

Thank you for joining, we will begin shortly.

If using your phone for audio, please dial in:

201-479-4595

Meeting ID: 282-33-786#



Tweet with us using #VAMobileHealth

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

The screenshot shows the homepage of the National Center for Health Promotion and Disease Prevention (NCP) website. The header includes the U.S. Department of Veterans Affairs logo and a search bar. The main navigation bar lists: Health, Benefits, Burials & Memorials, About VA, Resources, News Room, Locations, and Contact Us. Below the header, the page title is "National Center for Health Promotion and Disease Prevention". The left sidebar contains a "Prevention" menu with links to Healthy Living, Preventing Diseases, Managing Your Weight / MOVE!, Health/Living Assessment (HLA), Online Veterans Health Library (VHL), For Clinicians, Publications, and About Us. The main content area features a large banner for the "MOVE! Coach" mobile app, titled "Go Mobile, Get MOVE!ing". Below the banner, there's a "Welcome!" section with a link to "For Patients" and a "RESOURCES" section with links to Monthly Prevention Topics, Healthy Living Message Patient Handouts, and Lung Cancer Screening. The bottom section includes a "VIDEOS" section with links to Manage Stress, Alcohol: Know Your Limits, Tobacco Free: An Important Choice for Better Health, Eat Wisely: What's On Your Plate, Managing Your Weight, Physical Activity: A Little Goes a Long Way, What's Your Health Age, What's Your Health Age (Open-Caption), Be Safe: Prevent Falls, and Be Safe: Prevent Motor Vehicle Crashes. The footer contains logos for the Veterans Health Library, My healthvet, and the MOVE! program.

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

MOVE! Internet website: www.move.va.gov

The screenshot shows the homepage of the MOVE! Weight Management Program website. The header includes the U.S. Department of Veterans Affairs logo and a search bar. The main navigation bar lists: Health, Benefits, Burials & Memorials, About VA, Resources, News Room, Locations, and Contact Us. Below the header, the page title is "MOVE! Weight Management Program". The left sidebar contains a "MOVE!" menu with links to MOVE! Weight Management Program Home, MOVE!11 Questionnaire, MOVE! Handouts, More About MOVE!, MOVE! Q & A, MOVE! Success Stories, Additional Helpful Resources, Viewer Software, National Center for Health Promotion and Disease Prevention, and About Us. The main content area features a large banner for the "MOVE! Success Stories" section, titled "The Only Thing That's Worked: Veteran Warren Pennington discusses how the MOVE! Coach Mobile App helped him lose 45 pounds." Below the banner, there's a "Welcome!" section with a link to "For Patients" and a "RESOURCES" section with links to Monthly Prevention Topics, Healthy Living Message Patient Handouts, and Lung Cancer Screening. The bottom section includes a "VIDEOS" section with links to Manage Stress, Alcohol: Know Your Limits, Tobacco Free: An Important Choice for Better Health, Eat Wisely: What's On Your Plate, Managing Your Weight, Physical Activity: A Little Goes a Long Way, What's Your Health Age, What's Your Health Age (Open-Caption), Be Safe: Prevent Falls, and Be Safe: Prevent Motor Vehicle Crashes. The footer contains logos for the Veterans Health Library, My healthvet, and the MOVE! program.

