

## What Is Annie?

Annie is an automated messaging program designed to help you better manage your health. Any cellphone with texting capabilities can receive Annie messages. Annie prompts you to take a more active role in your health care by sending you reminders. Different types of messages are available.

### Annie can remind you to:



Track health readings (e.g., blood pressure, blood sugar).



Take your medication.



Be more active.



Engage in other health activities.

**Annie** is named after a courageous and heroic nurse who served during the attack on Pearl Harbor. Lieutenant Annie G. Fox was the Chief Nurse in the Army Nurse Corps at Hickman Field, and she was the first woman to receive the Purple Heart for combat.

## What Are My Responsibilities?

- Be aware that charges may occur if you do not have an unlimited texting plan.
- Keep your cellphone safe and alert your VA care team if your phone number changes.
- If you do not feel well or an Annie message advises you to contact your VA care team, seek appropriate professional care.
- Ask your VA provider for other available health subscriptions if one of interest is not listed in this brochure.
- Annie App is not for urgent or emergency care

## Are Annie Messages Secure?

By agreeing to Annie, you accept that Annie texts are not secure. This means anyone with access to your cell phone could read your messages.

For more secure message exchanges, the Annie App for Veterans is also available online. You can use Annie on a cellphone, tablet, personal computer, or any other device with internet access.

Annie offers secure login through the following:

- MyHealthVet Premium
- Login.gov
- DS Logon
- ID.me

Learn more about these secure login options by visiting: [mobile.va.gov/login-information](https://mobile.va.gov/login-information).



## Get Started Today!

Ask your VA care team about Annie.

[mobile.va.gov/annie](https://mobile.va.gov/annie)

For help with Annie, call 877-470-5947.



# annie

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



## VA Mobile



U.S. Department  
of Veterans Affairs

## Two Ways You Can Interact With Annie:

### Annie Text Messaging

If you choose to use Annie text messaging, you will receive SMS text notifications, reminders, and motivational messages directly on your phone.

**NOTE:** Text messaging is not secure\*

### Annie Online

If you prefer the added security of using the online version of Annie instead of text messaging, you can choose to receive messages only in the online version. You can also choose to receive text notifications on your phone when you have a new message online.



You can also use the online version to see all messages and readings you have sent to Annie, send new messages to Annie, view reports of the health data you have submitted to Annie, and view a schedule of messages Annie will send.

**NOTE:** To use the online version of Annie, you must log in using your ID.me, DS Logon Level 2 (Premium), or My HealtheVet Premium account credentials.

### Can I Start Annie Myself?

Yes! Annie offers several health subscriptions you can subscribe to from your phone, once registered. Ask your VA care team to register you in Annie or visit [mobile.va.gov/annie](http://mobile.va.gov/annie) to self-register. Your care team can help determine what health subscription works best for your care plan.

### Can I Stop Annie?

You can stop Annie messages at any time by texting STOP. This will end your participation and prevent you from receiving Annie's automated messages.

**Please note:**

- All Annie text messages are for your self-care.
- Annie does not send texts directly to your VA care team.
- Call your medical center or dial 911 if you have an emergency.

## What Can I Self-Subscribe To?

On your cell phone's chat message, text **75338**, type SUB and the KEYWORD. For example, to self-subscribe to Blood Pressure Tracking, text SUB HTN to **75338**.

### Blood Pressure and Heart Rate Tracking

Report daily blood pressure and pulse readings.

**Text:** SUB HTNP

Receive 4 texts a week for 1 year.

### Diabetes Foot Care Reminder

Practice proper foot care with friendly reminders.

**Text:** SUB FOOT

Receive 4 texts a week for 1 year.

### Headache Diary and Self-Management

Learn to manage chronic headaches and better understand how headaches may be impacting your life with access to an electronic diary.

**Text:** SUB HEADACHE

Receive up to 12 texts a week for 6 months.

### Increase Physical Activity

Increase motivation and education with Whole Health focused messages about moving the body for improved health and wellness.

**Text:** SUB BODY

Receive 4 texts a week for 1 year.

### Medication Use Reminder

Prompt on medication use.

**Text:** SUB MED

Receive 8 texts a week for 1 year.

### Pain Self-Management Support

Learn to self-manage pain with techniques and reminders about gentle movement, improved sleep and calming the mind.

**Text:** SUB PAIN

Receive 7 texts a week for 26 days.

### Sleeping Difficulty

Improve use of your CPAP each night with reminder messages.

**Text:** SUB CPAP

Receive 8 texts a week for 1 year.

### Tinnitus Tips

Learn how to use sound for tinnitus symptoms.

**Text:** SUB TINNITUS

Receive 3 texts a week for 3 weeks.

### Tobacco Cessation Support

Help to create a "quit plan and quite date" with daily motivational messages for support.

**Text:** SUB TOBACCO

Receive 9 texts a week for 1 month.

### Weight Management Support

Track energy intake, measure weight, and get exercising with daily healthy living education and reminders.

**Text:** SUB WEIGHT

Receive 4 texts a week for 1 year.