



MOVE!® Coach App iOS

Slideshow



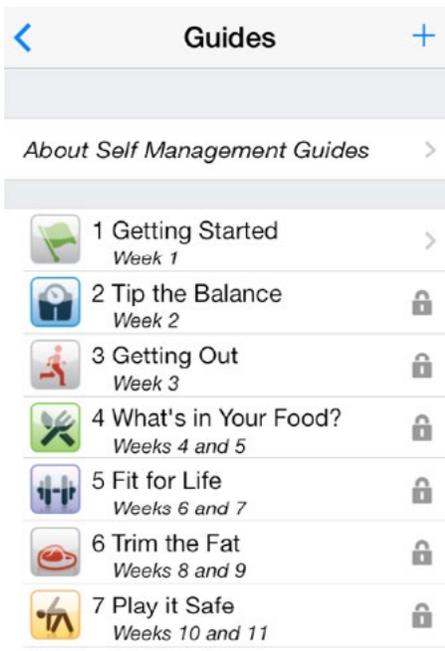
U.S. Department of Veterans Affairs
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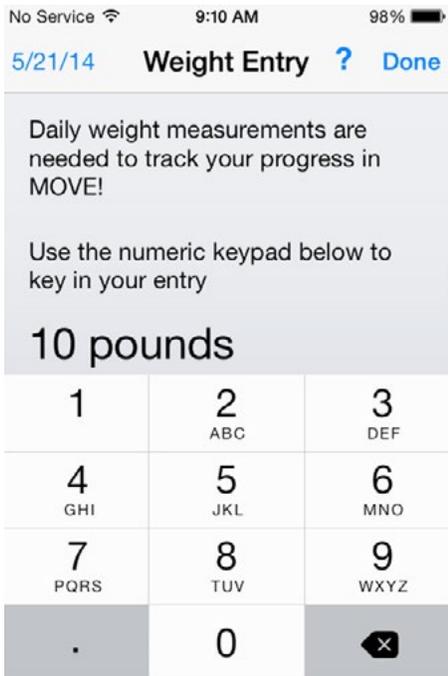
Slide 1: Getting to Know the App

The MOVE!® Coach home screen provides the features and information available in the MOVE! Coach App. The main components are Self-Management Guides, How To Solve Problems, My Goals & Progress and a graphing feature. You will also see icons to manage your settings, seek help, add an entry and share progress on social media.



Slide 2: Self-Management Guides

The self-management guides provide you with focus areas for each of the 19 weeks of the MOVE!® Weight Management Program. Each guide has Objectives, Homework, a Questionnaire, Chapters, Related Handouts, and an introduction to the Next Guide.



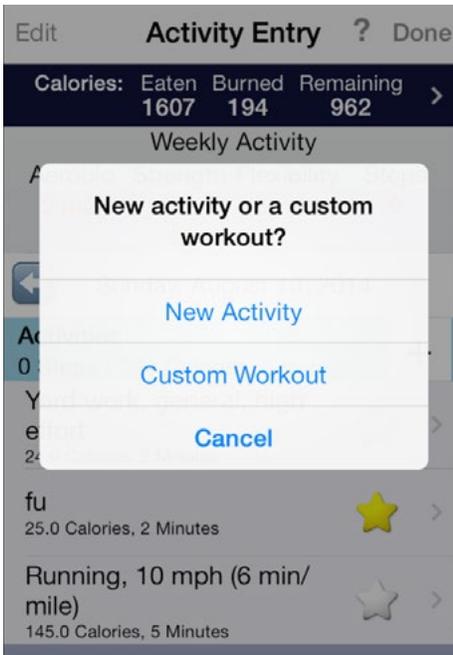
Slide 3: Weight Entries

Daily weight measurements are used to help track your progress in the MOVE! Coach App. Type your weight in pounds from the pop-up numeric keypad that appears.



Slide 4: Diet Entries

Record the food you eat, nutritional value and portion size for your breakfast, lunch, dinner and snacks. Enter foods by searching from a list provided in the app, customizing your own or selecting from foods you've designated as favorites. You can also add the amount of water you drink and record your hunger and mood with each meal.