Treatment for Overweight/Obesity

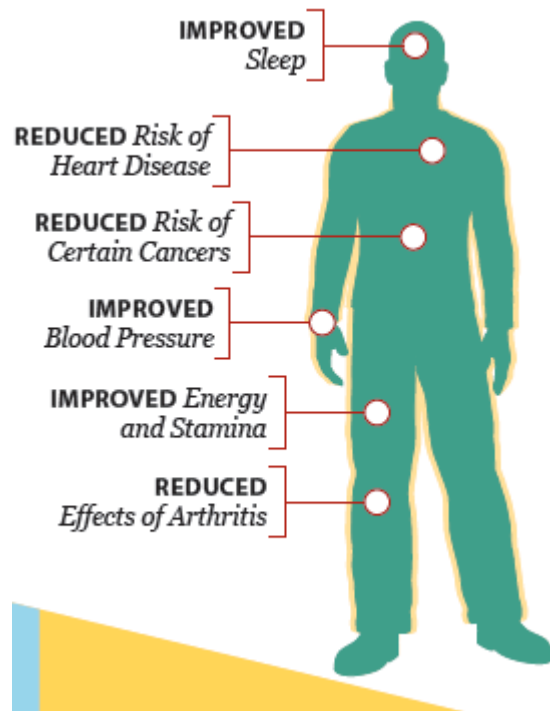
Components of MOVE!:

