

## PRODUCTS FOR HEALTH

T2 develops technology-based tools for warriors, veterans, military families, and health care providers as they face the challenges of military life. Our mobile and online technologies are designed to deliver 24/7 support for post-traumatic stress, traumatic brain injury, and other behavioral health and physical ailments associated with the deployment cycle. These tools empower leaders to support their troops in developing the skills that build resilience and personal strength.

### MOBILE APPLICATIONS

T2's mobile apps deliver supportive tools and resources via smartphones & tablets, providing needed support anytime and anywhere.



### ONLINE RESOURCES

Our Web-based technologies provide 24/7 access to supportive tools, assessments, education, and communities.



### TELEHEALTH PROGRAMS

T2 is leading the way in health care access and delivery via tele-video conferencing technology.

## RESEARCH FOR HEALTH

T2 is dedicated to coordinating and implementing cutting-edge research to improve psychological health and traumatic brain injury care for our service members, veterans, and their families. We apply that research in the design and development of all our products. Our active, internal research program augments and expands existing Department of Defense (DoD) and Veterans Affairs (VA) research to ensure our products address the needs of our troops and their families.

### TECHNOLOGY ENHANCEMENT CENTER (TEC)

Usability testing is a critical step in ensuring that mobile apps, websites, and virtual reality tools are engaging and effective for the end-users. T2 maintains the only DoD usability lab focused on developing measurable, evidence-based knowledge for improving technological solutions for psychological health (PH) and traumatic brain injury (TBI) care.



## LEADERSHIP FOR HEALTH

Our mission is to lead the innovation of health technology solutions. To deliver tested, valued health solutions that enable leaders to build strong, resilient warriors and their families.

### T2's KEY OBJECTIVES

- *Serve as the DoD resource for use of technologies in PH & TBI care*
- *Deploy technological strategies that improve access to care in remote or underserved areas*
- *Leverage innovative technologies that help reduce care-based stigma*
- *Develop PH & TBI telehealth standards, processes, and review mechanisms*
- *Coordinate services with other DoD, VA, and civilian partners*
- *Research and validate technological applications for PH & TBI care*

### DEPARTMENT OF DEFENSE SUICIDE EVENT REPORT (DoDSER)

T2 compiles and maintains this standardized suicide surveillance effort across the services (Air Force, Army, Marine Corps, and Navy) to support the DoD's suicide prevention mission.

### MHS LEAD OFFICE FOR TELEBEHAVIORAL HEALTH

T2 is spearheading implementation of the Military Health System (MHS) Telemental Health/Telehealth Strategic Plan. This office will work with a broad range of military health stakeholder organizations to develop standards, competencies, and policies that will expand and advance DoD telehealth programs.



## NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY

A DCoE CENTER

**Our mission is to lead the innovation of health technology solutions. To deliver tested, valued health solutions that improve the lives of our nation's warriors, veterans, and their families.**

### ACCESS TO CARE

T2's products are focused on one top level goal: to provide members of the military community with access to health care resources when and where they need them.

**Use our tools to better lead and support your troops.**



### MOBILE APPS

- BioZen
- Breathe2Relax
- Co-occurring Conditions Toolkit
- LifeArmor
- mTBI Pocket Guide
- PE Coach
- Positive Activity Jackpot
- Provider Resilience
- PTSD Coach
- T2 Mood Tracker
- Tactical Breather

*Great Leaders Require Superior Resources*



*Technology to Make People Healthy*

### WEBSITES

- AfterDeployment.org
- MilitaryKidsConnect.org
- MilitaryPathways.org
- t2health.org



Scan this code to access apps for your smartphone or tablet.

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