Defense Health Agency Connected Health develops podcasts to share information on tools, techniques and trends in military health. Get resources to help with the challenges of military life.

Download and subscribe on iTunes or wherever podcasts are available.
A Better Night's Sleep
Sleep experts, including Dr. Jonathan Olin of the Evans Army Community Hospital Sleep Lab and Dr. Julie Kinn of Defense Health Agency Connected Health, discuss the latest advances in technology for treating sleep disorders.

Military Meditation Coach
Military Health System clinicians and educators guide listeners through a new meditation, mindfulness or relaxation technique each week.

Next Generation Behavioral Health
Dr. Christina Armstrong and Dr. Julie Kinn of Defense Health Agency Connected Health host this podcast that answers the most common questions mental-health providers have about integrating technology into their practices.

Dr. Christina Armstrong
Christina Armstrong, Ph.D., is a clinical psychologist and the Education and Training Program lead at Defense Health Agency Connected Health. She oversees the Defense Department's efforts to help providers integrate mental-health technology into military clinical care.

Dr. Julie Kinn
Julie Kinn, Ph.D., is a clinical and research psychologist for Defense Health Agency Connected Health. She is the executive producer for the military health podcasts and oversees the development and usability evaluation of mobile health applications to support the military community.

Dr. Jeffrey Millegan
CDR Jeffrey Millegan, M.D., is the director of the Naval Center for Combat & Operational Stress Control. He is also a faculty member at Naval Medical Center San Diego, where he founded the award-winning Mind Body Medicine program to integrate self-guided care into patient treatment.

Dr. Jonathan Olin
Jonathan Olin, M.D., is the medical director of the Evans Army Community Hospital Sleep Lab at Fort Carson, Colorado. Board-certified in sleep medicine, psychiatry and forensic psychiatry, he attended medical school at the University of Colorado and completed his psychiatry training through Harvard Medical School at Massachusetts General Hospital.