- Increased *physical activity*
- Healthier *diet*
- *Behavior* changes

**MOVE! offers
Comprehensive Lifestyle
Interventions**

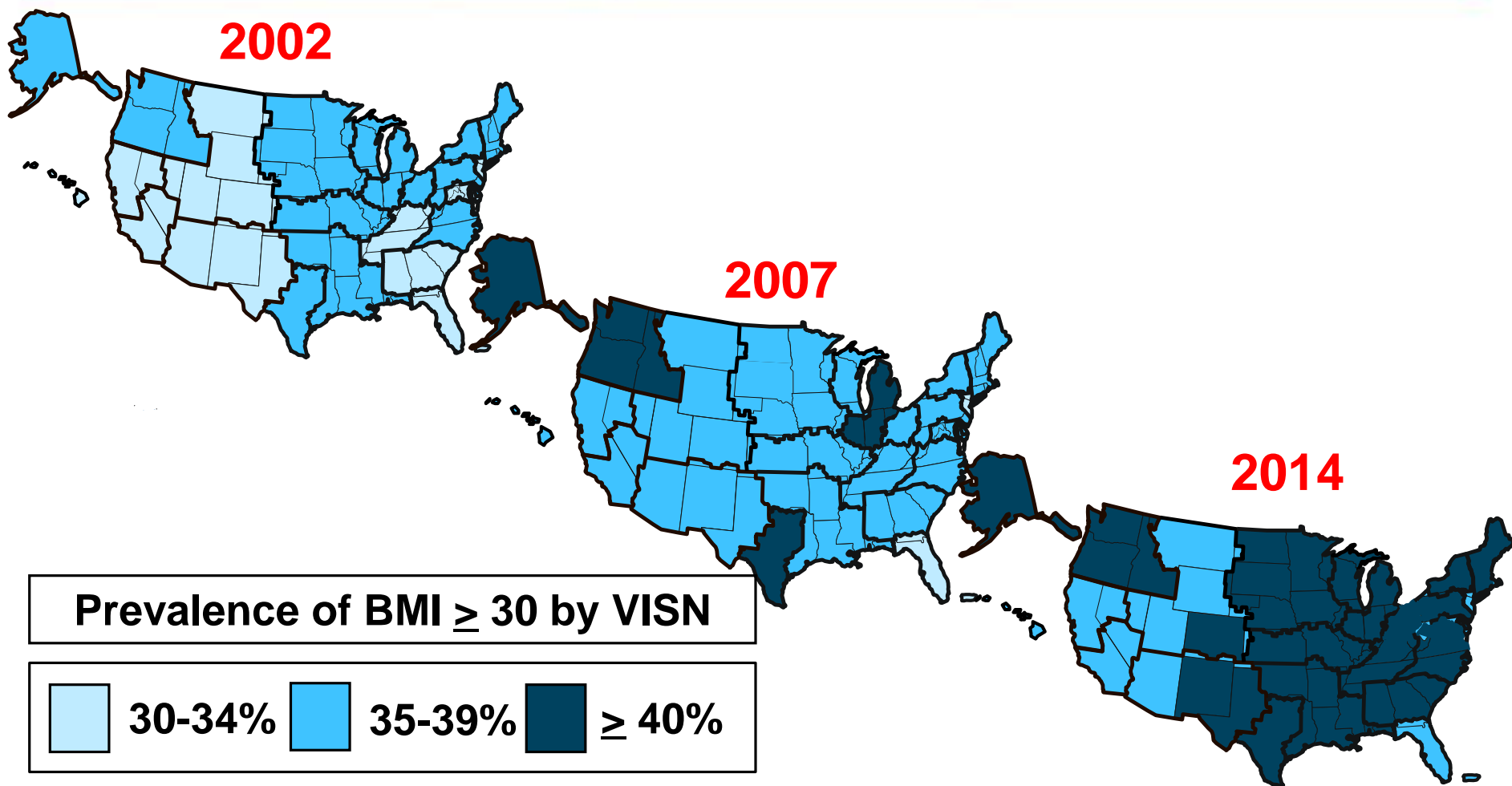


Treatment Outcomes

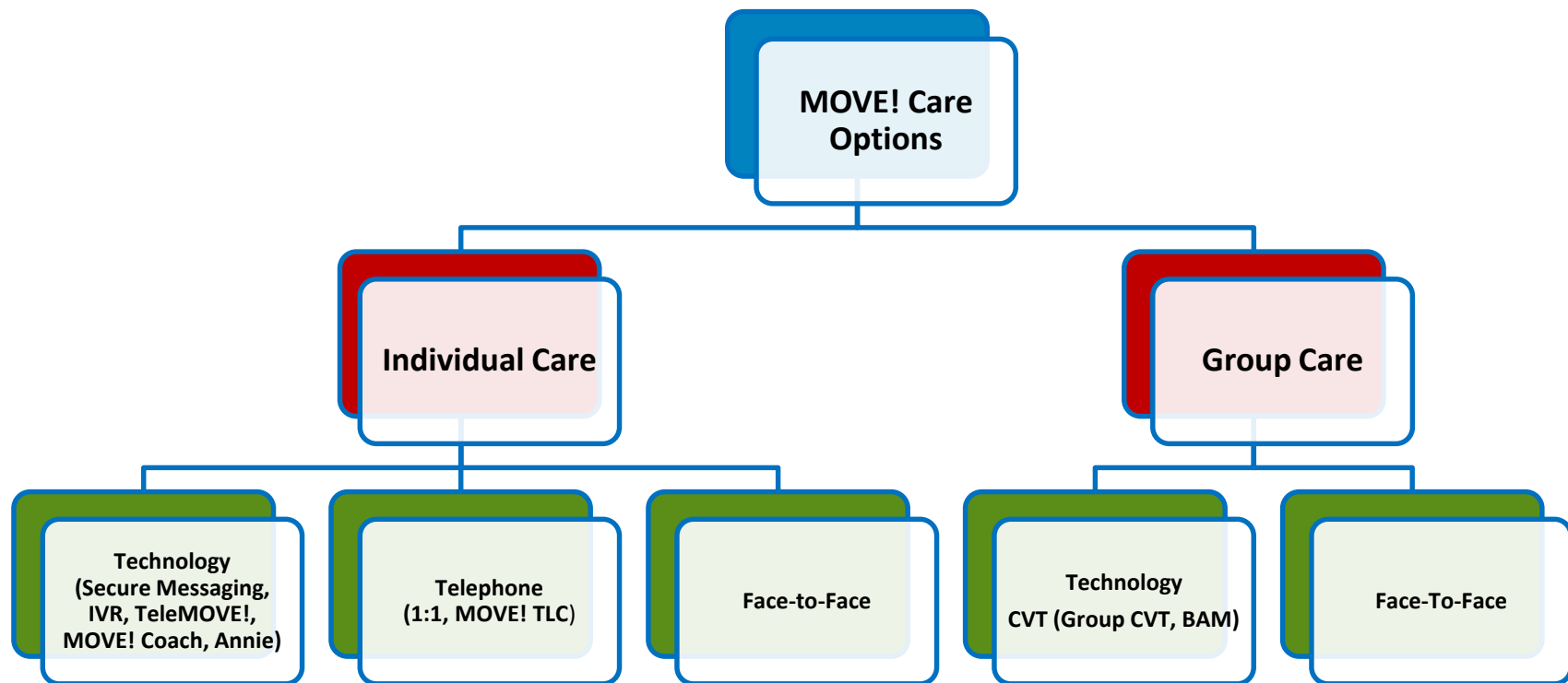


- Reduces blood pressure
- Lowers cholesterol
- Decreases CVD events
- Controls diabetes
- Reduces risk of certain cancers (breast, colorectal)
- Improves hypertension

