



# Take Control of Your Health with Annie



***With Annie, you will receive reminders and educational messages, such as:***

## ***Take better care of yourself and simplify your life.***

The care plan you've received from your VA health care team may feel overwhelming. Annie can help. By reminding you of your care team's instructions through messages on your mobile phone, Annie empowers you to better manage your own care and stay healthy, wherever you are.



Take time to check and submit your blood pressure reading.



Exercise for 30 minutes today.



Stay motivated! You're on your way to better health.

You can choose to receive and respond to SMS text messages, or use the Annie App for Veterans. With the app, you can securely receive and send messages about your health data and readings; graph your readings; and see your schedule of messages from Annie.

## Get started today!

Ask your VA care team about Annie and visit [mobile.va.gov/app/annie-app-veterans](https://mobile.va.gov/app/annie-app-veterans).



U.S. Department  
of Veterans Affairs