Thank you for joining, we will begin shortly.

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Meeting ID: 282-33-786#

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MOVE!® Weight Management Program for Veterans
Going Mobile with MOVE! Coach

National Center for Health Promotion and Disease Prevention
Office of Patient Care Services

Lynn Novorska, RDN, LDN
MOVE! Dietitian Program Coordinator

March 2015
VA Mobile Discussion Series: MOVE! Coach

- The National MOVE! Program
- Why a weight management mobile app?
- How MOVE! Coach can help Veterans
- Key features of MOVE! Coach
- ‘MOVE! Coach with Care’
- Resources
About MOVE!

MOVE!® is a national VA program designed to help Veterans lose weight, keep it off, and improve their health.
About MOVE!

NCP Internet website: www.prevention.va.gov

MOVE! Intranet website: vawww.move.med.va.gov

MOVE! Internet website: www.move.va.gov
Components of MOVE!:
- Increased *physical activity*
- Healthier *diet*
- *Behavior* changes

MOVE! offers Comprehensive Lifestyle Interventions
Treatment Outcomes

- Reduces blood pressure
- Lowers cholesterol
- Decreases CVD events
- Controls diabetes
- Reduces risk of certain cancers (breast, colorectal)
- Improves hypertension
Obesity Trends in VHA Veterans by Veterans Integrated Service Network (VISN) 2002 - 2014

Prevalence of BMI ≥ 30 by VISN

- 30-34%
- 35-39%
- ≥ 40%
Ways a Veteran may participate in MOVE!

**MOVE! Care Options**

**Individual Care**
- Technology (Secure Messaging, IVR, TeleMOVE!, MOVE! Coach, Annie)
- Telephone (1:1, MOVE! TLC)
- Face-to-Face

**Group Care**
- Technology CVT (Group CVT, BAM)
- Face-To-Face
What is the MOVE! Coach app?

- A mobile application that offers new ways to participate in MOVE!
- Currently available for iPhone or iPad with iOS version 6.0 or higher.
How can the MOVE! Coach app help Veterans?

- **Leverages wireless/mobile technologies** to improve the health of Veterans
- **Expands care** for Veterans beyond the traditional office visits. Increases access, reduces travel – esp. for rural Veterans, no parking, saves time, possibly interim care offering
- Helps Veterans, caregivers and VA health care team securely **coordinate MOVE! care**
- Provides Veterans and their caregivers with **tools to help lead healthier lives**
Now Veterans can go mobile and get MOVE!-ing.

**MOVE!® Coach**—Weight management when and where Veterans want it.

MOVE! Coach is a phone app (application) that offers Veterans a portable, new way to participate in MOVE!.

It can help VA clinicians provide the proactive, patient-centered care Veterans need to better manage their weight.

This 19-week, self-guided program provides everything Veterans need to set, track, and achieve their diet, physical activity, and weight goals:

- **Effective, evidence-based resources to maintain a healthy weight:**
  - Specialized self-management guides, educational videos, games, and worksheets
  - Tools to monitor and meet personal goals for weight, diet, and physical activity
  - Strategies to overcome common weight management challenges
  - Links to additional handouts and helpful information

- **Personalized guidance and tools to achieve individual health goals:**
  - Diaries to track daily food intake, calories, physical activity, and weight loss
  - Calculators to determine calories consumed and used
  - Graphs and summary reports to track long-term progress

**MOVE! Coach is easy to use!**
- Download the app from the App Store:
  - Requires iPhone or iPad with iOS version 6.0 or higher

For more information visit:
- [http://www.move.va.gov/movecoach.asp](http://www.move.va.gov/movecoach.asp)
Chapters in Guide 1 – Getting Started

Chapter 1

Why Manage Your Health

Shake your device or touch the 'Go' button to learn about 10 Health Gains from a 10% Weight Loss!

Chapter 2

Self Management:

Self-management means that patients are partners with their healthcare team in the management and treatment of excess weight. It means that you:

1. Understand, actively participate, and take responsibility for managing your weight.
2. Set your own weight loss goals.
3. Learn new skills to achieve these goals. New skills like:
   - Self monitoring
   - Planning and preparing
   - Problem solving
How to Solve Problems

Stay Motivated!
Chapter 3

My 6-month Weight Loss Goal
Set your weight loss goal for the next 6 months (losing 5 to 10% of your current weight is a great way to start!)

Weight Loss Goal 150.0 lbs.
Weight Loss Goal 52.1%
Target Weight 138.0 lbs.
Baseline Weight 288.0 lbs.
Your goals are based on this weight
Losing just 5% can improve your health.