Obesity Trends in VHA Veterans by Veterans Integrated Service Network (VISN) 2002 - 2014



Ways a Veteran may participate in MOVE!



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**

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



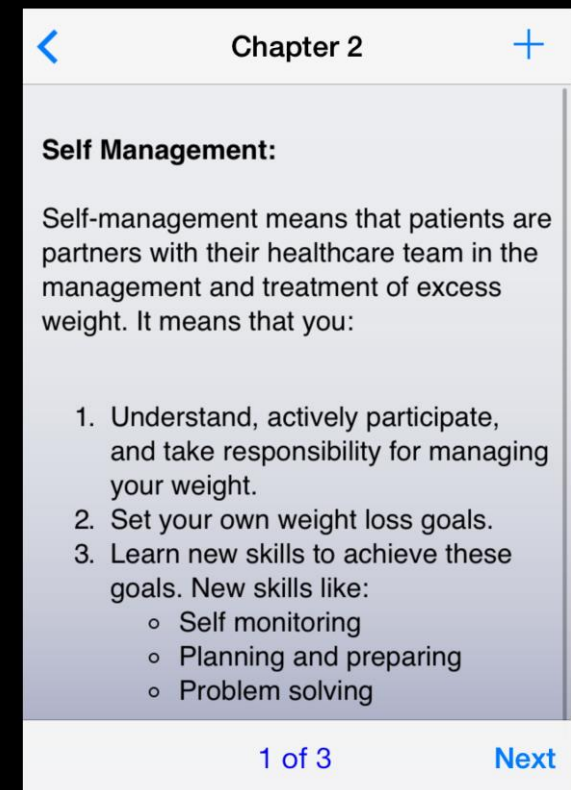
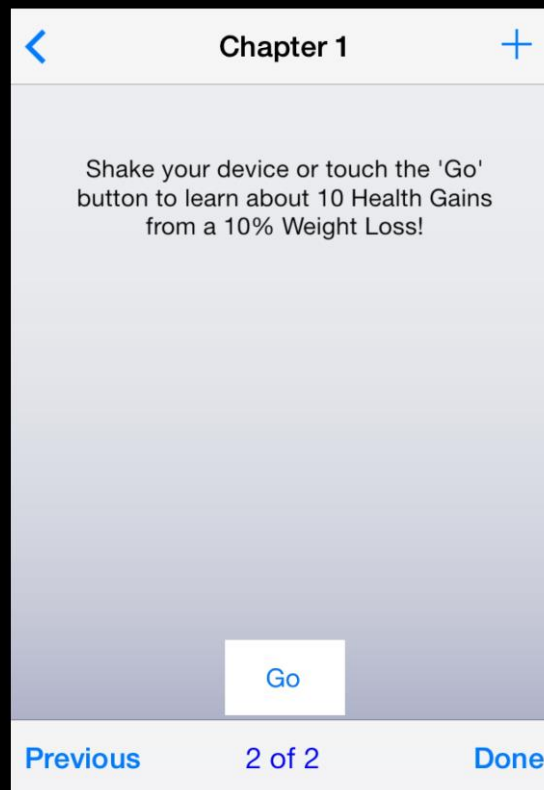
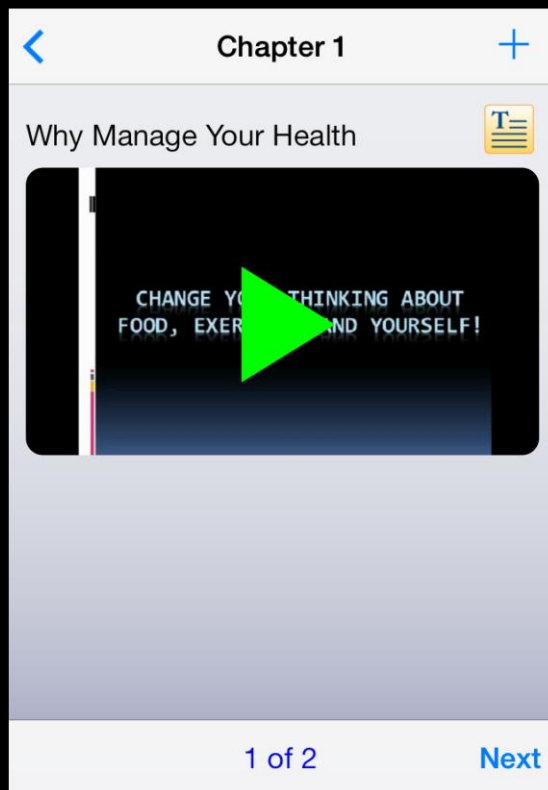
For more information visit:

