

DENISE I'm Denise Kennedy, and I'm going to run through a few brief technical reminders

KENNEDY: before we begin the discussion. You have the option to use voice through your computer or the phone.

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To respect everyone's schedules, we'll keep this moving so the session ends on time. If you have any questions throughout the presentation, please use the chat feature, and we will get to them as time allows. If we don't get to your question, we will send out an email following this webinar with any relevant answers.

If you would like to participate on Twitter, please use the hashtag vamobilehealth. To download the presentation, please click the link in your chat box.

Today's presentation will be led by Lynn Novorska, MOVE! Dietitian Program Coordinator. Additionally, we are joined by MOVE! Project Manager Karen Eisner. Today Lynn is going to talk about the MOVE! Coach app-- a weight management app for veterans. Lynn, over to you.

LYNN: Thank you very much. Hello, everyone, and thank you also for joining this discussion series call today to hear about the MOVE! Coach mobile app.

Many of you may be aware that we've been working on this app for a while now. We started applying for funding way back in 2010. And we've been very fortunate to work with connected health and OI&T to produce a mobile app built entirely by OI&T

developers.

Today we will give you a brief overview of the MOVE! program itself, how the MOVE! Coach works, and to show you some of the features of that the app uses to help Veterans meet their health goals. It's not intended to be an extremely detailed training on all of the MOVE! functionality or the MOVE! Coach functionality, but rather to offer an opportunity for discussion points and to get clinicians thinking about how this mobile app might be used in their facility weight management program.

So here's today's agenda. First, I'd like to tell you a little bit about the national MOVE! program, why a weight management mobile app is important, and how it can help the veterans.

We'll also review the key features of MOVE! Coach and explain what the MOVE! Coach with Care concept is all about. Then we'll finish up by talking about all the great staff-facing and public-facing resources that we have available.

Because it's a discussion series, we'll be stopping a couple of times to address any questions along the way. So a little bit about MOVE!-- for those of you that are not familiar with MOVE!, it's a national VA a program designed to help Veterans lose weight, to keep that weight off, and in doing so improve their health.

The three gentlemen that you see in this slide, with their before and after photos, all lost more than 50 pounds. The youngest veteran lost over 80 pounds. And these are just a few of the many success stories that we've seen with the MOVE! program.

You can find many more success stories as well as other MOVE! information on the public-facing and NCP prevention site and on the MOVE! internet site. MOVE! also has an intranet site that's dedicated to providing MOVE! program information that's directed more toward the clinician.

If you're interested in reading any of the educational materials that are linked in the MOVE! Coach app-- or if you would like to take the MOVE!11 questionnaire-- you can visit these sites to do that.

The primary goal of MOVE! is to systematically address overweight and obesity by using the best medical evidence. The main components of MOVE! include increasing physical activity, maintaining a healthy diet, and incorporating behavior changes where and when they are needed.

These three components are pretty easy to say, but they're much less easy to do consistently from day to day. And that's where MOVE! is designed to really help folks out.

Additional MOVE! goals include screening every Veteran and, for those who are at risk, offering them a weight management program where they can achieve a 5 to 10% weight reduction.

The at-risk Veterans are those individuals that have a body mass index-- or BMI-- greater than 30 or a BMI greater than or equal to 25 with the presence of other co-morbid conditions such as diabetes or hypertension. VA currently screens and offers MOVE! to 95% of targeted Veterans.

So this next slide shows the treatment outcomes that are linked with a successful five to 10% weight reduction. Many of our success stories talk about how weight loss improved their overall health. And evidence shows improvements in these listed areas with as little as a 5% loss. So if you read down the list that's on this slide, you can see that these are all very good reasons for us to manage our weight.

Taking a look at the trend map, we can clearly see the increasing obesity trend across the nation from 2002 to 2014. And last year, 14 of the 21 VISNs had over 40% or more of their Veterans meeting the BMI category of obesity.

Approximately 5 million Veterans-- 78% of those treated in VHA last year-- were overweight or obese. So clearly there's a major burden of obesity in VHA.

So MOVE! is trying to break that obesity trend by creating a variety of MOVE! care options to best meet the varying needs of Veterans. I explained earlier that we successfully screen and offer MOVE! to 95% of targeted Veterans. But currently the

average uptake for participation runs between 9 and 10% And we lose about half of those individuals after about four group sessions. So we're constantly evaluating new ways to offer weight management.

And this slide shows the current variety of ways that it is offered. Our technology care options include a variety of ways to participate, such as telephone support. There's TeleMOVE!, which was created in collaboration with the telehealth services and uses handheld home messaging devices.

Shortly after TeleMOVE! came a version of interactive voice response, referred to as IVR, which provides care via an automated calling system. We also have clinical video telehealth known as CVT or VTEL, which is used for real-time teleconferencing to teach group sessions virtually and to provide physical activity sessions in a virtual group format.

The newest technology care option available is the MOVE! Coach mobile app. So what is this MOVE! Coach mobile app? It is simply a mobile application that offers new ways to participate in MOVE!

It is currently available for iPhone or iPad with iOS version 6 or higher. You can see here in the upper right hand corner the MOVE! Coach icon, or the chiclet for the app itself. This design was chosen by Veterans mainly because the megaphone emphasizes the coaching aspect of the MOVE! care that's offered.

