Please describe how the team proposes to solve the problem/opportunity (200-word limit).

Our team plans on solving the problem by creating a free app and website that focuses on the following: motivating exercise and/or therapy, increasing communication between veterans with one another, and increasing the ease of access to health education.

To motivate exercise and/or therapy, we are planning on using goal oriented motivations (e.g. achievements, online cosmetics, etc.) and a physical-fitness/therapy oriented competition between military branches in which points are rewarded whenever an user completes an exercise/therapy.

To increase communication and physical fitness, we have proposed a way where there can be interest groups for those who like a certain hobby (e.g. fishing, caving, etc.).

For health education we’ve created an idea where, when you start an exercise there will be a short tutorial on how to do the said exercise. There will be daily mental health tips and therapies for users to read and use.

In the end, we hope this app becomes a stepping stone for veterans to use in order to mitigate the overflow of claims on the VA. We hope it vastly improves the quality of life for Vets.