<http://mobilehealth.va.gov/app/move-coach-mobile>

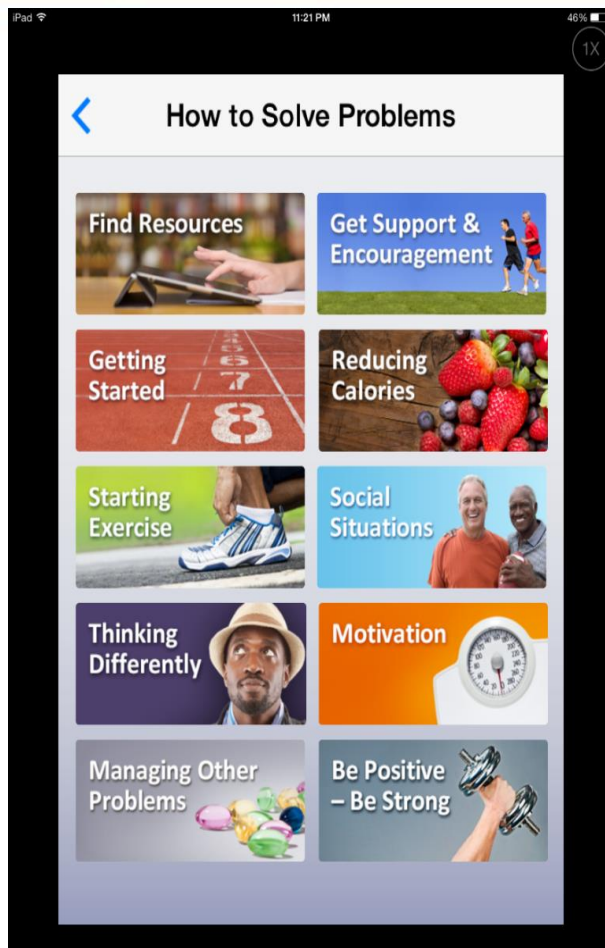
<http://www.move.va.gov/movecoach.asp>

Now Veterans can go mobile and get MOVE!-ing.

Chapters in Guide 1 – Getting Started



How to Solve Problems



Stay Motivated!

Providing Guidance



Verizon 3G 7:52 AM 55% 1X

< 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

Verizon 3G 7:53 AM 55% 1X

Weight Loss Rate Done

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 Diary Entry



3/19/15 Weight Entry ? Done

Daily weight measurements are needed to track your progress in MOVE!

