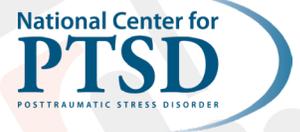


# How to Export Your Data from VA Mobile Mental Health Apps



Follow the steps below to share your data outside of the app. There are several ways to export your data, depending on the app. If you have any questions or concerns about exporting your data, please reach out to our team at [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov).

Mobile App	How to Access	Data Available for Export
 <b>AIMS for Anger Management</b>	<ol style="list-style-type: none"><li>1. Tap the <i>lateral bar menu</i></li><li>2. Tap <i>Settings</i></li><li>3. Choose the item you'd like to export</li><li>4. Select how you would like to share the data (e.g., email, text, Dropbox, Google Drive)</li><li>5. Send the data</li></ol>	<ul style="list-style-type: none"><li>• Anger Control Plan</li><li>• Anger Log</li></ul>
 <b>Beyond MST</b>	<ol style="list-style-type: none"><li>1. Tap <i>More</i></li><li>2. Tap <i>Settings</i></li><li>3. Tap <i>Export Data</i></li><li>4. Tap the item you'd like to export</li><li>5. Tap <i>Export Data Now</i></li></ol>	<ul style="list-style-type: none"><li>• My Symptoms History</li><li>• My Well-Being History</li><li>• Goals History</li><li>• Ways of Thinking After Trauma History</li></ul>
 <b>CBT-i Coach</b>	<ol style="list-style-type: none"><li>1. Tap the <i>lateral bar menu</i></li><li>2. Tap <i>My Data</i></li><li>3. Tap <i>Export Data</i></li><li>4. Select how you would like to share the data (e.g., email, text, Dropbox, Google Drive)</li><li>5. Send the data</li></ol>	<ul style="list-style-type: none"><li>• Sleep Diaries</li><li>• Insomnia Severity Index</li></ul>
 <b>Couples Coach</b>	<ol style="list-style-type: none"><li>1. Tap the <i>lateral bar menu</i></li><li>2. Tap <i>Settings</i></li><li>3. Tap <i>Export Data</i></li><li>4. Choose the item you'd like to export</li><li>5. Tap <i>Export Data Now</i></li></ol>	<ul style="list-style-type: none"><li>• Mission History</li><li>• Relationships Satisfaction History</li><li>• Relationship Behavior History</li><li>• Goals History</li></ul>
 <b>COVID Coach</b>	<ol style="list-style-type: none"><li>1. Tap the <i>lateral bar menu</i></li><li>2. Tap <i>Manage Data</i></li><li>3. Tap <i>Export Mood Check Data</i></li><li>4. Choose the item you'd like to export</li><li>5. Tap <i>Export Data</i></li></ol>	<ul style="list-style-type: none"><li>• Personal Goal</li><li>• Well Being (WEMWBS)</li><li>• Anxiety (GAD-7)</li><li>• Mood (PHQ-9)</li><li>• PTSD Symptoms (PCL-5)</li></ul>
 <b>CPT Coach</b>	<ol style="list-style-type: none"><li>1. Tap the <i>lateral bar menu</i></li><li>2. Tap <i>Export Data</i></li><li>3. Choose the item you'd like to export</li><li>4. Tap <i>Export</i></li></ol>	<ul style="list-style-type: none"><li>• All worksheets (e.g., A-B-C, Challenging Questions)</li><li>• Assessments (PHQ-9 and PCL-5)</li><li>• Stuck Point Logs</li><li>• Writing Assignments (e.g., Impact Statement, Trauma Narrative)</li></ul>

## Mobile App

## How to Access

## Data Available for Export



### Insomnia Coach

1. Tap the **lateral bar menu**
2. Tap **Settings**
3. Tap **Export User Data**
4. Tap the item you'd like to export
5. Tap **Export User Data**

- Sleep Diaries
- Insomnia Severity Index



### Mindfulness Coach

1. Tap the **lateral bar menu**
2. Tap **Export User Data**
3. Tap the items you'd like to export
4. Tap **Export User Data**

- Mindfulness Logs
- Mindfulness Mastery Assessments
- Goals



### PE Coach

1. Tap the **lateral bar menu**
2. Tap **Settings**
3. Tap **Export Data**

- PTSD Symptoms (PCL-5)
- Depression Symptoms (PHQ-9)



### PTSD Coach

1. Tap the **lateral bar menu**
2. Tap **Manage Data**
3. Depending on what you would like to export, tap **Export Assessment Data**, **Export Safety Plan**, or **Export Journal**

- PTSD Symptoms (PCL-5)
- PTSD Screen
- Safety Plan
- Journal



### PTSD Family Coach

1. Tap the **lateral bar menu**
2. Tap **Settings**
3. Tap **Export Data**
4. Tap the items you'd like to export
5. Tap **Export Data Now**

- My Family Goals
- My Loved One's Progress (PCL-5)
- My Well-Being (The Warwick-Edinburgh Mental Well-being Scale)
- My Safety Plan



### Safety Plan

1. Tap the **lateral bar menu**
2. Tap **Manage Data**
3. Tap **Export Data**
4. Tap the items you'd like to export
5. Tap **Export Selected Data**

- My Safety Plan
- Well-Being (WEMWBS)
- Anxiety (GAD-7)
- Mood (PHQ-9)
- PTSD Symptoms (PCL-5)



### STAIR Coach

1. Tap the **lateral menu bar**
2. Tap **Manage Data**
3. Tap **Export Data**
4. Tap the items you'd like to export
5. Tap **Export Data**

- Self-Care Plan
- Mood Journal
- Goals
- Assessment



### VetChange

1. Tap the **lateral bar menu**
2. Tap **Settings**
3. Tap **Export My Data**
4. Tap the item you'd like to export
5. Tap **Export Data Now**

- My Well-Being
- PTSD Symptoms (PCL-5)
- Drink Logs
- Urges to Drink
- QDS (Quick Drinking Screen)

Note: The lateral bar menu icon looks like this



## Important Tips for Exporting Your Data

### Privacy Warning

To protect your privacy, send this email only to yourself at a secure personal account. Consider secure messaging to share this information with your healthcare provider or anyone else.

Cancel

Continue

After tapping “*Export User Data*,” a “*Privacy Warning*” will pop up to remind you to only email/share this information using a secure personal account.

Please note that your data is only stored in your phone - you are in control of when and how you share it. VA does not have access to anything that you enter into your device.



For iOS & Android Devices



export2020-03-09.csv



Send to device



Link Sharing



Once you tap “Continue” on the “Privacy Warning,” you may see several options for how you would like to export your file. You can choose to:

- Attach the file to an email using an email app (e.g., Gmail or the device’s default email application).
- Save the file to cloud storage on the device (e.g., Dropbox or Google Drive).
- Send the file using a messaging app (e.g., default text messaging app, Messenger, WhatsApp).

*Tap on the icon for whichever method you choose, then follow the prompts to make sure the file sends.*



For VA My HealtheVet

File Format: Strict Open XML Spreadsheet (.xlsx)

Options...

Cancel

Save

If you need to share data from your mobile app with your provider through My HealtheVet, you may need to convert your file format. Here are a few tips:

- You may need to convert your file from a .csv file to .xls or .xlsx format in order to attach the document to a secure message in My HealtheVet.
- To convert the file using a computer, open the document, click “file” and then click “save as” and change the file format to .xls or .xlsx. Then click save.
- To convert the file on your smartphone, email [mobilementalhealth@va.gov](mailto:mobilementalhealth@va.gov) for detailed directions.