Slide 5: Physical Activity Entries

Record the type of physical activity you did each day, the level of intensity and the duration. Enter activities by searching from a list provided in the app, customizing your own, selecting from activities you do most frequently or calculating the number of steps you've taken. Categorize your movement as Aerobic, Strength, Flexibility or Steps. Your Weekly Activity screen shows your calories eaten and calories remaining.



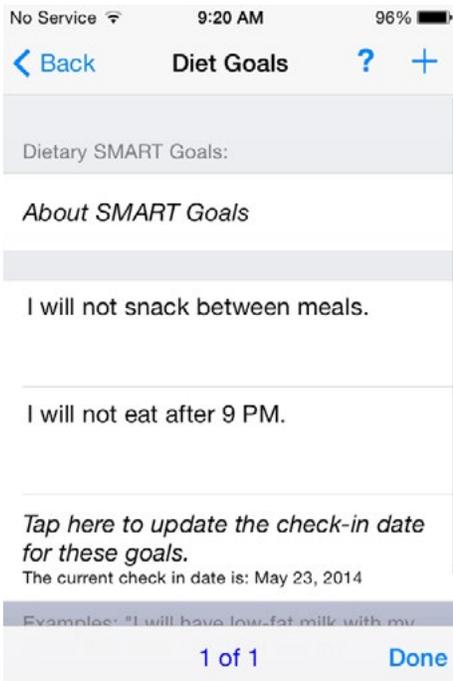
Slide 6: My Goals & Progress

The My Goals & Progress section provides tools for setting goals and tracking progress. Categories include Self-Monitoring, My Goals, Graphs, Calculation Tools, My Summaries and My Reports.



Slide 7: How to Solve Problems

Stay motivated and keep making progress by using resources and seeking support to help you overcome barriers.



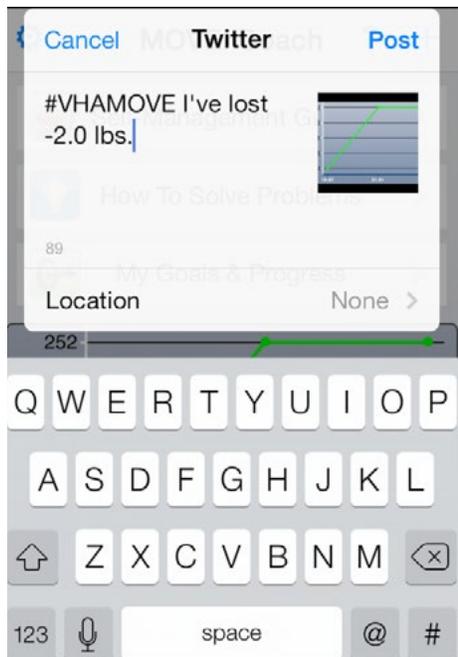
Slide 8: Setting Goals

Making your goals concrete in writing and setting check-in dates can help you stay on track and set achievable steps to success. Make weight loss goals, physical activity goals and dietary goals. You can also challenge your friends with a little healthy competition!

Nutrient	Target	Average	Status
Total Calories	2375 Calories	1607.1 Cal	OK
Calories From Fat	475 to 831 Cal	670.7 Cal	OK
Total Fat	52.6 to 92.4 g	74.5g	OK
Saturated Fat	< 26g	27.4g	Over
Polyunsaturated Fat	N/A	15.4g	N/A
Monounsaturated Fat	N/A	27.0g	N/A
Cholesterol	< 300mg	584.8mg	Over
Sodium	< 2300mg	1809.2mg	OK
Potassium	4700mg	1403.6mg	Under
Total Carbohydrate	130g	198.0g	Over
Dietary Fiber	31g	14.5g	Under
Sugars	N/A	66.4g	N/A
Protein	56g	47.3g	Under
Vitamin A	900mcg	156.2mcg	Under
Vitamin C	90mg	5.5mg	Under
Calcium	1000mg	568.3mg	Under
Iron	8mg	11.4mg	Over

Slide 9: Summaries & Reports

See reports of your completed self-management guides, energy balance, steps you've taken, weight, physical activity, diet, daily meals and nutrients.



Slide 10: Share Your Results

By sharing your results, you can check in with your care team and celebrate your progress with your supporters. You can share via social media or with features and applications installed on your device that allow you to send PDFs of your summaries, reports and accomplishments.