Use the numeric keypad below to key in your entry

235 pounds

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
.	0	✕

Edit Diet Entry ? Done

Calories:	Eaten	Burned	Remaining	>
	262	0	1238	

← Thursday, March 19, 2015

🍳 Breakfast	262.5 Cal	+
Oatmeal, instant, cinnamon and spice, cooked (no fat added) 262.5 Calories 1.0 cup servings		
🕒 Lunch	0.0 Cal	+
🍽️ Dinner	0.0 Cal	+
🍎 Snack	0.0 Cal	+

Edit Activity Entry ? Done

Calories:	Eaten	Burned	Remaining	>
	262	283	1521	

Weekly Activity

Aerobic	Strength	Flexibility	Steps
90 min	0 days	0 min	0

← Thursday, March 19, 2015

Activities
0 Steps / 283 Calories


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

Guide Summary



Verizon LTE 4:42 PM 100%

< Guide 1 >

 MOVE! Coach Mobile

Guide 1 Summary Report - Getting Started.

Date Completed: Dec 23, 2013

My Data:

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

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.

1X

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

FIELD TEST CHAMPIONS

VISN	Location	Field Test Leader & Team
6	Beckley, WV	Jennifer Baker
12	Milwaukee, WI	Kristen Bertram Jessica Walls, Sandy Raguse
15	St. Louis, MO	Kristine Jamerson Amy Knoblock-Hahn, Nicole Morgan
16	Fayetteville, AR	Wendy Wolber
16	Alexandria, LA Fort Polk & Lafayette	Kristi Bellard Candace Dodge, Maria Armstrong, Kaci Savell Rachel Lalande, Matthew Jacobs
17	San Antonio, TX	Rene' Jacob
19	Denver, CO	Beth Hovel Alyssa Burnell, Megan Murphy, Elizabeth Roberts
19	Grand Junction, CO	Jessica Kovarik
19	Cheyenne, WY	Emily Smith
22	Long Beach, CA	Terri Verone Christopher Lauderdale, James Wong
23	Iowa City, IA	Krista Kazembe

Resources: To Learn About the App Itself



- **Help Screens within MOVE! Coach**
- **To Learn More About the App – on the MOVE! Public (Internet) Website**
 - MOVE! Coach Intro Page - <http://www.move.va.gov/movecoachintro.asp>
 - MOVE! Coach 'Learn More' Page - <http://www.move.va.gov/movecoach.asp>
 - 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:

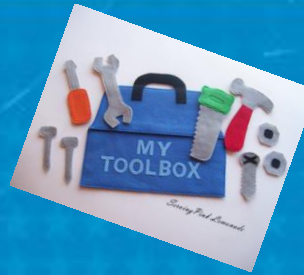
Internal Resources for Clinicians



- **Implementation Guide for Clinicians**
 - **MOVE! Coach Intranet Site**
<https://vaww.move.med.va.gov/moveCoachToolkit.asp>

- **MOVE! Coach Promotional Toolkit**
 - **MOVE! Coach Intranet Site**
<https://vaww.move.med.va.gov/moveCoach.asp>
 - **Materials for use with Veterans and Clinicians**

Resources: MOVE! Coach Toolkit



vaww.move.med.va.gov/moveCoachToolkit.asp

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

**View, or download
to print at the
facilities.**

[VA Intranet Home](#)
[About VA](#)
[Organizations](#)
[Find a Facility](#)
[Employee Resources](#)

NCP Home

MOVE! HOME

What Is MOVE!®

MOVE! Coach mobile app

Journal Articles

VISN Coordinators

Staff Training

Program Tools


Q & A

Success Stories

Annual Report, Annual Evaluation Reports and National Evaluations

History

MOVEEmployee!®





Contact Us





Additional Resources

MOVE!® Coach Toolkit

Material for Implementation Guidance

Material Available		How you can access the Material	Best practices and suggestions for use
MOVE! Coach Clinician Implementation Guide		To access the Guide, click Guide .	This version of the Guide will be maintained with the most up-to-date information. We encourage you to check back periodically to obtain the most current information.
More implementation tools		To access the MOVE! Coach SharePoint Folder, click SharePoint .	Visit the SharePoint folder to view additional detailed tools and resources to help you set up the program. Included are sample call scripts, current compatible devices list, sample outcomes data spreadsheet, and more.
Resources for Veterans and others who will be using the App		To access the MOVE! Coach page on the MOVE! Website, click MOVE! Coach Information Page .	Visit the MOVE! Coach website page to see information for people who use the app, the User Guide, some training materials, and how to get help.

