



Behavioral Health Tech Review

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QUARTERLY NEWS HIGHLIGHTS

MOBILE APPLICATIONS

VA MOBILE HEALTH: Coming Soon to a Mobile Device Near You

July 29, 2013 (VFW)

The Department of Veterans Affairs (VA) aims to revolutionize health care for Veterans, Caregivers and VA care teams through its new VA Mobile Health strategy. It will enhance medical care through convenient access to information for both patients and providers, increase communications between patients and care teams and empower Veterans to be active participants in their health and health care...[More](#)

VIRTUAL APPLICATIONS

3 Ways Virtual IT Helps Lose Real Weight

June 21, 2013 (Healthcare IT News)

The Internet is a double-edged sword. On one hand, there's little doubt that too much time spent online contributes to increasingly sedentary patterns of behavior. On the other, it offers a wealth of information and programs designed to help people lose weight...[More](#)

Virtual Superpowers May Make You a Better Person in Real Life

January 31, 2013 (NBCNEWS.com)

Virtual-reality technology uses video displays and other gear to immerse people in realistic digital environments. Virtual reality can lead to mind-bending experiences, such as making users think they have swapped bodies with someone else. The effects of virtual reality can endure long after these experiences, which psychologists hope can help in therapies...[More](#)

TELEHEALTH

Telehealth Program For Veterans Expands

August 3, 2013 (InformationWeek Healthcare)

The decade-old telehealth program of the Department of Veterans Affairs (VA) is expanding rapidly, far outpacing similar efforts in the private sector. The number of veterans receiving care via the VA's telehealth services is growing 29% annually...[More](#)

Remote Patient Monitoring to Save \$36B Globally by 2018

July 17, 2013 (FierceMobileHealthcare)

Over the next five years, remote patient monitoring will result in cost savings of up to \$36 billion worldwide, according to an announcement on the mHealth market from Juniper Research. The report paints an "optimistic forecast scenario" of cumulative cost savings...[More](#)

INNOVATIVE TECHNOLOGY FOR HEALTHCARE

New Tool Harnesses Big Data for Personalized Health Recommendations

July 26, 2013 (FierceHealthIT)

Researchers at the University of Notre Dame have developed a computerized assessment tool to help doctors offer patients a personalized disease management and wellness plan. The system, called Collaborative Assessment and Recommendation Engine (CARE), uses big data analytics to compare population health data to each individual's risk factors...[More](#)

How Technology Is Transforming Health Care

July 12, 2013 (US News)

Digital innovations have now made it possible for consumers to use portable devices to access their medical information, monitor their vital signs, take tests at home and carry out a wide range of tasks. In his book "The Creative Destruction of Medicine," Eric Topol, a cardiologist, geneticist and researcher, describes how medicine is entering an age of democratization...[More](#)



MOVING FORWARD
OVERCOMING LIFE'S CHALLENGES

Learn to Overcome Life's Challenges by Moving Forward

Service members and veterans can now take advantage of a free, private life-coaching program that the VA and DoD have developed. Moving Forward is a new Web resource that teaches problem-solving skills to our military members through eight interactive modules.

Launched in November 2012, Moving Forward is helpful for overcoming the challenges faced by service members and veterans, especially as they readjust to civilian life.

The site evaluates users' problem-solving abilities and then helps users to develop new skills for facing situations that may range from daily nuisances to life-altering decisions. The training program features first-person stories, video exercises, surveys and resources to help anyone understand the importance of problem-solving skills.

Moving Forward is a stand-alone intervention, and it may also be used to maintain progress made through in-person care. The online aspect of Moving Forward appeals to a younger generation of veterans and provides accessibility, flexibility, and anonymity.

Visit Moving Forward today at startmovingforward.org

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