and patients to use biofeedback in and out of the clinic. This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smart phone. BioZen makes it easier for anyone to get started with biofeedback.	National Center for Telehealth and Technology (T2)	Android	*http://t2health.dcoe.mil/apps/biozen*	General HPW
CDC Health e-cards	With this app you can send health eCards directly from your device to friends, family, and loved ones. Based on CDC's successful eCards' website, this mobile app features popular eCards and timely updates to coincide with important health events throughout the year, including American Heart Month, Flu Season, the Great American Smokeout, and others.	Centers for Disease Control and Prevention (CDC)	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
CDC Mobile App	The CDC mobile tablet application puts health information at your fingertips. It features important health articles, Disease of the Week, current outbreaks, popular journals, timely updates, and access to social media.	CDC	iOS Android Windows	*http://www.cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html*	General HPW
CDC Tablet App	The CDC tablet app brings important health information to your fingertips. It features health articles, background on the 'disease of the week', popular journals, timely updates, and features real time updates from CDC's social media accounts. It is updated throughout the year to coincide with important health concerns of the moment.	CDC	iOS (tablet) Android (table) Windows (tablet)	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
CSF2 Goals	Comprehensive Soldier and Family Fitness (CSF2) is designed to build resilience and enhance performance of Soldiers, their Families, and Army Civilians. CSF2 does this by providing hands-on training and self-development tools so that members of the Army Family are better able to cope with adversity, perform better in stressful situations, and thrive in life. CSF2 Goals allows users to keep track of their goals using the 7-step goal setting process used in the US Army's CSF2 program.	US Army	iOS	*https://itunes.apple.com/us/app/csf2-goals/id688829038?mt=8*	General HPW
Embryo	This educational app offers information on pregnancy and the stages of embryo growth. Videos show the how fertilization occurs within the body, and 2-D and 3-D images describe the stages of embryo development. You	National Library of Medicine	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW

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	can use this mobile app to follow your pregnancy, or that of family and friends.				
FluView	With this health app, you can track 'Influenza-Like Illness' activity levels across the U.S. The CDC is required to track such symptoms as they are reported to health care providers across the country. This app displays such reports in your area, and allows you to compare them to period of high and low flu risk.	CDC	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
Health Hotlines	Health Hotlines is a community service mobile app to help the public locate health-related information. It is a directory of almost 9,000 organizations with toll-free telephone numbers.	National Library of Medicine	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
LactMed	This health app brings the National Library of Medicine's database on breastfeeding into the palm of your hand. Find medications or dietary supplements you use, and the app will alert you to possible adverse effects the item may cause to a nursing infant. Suggested alternative to substances that may have adverse effect are provided, when appropriate.	National Library of Medicine	Android	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
My MedList (MML)	A record of current and past medications is useful if not vital information to an individual. MyMedList (MML) allows users to manage their medication list and control access to it. The personal medication list can be printed out to share, can be mailed to a relative, can serve as a reminder to the individual for taking medications, or be shown as reference information in doctor's offices or hospitals.	National Library of Medicine	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	General HPW
PubMed	This archive contains more than 22 million references for biomedical literature from science journals and online books. In the app you can ask a general question, search keywords in specific fields, and read abstracts of articles.	National Library of Medicine	iOS Android	*http://pubmedhh.nlm.nih.gov/*	General HPW
NOFFS App	The Navy Operational Fitness and Fueling Series (NOFFS) project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals.	Commander Navy Installations Command	iOS	*http://www.navyfitness.org/fitness/noffs/noffs_system_overview/applications/*	Active Living
USMC HITT App	The High Intensity Tactical Training (HITT) program's primary purpose is to enhance operational fitness levels and optimize combat readiness and resiliency for the active duty United States Marine. This comprehensive strength and conditioning program takes into consideration the physical demands of operational related activities in order to optimize physical	US Marine Corps	iOS Android	*http://dartfish.tv/ChannelHome.aspx?CR=p96647*	Active Living