Note: you can also update your weight goals in each guide summary and in the My Goals & Progress section.

Previous 4 of 5 Next

Weight Loss Rate

1/2 lb. per week
1 lb. per week
1 1/2 lbs. per week
2 lbs. per week

Your weekly weight loss is a measure of how fast you want to lose weight. One half pound per week to two pounds per week is a healthy rate at which to lose weight.
Daily weight measurements are needed to track your progress in MOVE!

Use the numeric keypad below to key in your entry

235 pounds

---

Oatmeal, instant, cinnamon and spice, cooked (no fat added)
262.5 Calories
1.0 cup servings

---

Walking at work, medium pace (3 mph)
283.4 Calories, 60 Minutes
Guide Summary

Guide 1

MOVE! Coach Mobile

Guide 1 Summary Report - Getting Started.

Date Completed: Dec 23, 2013

My Data:
- Weight: 299.2 (-0.8)
- Loss Goal: 15.0 (5.0%)
- Calorie Goal: 2375.0 Calories/Day
- BMI: 44.19
- Loss Rate: 0.5 lbs/week

Key Points:
1. Learned tips for successful weight management
2. Learned strategies for self-management
3. Set SMART goals for weight management
4. Started keeping a food and physical activity diary

Activity SMART Goals:
1. I will walk up the stairs once daily for the next month.
2. I will bicycle to work once weekly for the next month.

Dietary SMART Goals:
1. I will have low-fat milk with my cereal every day this week.
2. I will drink no more than three cans of sweetened soda per week.
New MOVE! options of care:

**Independent App User →**
Available in Apple app store

**MOVE! Coach with Care →**
At participating facilities

Now Veterans can go mobile and get MOVE!-ing.
About MOVE! Coach with Care

- **Clinical Program**
  - Feedback
  - Coaching
  - Support

- **Intense & Sustained**
  - 11 Self-Management Guides [19 weeks of programmed care]
    - Guides 1,2,3 - open 1 per week first three weeks
    - Guides 4 thru 11 - 1 every other week for next eight guides
  - Making new habits [daily diary entries] - food, physical activity, weight
  - Series of Check-in’s
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<th>VISN</th>
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<th>Field Test Leader &amp; Team</th>
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<td>Beckley, WV</td>
<td>Jennifer Baker</td>
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<td>23</td>
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<td>Krista Kazembe</td>
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Resources: To Learn About the App Itself

- Help Screens within MOVE! Coach

- To Learn More About the App – on the MOVE! Public (Internet) Website
  - User Guide, Additional Training Materials, Help Desk Info, Download Information

- VA Mobile Health Training Site
  - Additional training materials such as a Quick Start Guide, a Slideshow and FAQs
  - https://mobile.va.gov/training/move-coach

- Recording of MOVE! Coach live demo from the Field Training call
  - R:\MOVE_Team\MOVE! Coach\Demos\2015-01-22 MCMv1 NCP Live Demo.mp4
  - Approximately 25 minutes
Resources:
Internal Resources for Clinicians

- **Implementation Guide for Clinicians**
  - MOVE! Coach Intranet Site
    - [https://vaww.move.med.va.gov/moveCoachToolkit.asp](https://vaww.move.med.va.gov/moveCoachToolkit.asp)

- **MOVE! Coach Promotional Toolkit**
  - MOVE! Coach Intranet Site
    - [https://vaww.move.med.va.gov/moveCoach.asp](https://vaww.move.med.va.gov/moveCoach.asp)
  - Materials for use with Veterans and Clinicians
Resources: MOVE! Coach Toolkit

You will find implementation assistance, as well as promotional materials.

View, or download to print at the facilities.

vaww.move.med.va.gov/moveCoachToolkit.asp
**MOVE! Coach Success Story**

**Warren Pennington**

<table>
<thead>
<tr>
<th>Before MOVE! Coach</th>
<th>After MOVE! Coach</th>
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<tbody>
<tr>
<td>230 pounds</td>
<td>185 pounds</td>
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- **Weight**: 45 pounds
- **HgbA1c**: from 9.0 to 7.2
- **Insulin**: 5 shots to 0
- **Daily Steps**: 10,000 – 12,000 per day
- **Daily Calories**: 1800 per day

Going Mobile with MOVE! Coach

Thank you!

Go mobile, get MOVE!-ing

What future topics would you like to discuss?
Let us know by answering our survey:
https://www.surveymonkey.com/r/8V7MZ6C

Join us on April 24 for our next presentation on the Mobile Health Provider Program