



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. 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.**

VA



U.S. Department
of Veterans Affairs



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

Subscribe to Annie
Self-Care Messages for

Weight Management



How To Set Up Annie To Manage Weight



Step 1: Go to the Website veteran.mobile.va.gov/annie-vet



Step 2: Log in

You will be prompted to log in with one of three secure accounts: My HealthVet Premium, DS Logon Level 2, or ID.me. Select your preference and log in with your username and password.



Step 3: Consent To Participate

Read and scroll through the end-user license agreement and follow the on-screen prompts to **Verify** and **Consent** to enrollment.



Step 4: Submit Your Registration

To set-up your account:

- Select **Information Messages**, check the “VAMC Facility Messages” box, and find your VA Medical Center. Select all other topics of interest to you.
- Select **Preferences** and select how you wish to interact with Annie. The recommended method is “Standard SMS Text Messaging.”
- Select **Patient Info**, key in your mobile phone number twice, and select your time zone.*
- Select **Submit**, which will direct you to a “Registration Success!” screen.

If you selected “Standard SMS Text Messaging,” you will receive a text message from Annie on the device associated with the mobile phone number you provided. Use your mobile device to open the message and reply with the word **Start** to confirm and complete your registration.

If you selected “Annie App” as your preference for interaction, select “Messages” and reply with the word **Start**.

** Your personal information is pulled from your official record and you cannot edit it yourself. Please inform your VA care team if you need to make any changes other than adding your mobile phone number.*



Step 5: Subscribe to Text Message Reminders

Follow these final steps on your mobile device to subscribe to Annie self-care text messages:

- Text Annie (75338) or reply to any message you received from Annie with the word **Sub**, short for “Subscribe.”
- Annie will send you a message asking which health messages you’d like to subscribe to. To subscribe to the Weight Management protocol, reply with the keyword **Weight**.
- You will receive a series of instructional messages from Annie. Reply **Yes** after the final message asks you to confirm your subscription.
- Annie will send you a message with the default time you will receive your reminder messages. Reply **OK** to accept the default time, or reply with a different time in the following format: **8:30AM** (i.e., the time including “AM” or “PM” with no spaces).
- You’ll receive a final message from Annie with a confirmation of your subscription and preferred reminder time.