



# MILITARY HEALTH SYSTEM MOBILE APPS

**WHERE INNOVATION SAVES LIVES!**  
STAYING CONNECTED WITH EVERYTHING THAT MATTERS



## MY PROSPERITY PLAN

Specify goals and develop a plan to attain them  
[iPHONE](#) [ANDROID](#)



## BIOZEN

Mobile monitoring of biosensor devices  
[ANDROID](#)



## BREATHE2RELAX

Portable stress management tool  
[iPHONE](#) [ANDROID](#)



## PROVIDER RESILIENCE

Tools to guard against burnout and compassion fatigue  
[iPHONE](#) [ANDROID](#)



## OPIOID SAFETY

Guidelines and FAQs for users and providers  
[iPHONE](#) [ANDROID](#)



## T2 MOOD TRACKER

Monitor and track emotional health  
[iPHONE](#) [ANDROID](#)



## DREAM EZ

Diminish nightmares for a good night's sleep  
[iPHONE](#) [ANDROID](#)



## TACTICAL BREATHER

Control physiological and psychological responses to stress  
[iPHONE](#) [ANDROID](#)



## LIFEARMOR

Measure and track symptoms for more than 17 topics  
[iPHONE](#) [ANDROID](#)



## VIRTUAL HOPE BOX

Coping with stress through video, pictures and games  
[iPHONE](#) [ANDROID](#)



## mTBI POCKET GUIDE

Quick reference guide on improving care for mild TBI patients  
[iPHONE](#) [ANDROID](#)



## MHS HR NEWSWIRE

Latest MHS HR news, job openings and contact information  
[iPHONE](#) [ANDROID](#)



## NAVY LEADERS GUIDE

Guide for leaders to manage sailors in distress  
[iPHONE](#) [ANDROID](#)



## POSITIVE ACTIVITY JACKPOT

Helping users find nearby activities to improve mood  
[ANDROID](#)



## US NAVY MEDICINE - MTF

Search and access information for each Navy medical facility  
[iPHONE](#) [ANDROID](#)



## NAVY PT

Keep track of exercise plans, physical therapy appointments and plans  
[iPHONE](#) [ANDROID](#)



## METC MOBILE

Instant access to campus maps, catalogs and more  
[iPHONE](#) [ANDROID](#)



## TRICARE Online PATIENT PORTAL MOBILE

Enables TRICARE Online Patient Portal users to manage their healthcare from mobile devices



## FORT BELVOIR COMMUNITY HOSPITAL

Guidance for hospital patients and staff  
[iPHONE](#) [ANDROID](#)

**Note:** To access TOL PP mobile, go to [www.tricareonline.com](http://www.tricareonline.com) on your mobile device web browser, login, tap the menu button and click "Add to Home Screen"



[WWW.HEALTH.MIL/SDD](http://WWW.HEALTH.MIL/SDD)