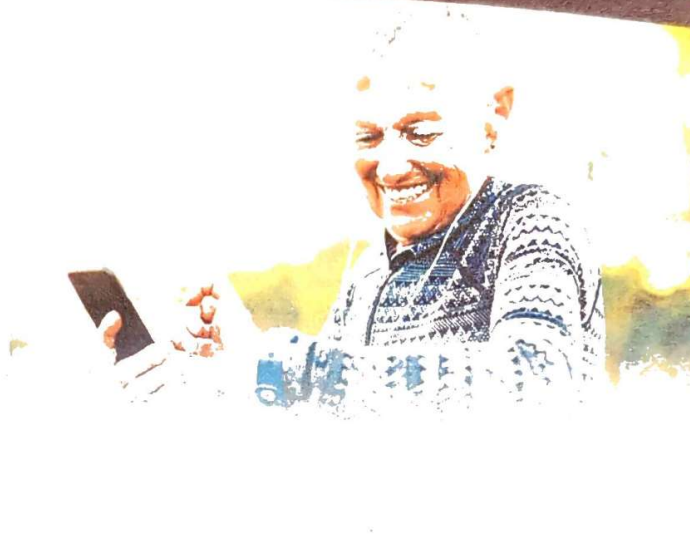




### What Is Annie?

Annie is an automated text message reminder service from the U.S. Department of Veterans Affairs, designed to help Veterans like you better manage their health from anywhere. You can use Annie messages to help manage your weight and track your progress towards goals.

**VA Mobile**



### More Information and Assistance

For detailed instructions, visit Annie online: [mobile.va.gov/annie](http://mobile.va.gov/annie). Select the **Training Materials** tab and then Annie's **User Manual** PDF.

For additional assistance creating a secure VA login credential, contact your local My HealthVet Coordinator, or call the VA Mobile Help Desk at **877-470-5947** from **Monday to Saturday, 8 a.m. – 8 p.m. Eastern time.**



*Taking charge of your health  
— one text at a time.*

Subscribe to Annie  
Self-Care Messages for

## Weight Management



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