



# **MOVE!® Coach App iOS**

## *Frequently Asked Questions*



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
*Office of Connected Care*

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## Q: Why should I use the MOVE!® Coach App?

A: The MOVE!® Coach App is a Department of Veterans Affairs (VA) weight loss app for Veterans that combines self-management tools and information from VA's 19-week MOVE! Weight Management Program with guidance from the VA MOVE! team. With the convenient and easy-to-use MOVE! Coach App, you can track your progress with weight and exercise goals, as well as receive tailored feedback while learning to control weight management barriers.

## Q: Do I need to be a Veteran to use the MOVE!® Coach App?

A: No. MOVE!® Coach is available for anyone! Although the content was created with Veterans in mind and considers common Veteran issues, anyone can benefit from the app's educational resources and tracking features.

While MOVE! Coach can be used by anyone, only Veteran participants will be able to have connection with their MOVE! health care team. Access for everyone is supported because the VA supports families, Caregivers, and additional Veteran support systems who may also be interested in weight management.

## Q: What kind of information and features are in the MOVE!® Coach App?

A: The app contains self-management guides; weight, diet and physical activity diaries; tools for setting goals and tracking progress; graphing, reporting and summarizing capabilities; as well as resources for overcoming barriers to achieving weight-loss goals.

## Q: Will the information I enter be shared?

A: No. The information you add into the app is stored on your device and will not be shared.

## Q: What are the self-management guides, and how do I use them?

A: The self-management guides provide you with focus areas for each of the 19 weeks of the MOVE!® Management Program. Participants complete one guide per week for the first three weeks then one guide every other week for eight more weeks.

Each guide has an objectives overview, homework and activities, a questionnaire about your reflections and progress, chapters within each week's topic, a questionnaire to prepare you for the next week and related handouts.

You will always be able to go back to the self-management guide you have completed. However, you cannot jump ahead to future guides because the guides take into account the time needed for you to learn weight-management concepts and build weight-management skills in a progressive, timed fashion. Guides you cannot yet access will be indicated by a lock icon next to their headings.

Once you have completed a guide, you can share a PDF of the answers and information you provided as you went through the guide.

## Q: How do I enter information about my weight?

A: Daily weight measurements are needed to track your progress in MOVE!® Tap the **+** icon available on most screens within the app, and tap **Weight** from the pop-up menu. Type your weight in pounds from the pop-up numeric keypad that appears. Tap **Done** to save your entry.

## Q: How do I enter information about what I have eaten?

A: Tap the **+** icon available on most screens within the app, and tap **Diet** from the pop-up menu. Tap whether you would like to add what you have eaten for either **Breakfast, Lunch, Dinner** or a **Snack**. Enter a food item either by searching from a list already provided in the app, entering a customized food or meal or selecting from foods you have designated as your favorites.

When selecting a food item, you will need to add the portion size for your food entry. If you are customizing or adding a new food that isn't in the database, you will have the option to enter nutritional values and portion sizes. Always tap **Done** to save your entries.

You also have the opportunity to add the amount of water you drank during a meal and to record your hunger and mood with each meal.

## Q: How do I enter information about my physical activity?

A: Tap the **+** icon available on most screens within the app, and tap **Physical Activity** from the pop-up menu. Enter your physical activity by searching from a list already provided in the app, customizing an activity or workout, selecting from activities that you most commonly do or are your favorites or entering the number of steps you have walked per day.

You will need to designate the intensity of your activity; how long you did it; and whether the activity was aerobic, strength training, flexibility improvement or walking. Tap **Done** to save your entry.

## Q: How do I access problem-solving resources, and what will I find?

A: Avoid setbacks, stay motivated and keep making progress by using resources that can help you overcome obstacles. Tap **How To Solve Problems** from the MOVE!® Coach home screen. Tap one of the categories available to see helpful handouts that pertain to the topic you selected. You can also seek encouragement and support from a list of contacts you can create, trusted websites, call centers or your social media networks.

## Q: How do I monitor my progress?

A: From the Goals & Progress screen under the Self-Monitoring section, you can review a diary of weight, physical activity and diet entries you have created. You also have the option to graph all of your diaries by tapping the graph icon in the bottom left corner of your diary.

## Q: How can I set goals within the app?

A: Understanding your motivation, making your goals concrete in writing, setting check-in dates for reaching your goals and challenging your friends can help you stay on track and set achievable steps to success.

From the Goals & Progress screen under the My Goals section, tap whether you would like to set weight, physical activity or dietary goals. You will be asked to type your goals and set a check-in date for your progress.

You can also challenge your friends to a weight, activity or diet challenge via social media.

## Q: How do I graph my progress?

A: There is basic graph on the MOVE!® Coach home screen where you can see an overview of your weight, physical activity and diet in the date range you select. However, more details and graphing options are provided in the Goals & Progress screen under the My Goals section.

Tap **Weight Graphs** to see a line graph of how your weight or Body Mass Index (BMI) has changed. Tap **Physical Activity Graphs** to see a pie chart of the percent of time you spend on activities that pertain to flexibility, strength or aerobic exercises.

Tap **Diet Graphs** to see a bar graph of your food intake, with your breakfast, lunch, dinner and snacks to show your total calorie count.

At the bottom of each graph, you can change the date range of the data graphed by tapping the range that appears at the bottom left corner of the screen. You can choose from 1 Day, 1 Week, 1 Month, 3 Months, 6 Months, 1 Year or 2 Years, depending on the amount of data that you have entered. You also have the option of sharing a PDF of your graphs.

## Q: How can I view summaries about my activities?

A: From the Goals & Progress screen, tap whether you would like to view summaries for your completed self-management guides, a graph of your energy balance or view a map of the total distance you have walked. You can view these summaries as PDFs and share them.

## Q: How can I view reports about my entries?

A: From the Goals & Progress screen, tap whether you would like to view reports for weight, physical activity, diet, daily meals or nutrients. Tap the duration you would like to view, and a PDF with the details and a chart or graph of your report will be created.

## Q: How do I share my results?

*A: You can celebrate your progress on social media wherever you see the Twitter or Facebook icons. Tap one of the icons, type your message in the pop-up box that appears, and tap Post to share your information.*

*The MOVE!® Coach App also allows you to share PDFs of your Self-Management Guides Summaries and Reports. On the PDF you would like to share, tap the box icon with an arrow to see additional ways of sharing besides social media. Based on the features and applications installed on your device that can send PDFs, tap the method you would like to use. Send as you normally share information with these methods.*

## Q: Where can I find additional information about other available VA apps?

*A: Additional information about other available VA Apps can be found on [mobile.va.gov/appstore](https://mobile.va.gov/appstore) as well as [mobile.va.gov](https://mobile.va.gov) in the [VA Mobile Apps General FAQs](#).*

## Q: What do I do if I need additional information or help?

*A: A Quick Start Guide, Slideshow and User Manual for the MOVE!® Coach App can be found on [mobile.va.gov/app/move-coach-mobile](https://mobile.va.gov/app/move-coach-mobile). The MOVE! Coach App also has guides for its features built into the app, indicated by the ? icon that appears throughout the app. Tap on the ? icon to see resources and explanations.*

*If you need assistance with the MOVE! Coach App, dial 877-470-5947 to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. t 7 p.m. CT. For TTY assistance, dial 711.*