

Great question, Rolano. I reviewed the *DHA Solicitation (FY23–FY27 USAMRDC Broad Agency Announcement)* you uploaded. It highlights the Defense Health Agency's research priorities for Service Members. From this, I've distilled the **core feature areas** you could design into a mobile or web app for military users focusing on **mental health, physical health, and lifestyle**.

✓ Key Features for a Military Health & Lifestyle App

1. Psychological Health & Mental Readiness

DHA Solicitation

- **Assessment Tools:** Daily check-ins using non-self-report metrics (e.g., voice tone, typing patterns, sleep patterns).
 - **Stress & Mood Tracking:** Integration with wearables to measure HRV, sleep, and stress biomarkers.
 - **Resilience Training:** Guided mindfulness, stress inoculation, and resilience modules tailored to deployment environments.
 - **Counseling & Peer Support:** Secure chat/video with mental health providers or peer support networks.
 - **Return-to-Duty Guidance:** Protocol-driven assessments for readiness to return after stress/psychological injury.
 - **Crisis Intervention:** Suicide prevention resources, hotlines, and immediate help buttons.
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2. Traumatic Brain Injury (TBI) & Cognitive Support

DHA Solicitation

- **Digital Cognitive Assessments:** On-the-go reaction time, memory, and focus tests.
 - **Symptom Tracking:** Headache logs, dizziness reports, and sleep quality monitoring.
 - **Wearable Integration:** Alerts for possible concussion/blast overpressure exposures.
 - **Rehabilitation Exercises:** Guided neurocognitive and vestibular rehab programs.
 - **Return-to-Duty Dashboards:** Longitudinal monitoring to guide safe reintegration.
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3. Musculoskeletal Injury (MSKI) & Physical Fitness

DHA Solicitation


- **Injury Risk Screening:** Movement pattern analysis and predictive risk scoring.
- **Rehab & Recovery Plans:** Personalized physical therapy routines with video guidance.
- **Performance Metrics:** Track strength, mobility, endurance, and load tolerance.
- **Return-to-Duty Clearance Tools:** Fitness-for-duty checklists and progress scoring.
- **Preventive Training:** Warm-up protocols and ergonomics to reduce MSKI risk.

4. Combat Casualty Care Support

DHA Solicitation

- **First Aid & TCCC Modules:** Just-in-time training (e.g., hemorrhage control, burn care).
- **Digital Triage Tools:** Intelligent triage checklists for medics and first responders.
- **Virtual Health / Telemedicine:** Secure link to medical experts in denied or degraded environments.
- **Scalable Triage Dashboards:** Mass casualty resource allocation and alerts.


5. Lifestyle & Preventive Health

- **Sleep & Recovery Tracking:** Wearable integration, sleep hygiene recommendations.
- **Nutrition & Hydration Monitoring:** Field-ready meal planning with caloric and hydration needs.
- **Fitness Programs:** Adaptive workouts (bodyweight, resistance bands, field-based training).
- **Environmental Exposure Alerts:** Notifications for extreme heat, altitude, diving, or toxic exposures  .
DHA Solicitation
- **Substance Use Prevention:** Tools for alcohol/tobacco reduction, resilience-building content.

6. Holistic Wellbeing & Family Support

- **Family Resource Hub:** Links to VA, DHA, and family counseling services.
- **Social Connection Features:** Secure channels for staying connected with unit members or family during deployment.
- **Spiritual/Chaplaincy Integration:** Resources for faith-based resilience (optional, depending on user preference).

7. Data, Security & Compliance

- **DoD/VA Integration:** Interoperability with Military Health System (MHS GENESIS).
- **Cybersecurity Standards:** Compliance with DoD Risk Management Framework (DoDI 8510.01).
- **Data Sharing & Research:** Export options for FITBIR (TBI data) or NIMH/NDA (psychological health data)  .
DHA Solicitation
- **Offline Functionality:** Works in austere/no-network conditions with sync-on-connect.

➔ Suggested Modules for the App

1. **Mind & Readiness** → mental health, stress resilience, counseling access.
2. **Body & Injury Care** → TBI, MSKI, and physical rehab support.
3. **Field Health** → triage, casualty care, environmental exposure alerts.
4. **Lifestyle & Performance** → sleep, nutrition, fitness.
5. **Family & Community** → support services, peer networks, spiritual care.
6. **Research & Integration** → secure data sharing, interoperability with DoD systems.

👉 Next step: I can draft a **feature roadmap** (MVP vs advanced features) so you can prioritize what to build first. Do you want me to break these features into **Phase 1 (MVP)** vs **Phase 2 (enhancements)** for development planning?

Sources



MVP

Got it ✅ — let's scope this down into a **Minimum Viable Product (MVP)** for your military health & lifestyle app. The MVP should be lean, cover the most critical needs for Service Members, and demonstrate clear value quickly while being feasible to build in the first version.