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	performance while in combat.				
Ask Karen	Ask Karen provides 24/7 virtual assistance and tips on preventing foodborne illness, safe food handling and storage, and safe preparation of meat, poultry, and egg products.	United State Department of Agriculture	iOS Android	*http://askkaren.custhelp.com/*	Healthy Eating
My Dietary Supplement (MyDS)	Simply enter the names and amounts of your dietary supplements, and they'll be stored for your use anytime, anywhere—for example, when seeing your doctor or shopping. With MyDS you also can email your personal list of dietary supplements to yourself or to your health care providers and print it out for reference.	NIH	iOS Android Amazon Blackberry	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	Healthy Eating
Safe Helpline	The Safe Helpline App allows sexual assault survivors in the military to create a customized self-care plan and connect to resources from anywhere in the world. You can use the self-care exercises and information in the app whenever you'd like. Your personalized plan will be stored only on your mobile device so it will remain completely confidential. Once you download the app, you don't need an internet connection to use it.	DoD Safe Helpline	iOS Android	*https://www.safehelpline.org/about-mobile*	Injury and Violence Free Living Psychological and Emotional Wellbeing
Pier Pressure	"Pier Pressure" was designed to promote responsible drinking among Sailors by incorporating real-life choices in an entertaining work-and-play scenario. The app also enables all Sailors to have important alcohol-related resources at their fingertips 24/7, including a blood alcohol content (BAC) calculator and local taxi search.	US Navy	iOS Android	*http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/PierPressure.aspx*	Preventing Drug and Alcohol Abuse
ACT Coach	The ACT Coach App helps you work with a mental health professional during Acceptance and Commitment Therapy (ACT). ACT aims to help you live with unpleasant thoughts and feelings without avoiding them or being controlled by them.	Department of Veterans Affairs (VA)	iOS	*https://mobilehealth.va.gov/app/act-coach*	Psychological and Emotional Wellbeing
Breathe2Relax	Breathe2Relax is a hands-on diaphragmatic breathing exercise. 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.Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.	T2	iOS Android	*http://t2health.dcoe.mil/apps/breathe2relax*	Psychological and Emotional Wellbeing

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CBT-i Coach	The CBT-i Coach App helps you get the most out of Cognitive Behavioral Therapy for Insomnia (CBT-i) so that you can develop good sleep habits and sleep better. CBT-i Coach is best used while in therapy with a provider.	VA	iOS	*https://mobilehealth.va.gov/app/cbt-i-coach*	Psychological and Emotional Wellbeing
Concussion Coach	The Concussion Coach App provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury.	VA	iOS	*https://mobilehealth.va.gov/app/concussion-coach*	Psychological and Emotional Wellbeing
Co-Occuring Conditions Toolkit	The Co-occurring Conditions Toolkit (CCT) mobile application for smart phones and tablet devices is an electronic version of the familiar Co-occurring Conditions Toolkit published by the Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury (TBI).	T2	iOS Android Amazon	*http://t2health.dcoe.mil/apps/cct*	Psychological and Emotional Wellbeing
CPT Coach	The CPT Coach App helps you work with your therapist during Cognitive Processing Therapy (CPT). CPT is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you work through your thoughts and feelings about your trauma, and decrease avoidance of difficult memories. The App helps you track your progress, appointments, and PTSD symptoms. CPT Coach is not a self-help tool and should only be used while in therapy with a provider.	VA	iOS	*https://mobilehealth.va.gov/app/cpt-coach*	Psychological and Emotional Wellbeing
LifeArmor	Touch-screen technology allows the user 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. Videos relevant to each topic provide personal stories from other service members, veterans, and military family members.	T2	iOS Android Amazon	*http://t2health.dcoe.mil/apps/lifearmor*	Psychological and Emotional Wellbeing
Mindfulness Coach	The Mindfulness Coach App provides you with tools and guided exercises to help you practice mindfulness, which means paying purposeful attention to the present moment without passing judgment on it or your feelings.	VA	iOS	*https://mobilehealth.va.gov/app/mindfulness-coach*	Psychological and Emotional Wellbeing
Navy Leaders Guide Mobile App	The Navy Leader's Guide for Managing Sailors in Distress is your one-stop shop for information on issues that affect your Sailors and guidance on what leaders like you can, or must, do. Based on the Navy & Marine Corps Public Health Center website of the same name, the Navy Leader's Guide mobile app puts the resources you need to respond to almost any issue affecting your Sailors right in the palm of your hand.	T2 US Navy	iOS Android Amazon	*http://t2health.dcoe.mil/apps/navy-leaders-guide*	Psychological and Emotional Wellbeing
PE Coach	The PE Coach App helps you work with a mental health professional during	VA	iOS	*https://mobilehealth.va.g*	Psychological