Promotional Material and Suggestions for Use
These resources provide quick and easy ways to explain how the app works and

Material to share with Veterans			
Promotional Material Available		How you can access the Material	Ideas for use
Veteran Brochure		The Veteran Brochure can be ordered through the Hines Depot. View ordering instructions by clicking here . For download access, click Veteran brochure .	The Veteran brochure provides general awareness about MOVE! Coach, along with features and benefits to help Veterans understand how MOVE! Coach works. Suggested placement in waiting areas, new patient orientation, Patient Education Resources Centers, and other areas where Veterans can obtain information sources.
Veteran Information Cards		The Veteran Brochure can be ordered through the Hines Depot. View ordering instructions by clicking here . For download access, click Veteran cards .	Used to inform Veterans about the app and how to get more information. Can be included in new patient orientation, Patient Education Resource Centers, and other areas where Veterans can obtain information sources.
Mini Poster		For download access, click mini poster .	The Mini Poster can be pinned to bulletin boards. Can also be used in new patient orientation, treatment rooms, waiting areas, cafeterias/canteens, libraries, hallways, etc.
Table-Top Pull up Display		For download access, click Table-Top .	Use this 11x17 countertop standing banner as a table-top item to promote MOVE! Coach in settings such as presentations to leadership; health fair events; clinic lobby displays; MOVE! Group Sessions; as table-top item in MOVE! CVT classes; or any event where there is a table-top or flat surface.
Material to share with Clinicians			

MOVE! Coach Success Story

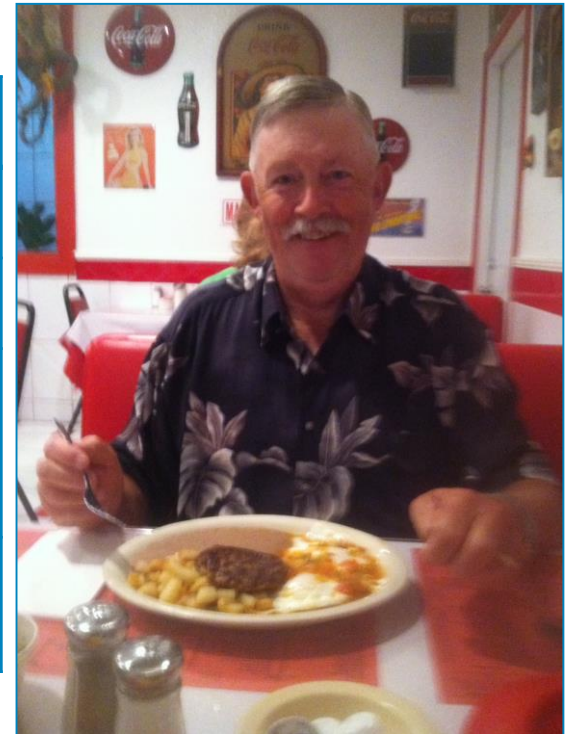
Before MOVE! Coach
230 pounds



Warren Pennington

Weight	↓ 45 pounds
HgbA1c	↓ 7.2 from 9.0
Insulin	↓ 5 shots to 0
Daily Steps	10,000 – 12,000 per day
Daily Calories	1800 per day

After MOVE! Coach
185 pounds



See more success stories here: <http://www.move.va.gov/SuccessStories.asp>

Going Mobile with MOVE! Coach



Questions??

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