

FAQ

What is a concussion?

- A concussion is a type of mild traumatic brain injury caused by a blow or jolt to the head.
- If you think you have sustained a head injury, it is important to be evaluated by a medical professional.

Who can use Concussion Coach?

- Concussion Coach is for anyone who has experienced a concussion and wants help tracking and managing their concussion symptoms.
- You do not need to have PTSD to use this app; however, the app has special tools and assessments for those who have PTSD.

Do I have to be in treatment to use Concussion Coach?

- No. Concussion Coach can be used as a stand-alone self-care and education tool or to augment care with a health care professional.
- However, Concussion Coach is not intended to replace treatment with a trained health care 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

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.
- Concussion 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

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

MobileMentalHealth@va.gov



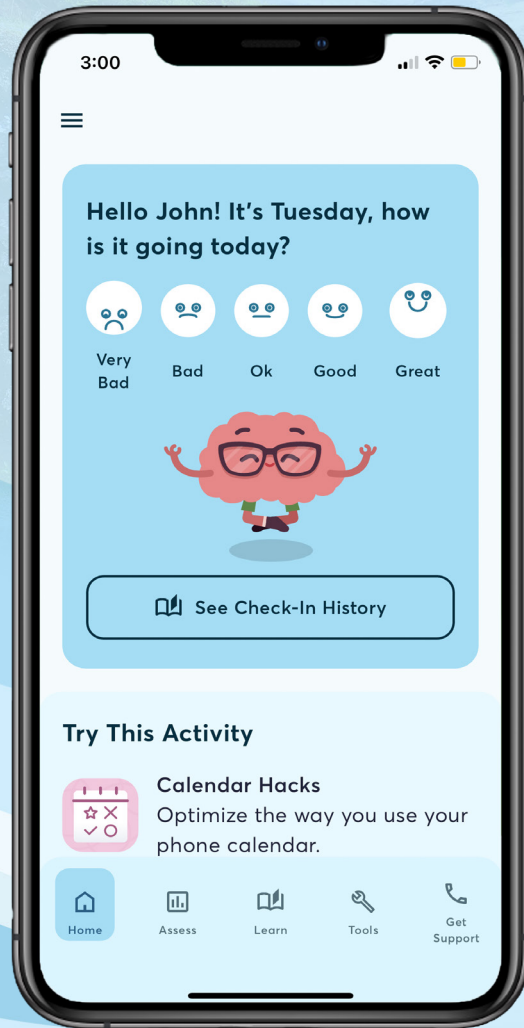
CONCUSSION COACH

Concussion Coach is a free and secure mobile app that can help you track concussion symptoms and practice healthy activities and strategies to feel better.



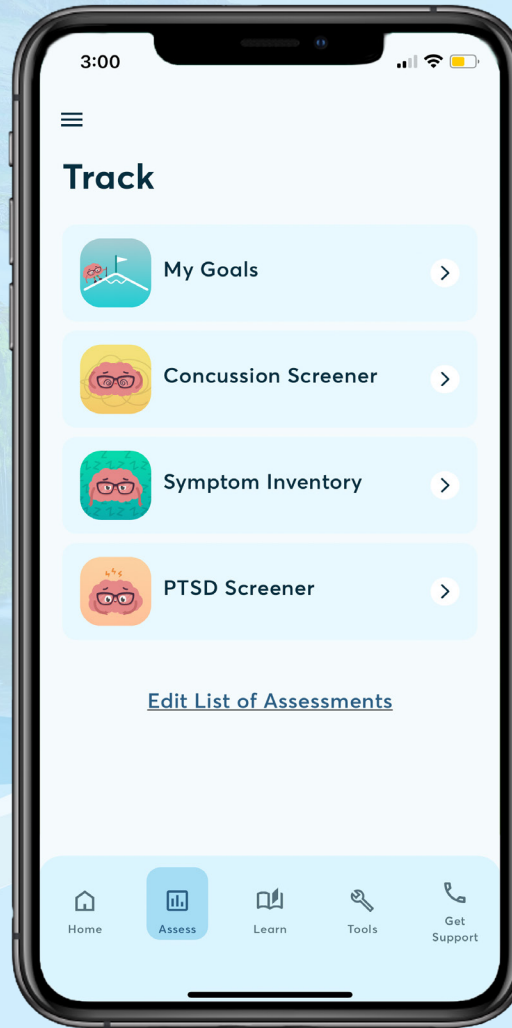
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

MEET BEAN: YOUR CONCUSSION COACH GUIDE



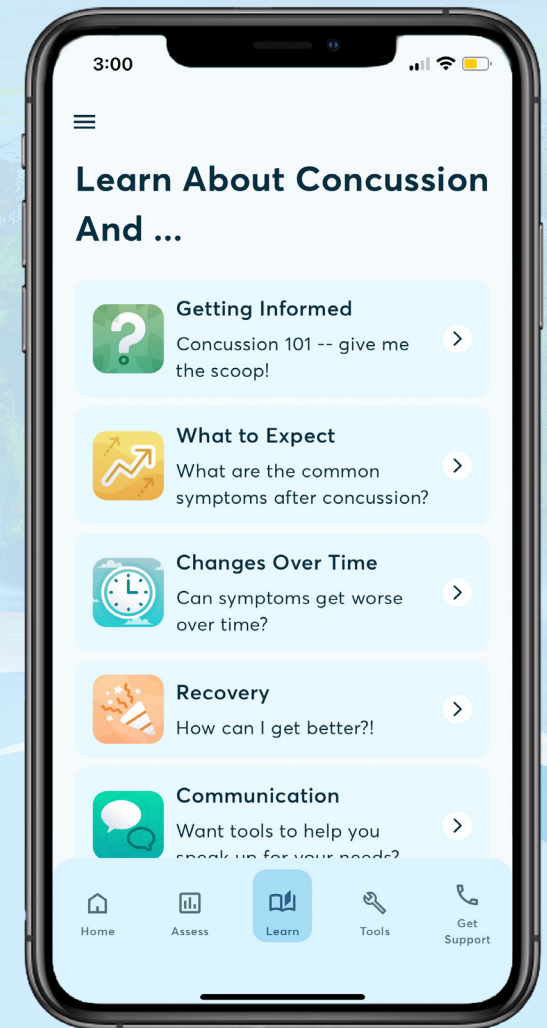
- Bean, your Concussion Coach guide, will suggest tools to help you get the most out of the app
- Check in on your progress and symptoms daily
- Try activities and coping tools
- Monitor your progress on different activities in the app
- Find resources and support for concussion recovery

ASSESS



- Self-screen for concussion
- Complete assessments to track your concussion symptoms, pain, and self-compassion
- Set and track progress on personalized goals
- Take a self-screen to help you understand if your symptoms may be related to PTSD

LEARN



- Learn about concussions—what they are, what to expect, and how they may change over time
- Find information on recovery, self-care, and getting treatment
- Watch short videos for more information on concussion care