

FAQ

Does my partner have to use the app too?

You can work through some relationship missions on your own, but the app works best if used together with your partner. Working together and practicing skills, like observing feelings and behaviors, can lead to a stronger, healthier relationship over time.

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

No, Couples Coach can be used by people who are not actively seeking treatment. It contains tools to increase positive interactions and tips to help you work through conflict. If you do choose to work with a health care professional, talk to them about how Couples Coach can be used to support your treatment. You can find a Couples Counselor near you using the locator in the app.

Where does my information go?

When you use a VA mobile mental health app, no data that could be used to identify you is sent to VA or third parties. Any information that you enter into the app, such as names, phone numbers, addresses, images, or music, cannot be accessed, stored, or shared by VA. For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

For more information about
Couples Coach, please visit:
[www.ptsd.va.gov/appvid/mobile/
couplescoach_app.asp](http://www.ptsd.va.gov/appvid/mobile/couplescoach_app.asp)

Do you have any questions
or concerns about Couples
Coach? We would love to
hear from you!

MobileMentalHealth@va.gov



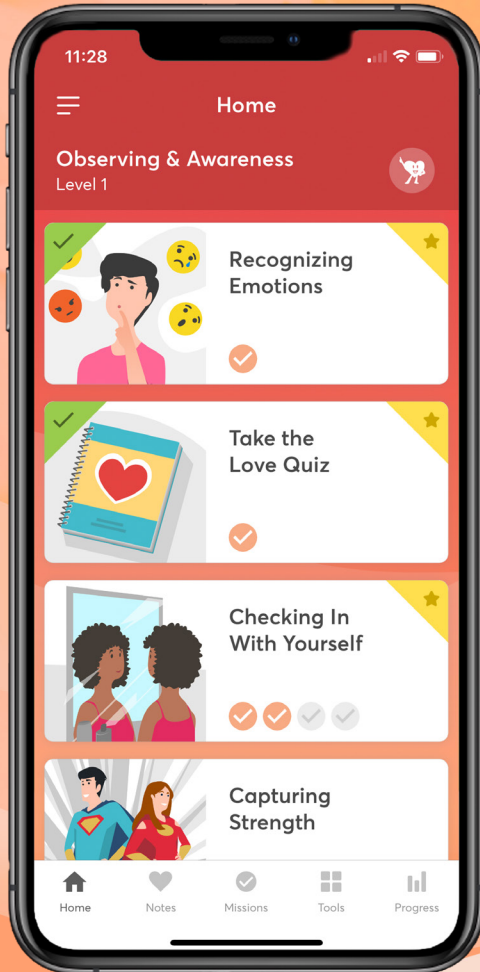
COUPLES COACH

Couples Coach is a mobile app for
partners who want to improve their
relationship and explore new ways
to connect.



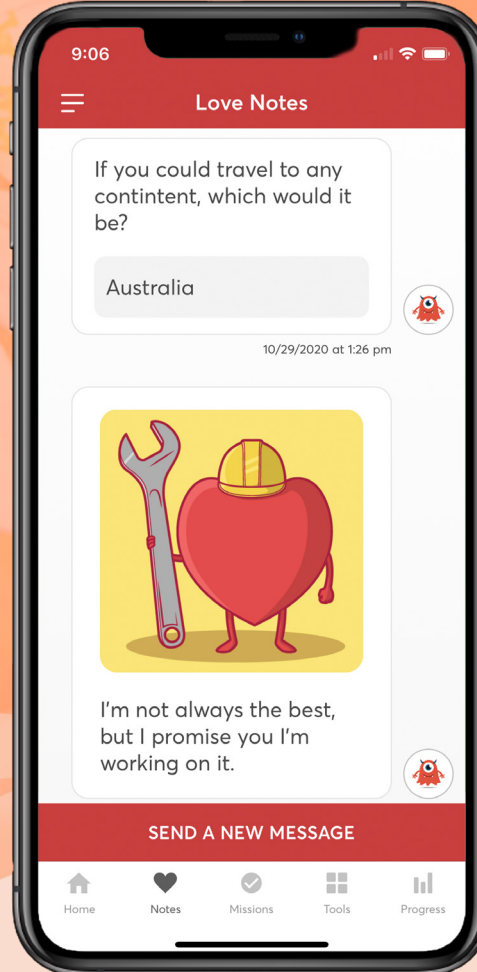
Available for mobile iOS devices
(iPhone, iPod touch, and iPad)
and Android phones and tablets.

COMPLETE MISSIONS



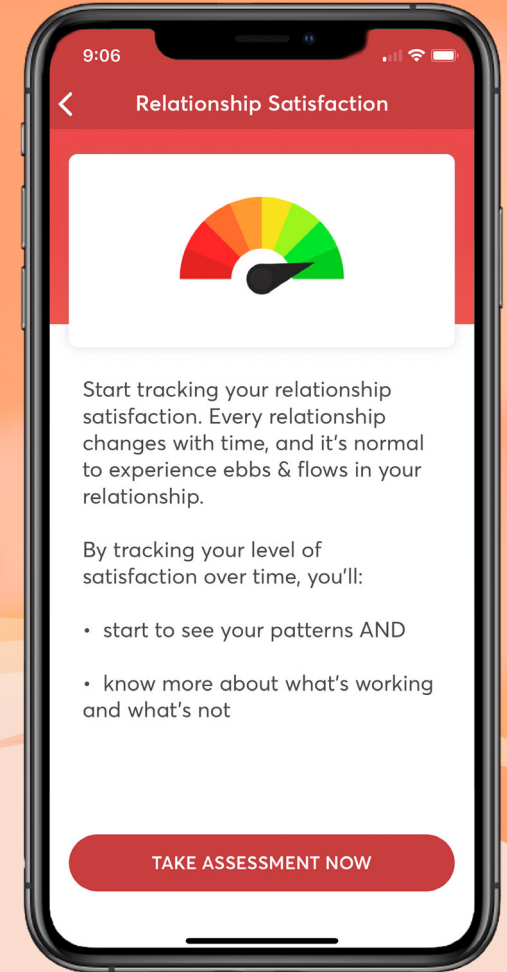
- Work alone and with your partner on relationship-building missions
- Use tools to help you address relationship challenges
- Take a love quiz and share what makes you feel loved with your partner

IMPROVE COMMUNICATION



- Increase positive communication by sending notes and questions to your partner
- Get suggestions for fun questions to ask to spark a conversation and connect

TRACK PROGRESS



- Set relationship goals and track your relationship satisfaction
- Review healthy and unhealthy behaviors
- Track progress toward becoming a stronger, healthier couple