🚀 MVP Feature Roadmap for Military Health & Lifestyle App

1. Core Mental Health Support

- **Daily Check-In Tool:** Quick mood + stress slider, plus optional journal entry.
- **Crisis Resources:** One-tap access to military/VA hotlines and emergency support.
- **Mindfulness & Resilience Basics:** Short guided breathing and stress-relief sessions.

2. Physical Health & Injury Monitoring

- **Symptom Tracker (TBI/MSKI):** Simple logs for headaches, dizziness, pain, mobility issues.
- **Rehab & Recovery Exercises:** Video-based, bodyweight-friendly physical therapy routines.
- **Fitness Tracker:** Basic workout logging + progress charts.

3. Lifestyle Essentials

- **Sleep & Recovery Tracking:** Manual input (hours, quality) + tips to improve rest.
- **Hydration & Nutrition Reminders:** Customizable alerts for water and meal intake.
- **Environment Alerts (lite):** Heat/cold/altitude reminders using geolocation & weather APIs.

4. Secure Access & Offline Mode


- **Military-Grade Security:** DoD-compliant authentication + encrypted storage.
- **Offline Use:** Log entries and access essential health resources without internet, auto-sync later.

MVP Priorities

- **Keep it simple:** Focus on *mental readiness*, *basic injury/health logging*, and *lifestyle support*.
- **Mobile-first:** Most Service Members rely on mobile devices in the field.
- **Offline resilience:** Critical in austere/deployed environments.
- **Scalable:** MVP should lay groundwork for integration with wearables, telehealth, and MHS GENESIS in later phases.

Example MVP User Flow


1. **Open app** → **Daily check-in (mood + stress + sleep)**
2. **If issues detected** → **Suggest coping strategies or connect to crisis line**
3. **Log symptoms (pain/headache/dizziness)**
4. **Access quick exercise or rehab routine**
5. **Receive hydration/sleep reminder**

 After MVP, advanced features (AI-based triage, wearable integration, peer/family support, predictive analytics) can be layered on for **Phase 2+**.

Would you like me to **map these MVP features into a wireframe-style layout** (what each screen/tab should look like), so you'll have a blueprint for developers/designers?



yes

Perfect  — let's design a **wireframe-style layout** for your MVP. I'll break it down into **main tabs/screens** so you can hand it directly to a designer or developer.

Wireframe-Style Layout for MVP

1. Home / Dashboard

- **Top Section:** Greeting ("Good morning, [Rank/Name]")
- **Daily Check-In Widget:**

- Mood slider (😞 → 😐 → 😊)
 - Stress level (Low / Medium / High)
 - Sleep quality (stars or scale 1-5)
 - **Quick Actions:**
 - *Log Symptom* (pain, headache, dizziness, fatigue)
 - *Start Exercise* (rehab/fitness routines)
 - *Mindfulness* (guided breathing or resilience drill)
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2. Mental Health

- **Daily Logs:** Graph of mood/stress over time
 - **Mindfulness Tools:**
 - 2-5 min guided breathing
 - Short grounding techniques
 - **Crisis Button:**
 - One-tap "Get Help Now" → connects to crisis hotline/chat (military/VA resources)
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3. Physical Health

- **Symptom Tracker:**
 - Log headaches, dizziness, joint pain, back pain, etc.
 - Severity scale (mild / moderate / severe)
 - **Recovery Exercises:**
 - Video demos (stretching, rehab, PT exercises)
 - Progress tracker (sessions completed)
 - **Fitness Log:**
 - Quick add: pushups, run distance, workout time
 - Simple progress chart
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4. Lifestyle





- **Sleep Log:**
 - Hours slept + quality rating
 - Basic tips ("Go to bed earlier," "Avoid caffeine after 6pm")
- **Hydration/Nutrition Reminders:**
 - Custom reminders (water every 2 hrs, meals)
- **Environment Alerts (Lite):**

- Pull weather/altitude data via API
- Simple alerts: "⚠️ Heat stress risk today" or "⚠️ High altitude adjustment required"

5. Profile / Settings

- **Basic Info:** Rank, unit, service branch
- **Security Settings:** PIN or biometric lock
- **Offline Mode:** Toggle on/off, data sync status
- **Export Logs:** Option to share health logs securely with provider

Layout Flow (Simple Tab Bar at Bottom)

-  Home
-  Mental Health
-  Physical
-  Lifestyle
-  Settings

Design Principles

- **Minimal clicks** → 2 taps max to reach any key function
- **Military-friendly UI** → Clean, bold fonts, muted color palette (olive, navy, sand, dark mode default)
- **Offline-first** → Logs, exercises, and reminders must work without internet

👉 Next step: I can **sketch a low-fidelity wireframe diagram** (boxes + labels, not polished UI) so you can visualize screens. Do you want me to generate those diagrams for each screen?