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	Prolonged Exposure (PE) therapy. PE therapy is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you decrease distress about your trauma by engaging with reminders of the experience (triggers). The App helps you track your progress, appointments, and PTSD symptoms. PE Coach is not a self-help tool and should only be used while in therapy with a provider.			*ov/app/pe-coach*	and Emotional Wellbeing
Positive Activity Jackpot	Positive Activity Jackpot uses a professional behavioral health therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience. This app features augmented reality technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends. If you cannot make up your mind which fun thing to do, "pull the lever" and let the app's jackpot function make the choice for you. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist.	T2	Android	*http://t2health.dcoe.mil/apps/positiveactivityjackpot*	Psychological and Emotional Wellbeing
PTSD Coach	The PTSD Coach App was designed for service members and Veterans who have, or may have, Post-Traumatic Stress Disorder (PTSD). This app provides readily available tools to manage PTSD-related symptoms and stress and supports Service members and Veterans with self-assessments, symptom-tracking capabilities, educational materials, and coping skills to address and monitor stress.	VA	iOS Android	*https://mobilehealth.va.gov/app/ptsd-coach*	Psychological and Emotional Wellbeing
Real Warriors	The Real Warriors app is an online photo-sharing service that offers peer support for warriors, veterans, and military families. Users can upload photos to the wall, salute others and access 24/7 resources.	T2	iOS	*http://www.realwarriors.net/mobileapp.php*	Psychological and Emotional Wellbeing
T2 Mood Tracker	T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.	T2	iOS Android Amazon	*http://t2health.dcoe.mil/apps/t2-mood-tracker*	Psychological and Emotional Wellbeing
Tactical Breather	The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations. Many of the techniques	T2	iOS Android Amazon	*http://t2health.dcoe.mil/apps/tactical-breather*	Psychological and Emotional Wellbeing

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	taught in this application were provided with permission by Lt. Col. Dave Grossman from his book "On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace".				
Virtual Hope Box	The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed.	T2	iOS Android	*http://t2health.dcoe.mil/apps/virtual-hope-box*	Psychological and Emotional Wellbeing
AIDSinfo Glossary	The AIDSinfo HIV/AIDS Glossary app provides access to the same terms found in the AIDSinfo Glossary of HIV/AIDS-Related Terms. The app includes English and Spanish definitions of more than 700 HIV/AIDS-related terms.	Department of Health and Human Services (HHS)	iOS Android	*http://aidsinfo.nih.gov/apps*	Reproductive and Sexual Health
HIV Testing and Care Services Locator	This mobile app is a first-of-its-kind HIV/AIDS services locator. It uses your device's GPS system to suggest prevention and service providers near your location. Use it to find testing, housing assistance, health centers, and other resources.	HHS	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	Reproductive and Sexual Health
NCI Quit Pal	National Cancer Institute (NCI) QuitPal is a free smartphone app to support smokers working to become smokefree. This interactive app was developed by the NCI using the latest evidence-based smoking cessation methods and behavior change theory, and includes quit strategies and tools to help change behavior and assist you with giving up smoking.	NCI	iOS	*http://smokefree.gov/apps/nciQuitPal/default.aspx*	Tobacco Free Living
QuitGuide	The QuitGuide is a free application developed for the Tobacco Control Research Branch of the National Cancer Institute (NCI). Written by tobacco control professionals and cessation counselors, with the help of ex-smokers and experts, this app is designed to help you prepare to quit smoking and support you in the days and weeks after you quit.	National Cancer Institute (NCI)	iOS Android Amazon	*http://smokefree.gov/apps-quitguide*	Tobacco Free Living
QuitSTART	QuitSTART App is a free smartphone app that can help you track your cravings and moods, monitor your progress toward achieving smokefree milestones, identify your smoking triggers, and upload personalized "pick me ups" and reminders to use during challenging times to help you	NCI	iOS Android	*http://smokefree.gov/apps-quitstart*	Tobacco Free Living

