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Four VA Virtual Care Resources for Caregivers

For a Veteran's family member or professional caregiver

Caregivers work hard to make sure Veterans receive the care they need. VA virtual care tools can make that work easier. Whether you're a Veteran's family member or a professional caregiver, VA has virtual care tools to help you on your journey.

Here are four VA resources that can help as you care for the Veteran in your life—and yourself.

1. VA Video Connect's "Caregiver Connect"

[VA Video Connect](#), VA's secure videoconferencing app, makes it easy for caregivers to join health care appointments. Veterans can invite up to five family members or caregivers to an appointment. All they need to do is ask about the Caregiver Connect option at scheduling. Veterans can also invite caregivers to an in-progress video visit.

The VA provider will use the Invite Participants feature, and the invitation is sent immediately through an email or text message.

To learn more about this option, [read the Caregiver Connect fact sheet](#).

2. Ask a Pharmacist

Have questions while you're setting up a pill organizer? The Ask a Pharmacist app provides you with trusted information about medications and VA pharmacies. Anyone can access the medication information so you can learn how to read prescription bottle labels and identify pills by sight.

Ask a Pharmacist provides a link to My HealtheVet, VA's online patient portal. A Veteran with a My HealtheVet account can use their secure sign-in credentials to refill VA prescriptions, send a secure message to their pharmacist and more.

To launch the app in your browser, [visit the Ask a Pharmacist app page](#).

3. Annie for Veterans

VA's automated text messaging service is not just for Veterans. Caregivers can also receive Annie's caregiver support texts to help reduce stress and feel less alone.

The stress management subscription is one of Annie's most popular features among caregivers. These text messages include tips and activities—such as breathing exercises and motivational messages—to lift your spirits during the day.

You can also opt in to subscriptions about dementia, PTSD and Parkinson's disease. These messages provide education and advice so that you can better understand and interact with the Veteran in your care.

Learn more about Annie's features on the [Annie for Veterans page](#). If you want to sign up for Annie, [contact your local Caregiver Support Program Team](#).

4. Mindfulness Coach

Caregiving can be hard on your mental health. The Mindfulness Coach app is designed to help you be present in the moment without passing judgment. A mindfulness practice can reduce your stress, anxiety and depression. It also benefits your concentration, sleep and self-awareness.

Mindfulness Coach offers a series of simple exercises that can help you integrate mindfulness into your life—starting at just one minute per day. You can save your favorite exercises, learn about different styles of mindfulness and track progress toward your mental health goals.

To download the app, [visit the Mindfulness Coach page](#).

To learn more about VA's virtual care tools, visit the [Connected Care website](#).

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