



Wellness Check App

Quick Start Guide



VA
HEALTH
CARE

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EXCELLENCE
in the 21st Century



Overview

The Wellness Check mobile application (App) is both a survey that will help you monitor your health data and a tool that helps VA learn about general wellness and patterns of illness by providing consolidated health information for a geographic region.

By checking in on your mobile device and submitting information about your health, you support keeping your community strong and allow VA to better predict and track health issues. Using the Wellness Check App helps improve VA's service to Veterans, and none of your personally identifiable information will be shared.

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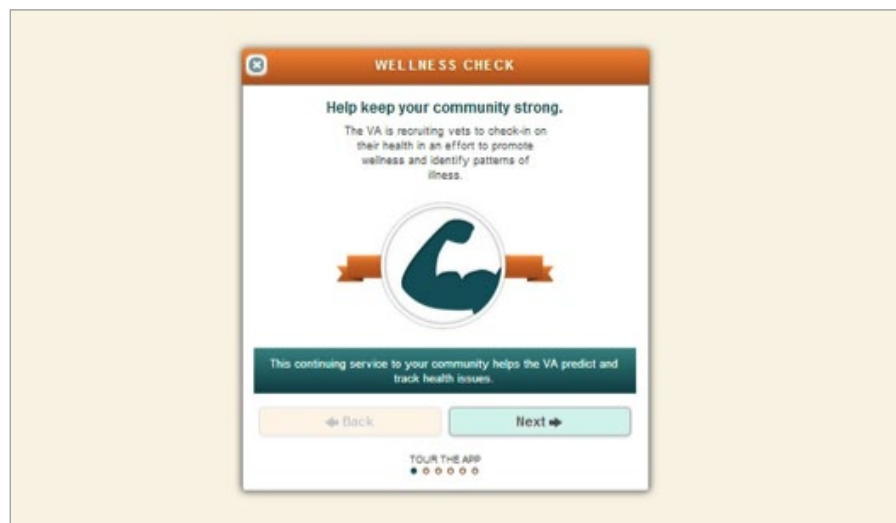
Prerequisites

To use the Wellness Check App, you must have a DS Logon Level 2 (Premium) Account. If you do not have a DS Logon Level 2 (Premium) Account, or you are not sure, visit mobilehealth.va.gov/dslogon for more information.

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Tour the App

You can get to know the Wellness Check App's purpose and features by taking an App tour, which is accessible either before you log in or afterward on the Home screen. Tap **Tour The App** either below the Login button or below the "Today I'm reporting" box on the Home screen. Tap **Next** to progress through the tour, or tap **Back** to revisit the previous screen. To close the tour, either tap the **X** button in the upper left corner of any of the App overview screens, or tap the **Close Tour** button on the last screen.



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The Wellness Check App Game

Earn points by participating in the Wellness Check, and get promoted to higher ranks. You will begin as a Recruit and will be promoted every time you gain 250 points. You will earn points for:

- Each Wellness Check-In = 10 points
- Each Illness Check-In = 40 points
- Sending an invitation = 40 points
- Creating a profile = 40 points

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Wellness Check-Ins

Checking in when you're well helps VA establish a baseline for your community. You will earn 10 points for each Wellness Check-In. On the Home screen, tap the box next to Wellness in the Today I'm reporting box. If necessary, adjust the zip code in the From ZIP box to match your current location. Tap Report **Wellness**.

The screenshot shows a mobile app interface with a central dialog box titled "WELLNESS CHECK". The dialog box has an orange header and contains the following text and elements:

- Header: "WELLNESS CHECK"
- Text: "Helping to keep the Veteran community strong"
- Text: "Hi, Test. How are you feeling today?"
- Icon: A green clipboard icon with a white checkmark.
- Section: "Today I'm reporting"
- Options: Two radio buttons, "Wellness" (selected) and "Illness".
- Text: "From ZIP*" followed by a text input field containing "60610".
- Button: An orange "Submit" button.
- Text: "TOUR THE APP" with five small circles below it.

The background of the app is a light beige color with a dark green bottom navigation bar containing icons for Home, Wellness, Profile, and Settings.

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Illness Check-Ins

Checking in when you are sick helps identify health issues and trends sooner. For each Illness Check-In, answer a quick survey about your health issues and symptoms, and you will earn 40 points. On the Home screen, tap the box next to Illness in the Today I'm reporting box. If necessary, adjust the zip code in the From ZIP box to match your current location. Tap **Start Survey**, then tap either **Update Symptoms** or **New Illness**, and you will go to an Illness Survey. The survey has three pages, and you will provide most of your information by tapping boxes next to the symptoms and answers that best describe your situation. Tap **Next** to proceed to each page, and tap **Submit** when you have completed your Illness Check-In.

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Reports

The Wellness Check App takes the information you enter from your Check-Ins and develops graphs, charts, maps and statistics so that you can easily monitor your health, see trends in your community and check your standings in the App's game. Tap the **Reports** tab, which has three sections: **My Check-Ins**, Map and Chart. Tap My Check-Ins to see an overview of your wellness and illness based upon the data you entered with your Check-Ins, as well as your standings in the game. Tap **Map** to see the locations of where you checked in. Tap **Chart** to see a bar graph of the types of health issues and symptoms you have reported in your Illness Check-Ins.



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Profile

You will earn 40 points for creating your profile, but you will not earn points for adjusting the information later. Tap the **Profile** tab at the bottom of your screen. Complete or adjust the topics within your profile, mostly by typing in your information or selecting from drop-down menus. Tap **Save Profile** to save your settings.

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Share

You can share and invite others to use the Wellness Check App either via Facebook or email. Tap the **Share** tab at the bottom of the screen, and tap either **Share on Facebook** or **Email another Vet**. You will be taken to the Facebook or email account associated with your device, and post or email as you would most messages. **NOTE:** You must have Facebook and email accounts to share the App.

Help and Additional Information

Additional Training Materials for the Wellness Check App: You can always tap **Tour the App** to get an overview of the App's purpose and features. Otherwise, more resources, such as a User Manual, Slideshow and FAQs, can be found on mobilehealth.va.gov/training.

Help Desk Information: If you need help with the Wellness Check App, dial **1-877-470-5947** to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.

DS Logon Help

If you have questions about your DS Logon account, visit mobilehealth.va.gov/dslogon or dial 1-800-983-0937 for assistance.