App Name	App Description	Agency	Available On:	Link	Category
	successfully become and stay smokefree. It was created with teens in mind, but can be used by adults as well.				
Stay Quit Coach	The Stay Quit Coach App helps you "stay quit" after you stop smoking with tools to control cravings, reminder messages, and support links. Stay Quit Coach is best used while in treatment with a therapist or after your treatment has ended.	VA	iOS	*https://mobilehealth.va.gov/app/stay-quit-coach*	Tobacco Free Living
NIH BMI Calculator	Body Mass Index (BMI) is a reliable indicator of total body fat, which is related to the risk of disease and death. This mobile version of the BMI Calculator provides results right on your phone along with links to healthy weight resources.	NIH	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	Weight Management
CDC Influenza	The CDC Influenza application offers up-to-date information on national flu activity and the latest recommendations for diagnosis and treatment. New information is 'pushed' to your device whenever you have a signal, so you never have to search for the most up-to-date information.	CDC	iOS	*http://www.hhs.gov/digitalstrategy/mobile/mobile-apps.html*	Apps For Providers
Electronic Preventive Services Selector (ePSS)	Primary care doctors can use this mobile app to identify preventive services that are appropriate for their patients. You can use it to find U.S. Preventive Services Task Force (USPSTF) recommendations for patients based on specific characteristics, such as age, sex, and selected behavioral risk factors.	Agency for Healthcare Research and Quality	iOS Android Blackberry	*http://epss.ahrq.gov/PDA/index.jsp*	Apps For Providers
mTBI Pocket Guide	The Mild Traumatic Brain Injury (mTBI) Pocket Guide mobile application for health care providers gives instant access to a comprehensive quick-reference guide on improving care for mTBI patients. Designed to reflect current clinical standards of care, the mTBI Pocket Guide mobile application can help you improve quality of care and clinical outcomes for patients.	T2	iOS Android Amazon	*http://t2health.dcoe.mil/apps/mtbi*	Apps For Providers
PFA Coach	The PFA Mobile App is designed to assist responders who provide Psychological First Aid (PFA) to adults, families and children as part of an organized response effort following a disaster or emergency.	VA	iOS Android	*https://mobilehealth.va.gov/app/pfa-mobile*	Apps For Providers
Provider Resilience	Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families. Your responses to a short self-assessment create ratings of your risk for compassion fatigue, burnout, and secondary traumatic stress. These ratings can also be viewed as graphs so you can monitor them over time. A clock showing time since your last day off, inspirational cards, stretches, and Dilbert comics all encourage you to take restful breaks	T2	iOS Android Amazon	*http://t2health.dcoe.mil/apps/provider-resilience*	Apps For Providers

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	critical to avoiding burnout. Finally, videos by service members describing the positive impact health care providers had in their lives are there when you need a reminder of the value of what you do.				
MyMC2	MyMC2 is the mobile application that centralizes all of your Air Force installation's community events, organizations, and services right in your pocket.	US Air Force	iOS Android	*http://www.scott.af.mil/library/factsheets/factsheet.asp?id=19464*	Other Service Apps
Army Strong Stories	The Army Strong Stories App lets users read and comment on the latest Soldier blog posts and supporter stories, log in to post new stories and videos of their own, and share stories on Facebook and Twitter.	US Army	iOS	*http://www.army.mil/mobile/strongstories.html*	Other Service Apps
Army OneSource Services Locator	The Army OneSource Services Locator allows users to locate services grouped by categories, find services using their current location, or search for services near a given location, both inside and outside of the U.S. The app displays results in both a list and map view, provides navigation assistance, and provides news updates.	US Army	iOS	*http://www.army.mil/mobile/onesource.html*	Other Service Apps