

## FAQ

### Who can use Pain Coach?

- Pain Coach is for anyone who experiences chronic pain or has any pain that disrupts their life.

### Is Pain Coach only for Veterans with PTSD?

- No, Pain Coach is for anyone who experiences chronic pain or pain that disrupts their life.
- However, Pain Coach has special tools for those who have posttraumatic stress disorder, or PTSD.

### Do I have to be in treatment to use Pain Coach?

- No, you do not have to be in treatment to use Pain Coach. However, the tools, strategies, and support offered by Pain Coach can be combined with other treatment approaches to further improve your experience of pain.
- Pain Coach is not a replacement for treatment with a mental health professional.

### How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to strict privacy standards, so no data that could identify you is sent to VA or third parties.
- Any information you choose to enter into the app, such as names, phone numbers or images, stays on the app. It cannot be accessed, stored or shared by VA.
- For more information, read the full privacy policy for mobile mental health apps [ptsd.va.gov/appvid/mobile/#privacy](https://ptsd.va.gov/appvid/mobile/#privacy)

### What happens if I replace or lose my device?

- Information that you enter into the app will be automatically backed up to your device's cloud account.
- Pain Coach data can be restored if you are setting up a replacement device.

For more information about other apps from the National Center for PTSD, please visit:  
[ptsd.va.gov/mobile](https://ptsd.va.gov/mobile)

Do you have questions about Pain Coach? We would love to hear from you!

[MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)



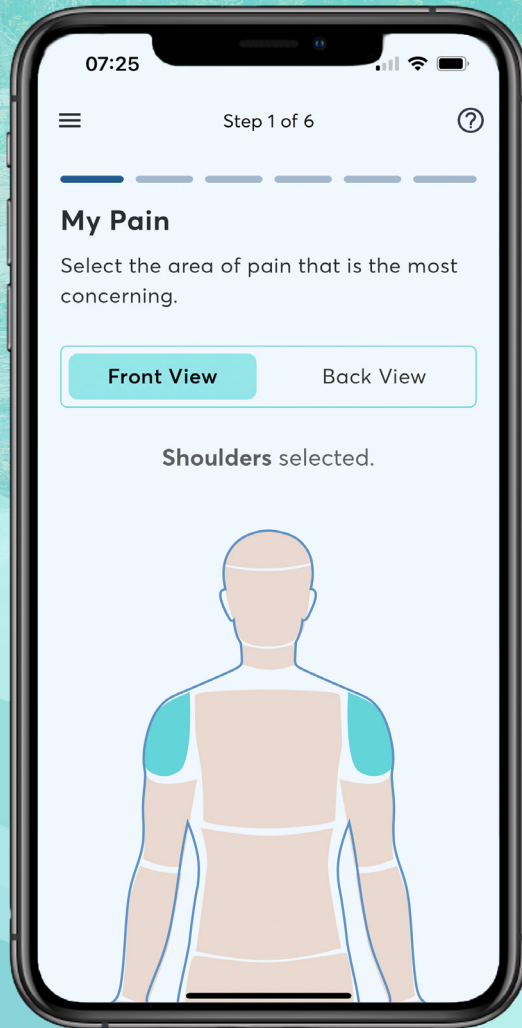
## PAIN COACH

Pain Coach is a free and secure mobile app that can help you manage your chronic pain and learn strategies to help improve your daily life.



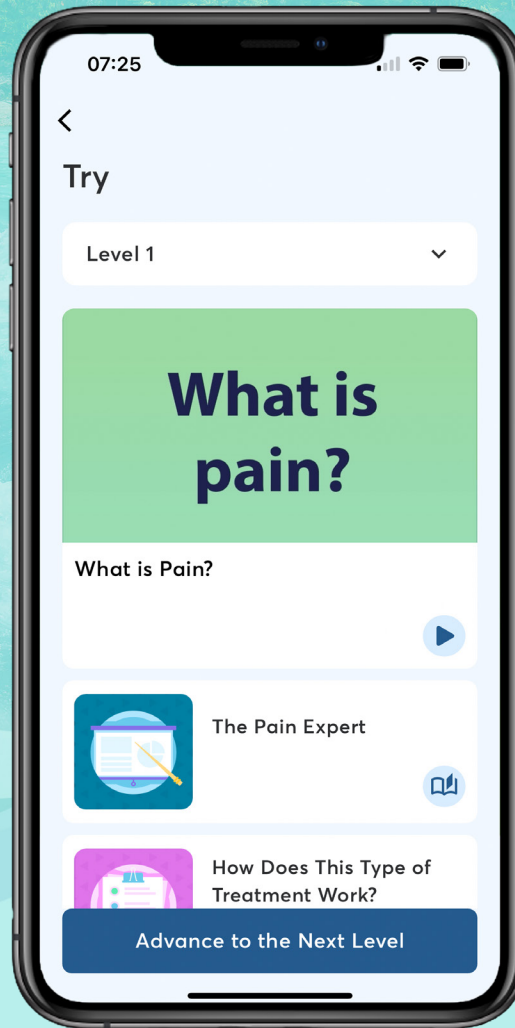
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

## MY PAIN



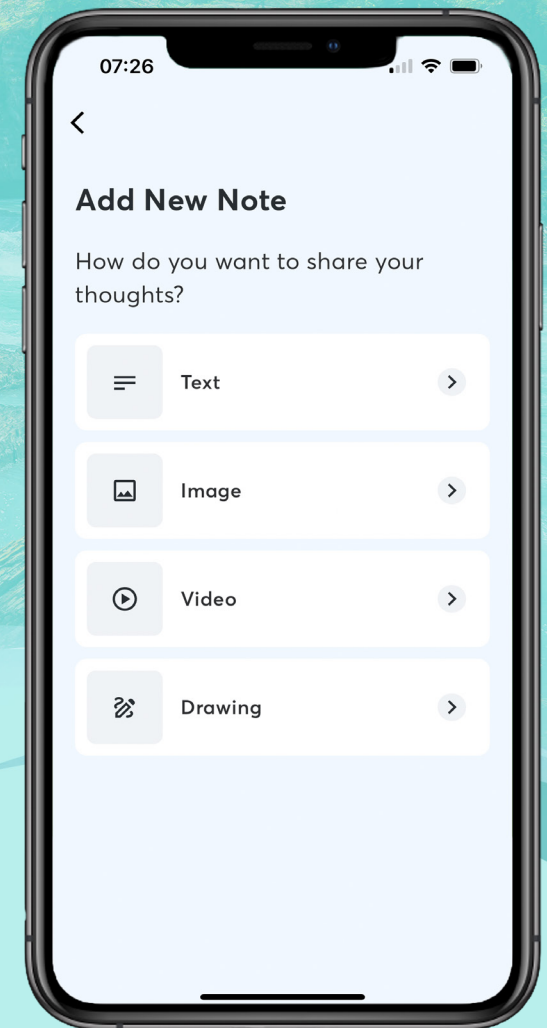
- To customize the app, start by describing your pain experience
- Select where on the body you feel pain and answer questions about your pain history
- Identify factors that make your pain feel better or worse
- Find ways to move toward the things that matter most to you, even while experiencing pain

## TRY



- Complete 12 levels of activities designed to help you find tools to manage pain and improve your life
- Learn about managing chronic pain when you have other conditions, such as PTSD
- Save your favorite tools for easy access

## JOURNAL



- Add notes or ideas you have about managing pain
- Entries can include text, images, videos, or drawings
- Share journal text with providers or loved ones to help them understand your experience