The picture on the left is what's called the splash screen. And it's seen when the app is actually downloaded. It's a very fast screen.

The picture on the right is the main screen, which shows the major sections of the app. And those sections are the self management guides, how to solve problems, and my goals and progress.

The area at the bottom of the screen displays graphs to make it easy to view and monitor progress on the individual's weight, their caloric intake and their diet, and physical activity, as it entered by the user themselves. So how can the MOVE! Coach app help the Veterans?

Well, using mobile devices makes services more accessible, and it helps guide Veterans to become active partners in their health care. In other words, going mobile leverages wireless mobile technologies to improve Veterans' health.

It also expands care. I mean, the most obvious and immediate benefits would be the expansion of care beyond the traditional office visits.

It could potentially reduce or eliminate travel time, especially for our rural Veterans who frequently have long travel times to the nearest VA facility. It eliminates the need for parking, which is often in extremely short supply at many of the VA's. It can save appointment time, thereby reducing the number of office visits needed for the Veteran and opening slots for the clinicians who might need them for other Veterans-- which ultimately increases access.

MOVE! Coach could be used as an interim care offering, or as an option for Veterans that are not comfortable with group settings, or for those who simply want to try to tackle weight management in their own private way. It can help coordinate overall MOVE! care. And it gives Veterans, caregivers, and family members tools to help them lead healthier lives.

DENISE

OK, Lynn, thanks for that. We have two questions that have come up.

KENNEDY:

The first is from Marjorie. She wants to know, how is the app connected with secure message?

LYNN:

Thank you. That's a good question, Marjorie. It's not directly connected with secure messaging.

How it was used during the field test is that the participants had to, of course, be all set with regard to secure messaging access. And then they would work with their clinicians at the facility to send information to and fro.

So it's not connected yet. We hope that in the future it will be.

DENISE Great. And the second question is from Brady. He wants to know if there is a
KENNEDY: version for Droids.

LYNN: And you know, that is a very good question. It is actually the most common asked question over the past, probably, three weeks. And we are in the development process for version two.

We do not have a version for the Droid just yet, but it's in the making. So we're hopeful that the development will continue and we may see that product in somewhere around 2017.

DENISE Great. And we've actually had another question just come in from Julie. Julie wants
KENNEDY: to know if Veterans opt in to MOVE! Coach, will this qualify as a MOVE! visit for MOV six and seven measures.

LYNN: So what Julie's asking about is related to workload credit. And yes, it actually can be used for workload credit. But just like any other encounter or interaction that we have with Veterans, you have to have the proper clinic set ups.

And so we could probably spend a whole other hour on that particular topic alone. But yes, it can count for the various MOVE! performance measures.

DENISE Great. And Lynn, we have more questions coming in, but we'll stop there for now
KENNEDY: and let you keep going. And then we'll continue in a few more slides and ask you some more questions.

LYNN: OK, great. Thanks, Denise.

DENISE Go ahead, Lynn, you can keep going, and we'll hold the questions.
KENNEDY:

LYNN: OK. It's not wanting to cooperate, but we're-- there we go. OK, great.

So we're going to go into a little more depth about the app itself. MOVE! Coach offers a series of 11 self-management guides where Veterans learn how to set

weight management goals and how to follow those goals using self-monitoring tools that are built into the app.

So unlike existing weight-focused apps that are on the market today, MOVE! Coach is not simply a tracking device for food and physical activity. But rather it provides structured guidance through a sequence of guides that are geared towards the Veterans.

These guides are based on a workbook that was originally created for the successful MOVE! Telephone Lifestyle Coaching program, also referred to as MOVE! TLC, which went on for even more success as the national TLC pilot.

Because a workbook is so text heavy, though, many of the educational items and the physical activity pieces were converted into brief videos or games to make the app more appealing to use over that 19 week time frame. The self-management guides are where the Veterans can learn how to set weight management goals and how to follow those goals using those tools.

The guides are offered in a timed, sequential order. The first three guides have a one week duration, and the remaining guides to have two weeks each.

Users will be able to track daily food intake, physical activity, and weight, while monitoring their diet activity and weight goals using graphs and various summaries.

Because we all know that weight management is not easy, we have built in some problem solving tools to help them work through barriers. And finally, we provide handouts and other resources for support, as well as access to a full catalog of tools developed for MOVE!

So in order to get a better idea about these sections in the app, I'm going to review those main sections a little more closely. So the main section that I'd like to share first is in the self management guide section.

I mentioned that there were 11 guides. Each guide has a specific topic. This slide shows the first screens of chapters one and two in Guide 1-- Getting Started.

Here you can see the variety that is offered by the app. You see there are videos built into all of the guides. There are interactive or game pieces and some text sections.

These examples address what I mentioned earlier as ordinarily text-heavy education pieces, so that the app can be more engaging and yet cover topics in sufficient detail. The self management guides offer alternative ways to capture attention and to quickly teach important weight management principles and education topics.

The videos and some of the text content are housed on a separate media server. So we, the content owners, can make adjustments if and when they're needed, without the requirement of having to go back to the development team. And we truly appreciate their working to make that happen for us.

Another of the main sections is How to Solve Problems. This helps participants stay motivated and encourages them to continue making progress by using the variety of resources and support to overcome the various barriers they may come up against.

There are 10 selectable areas in this section with a wide range of items offered. You'll find direct links to topics, specific MOVE! handouts. You can set up social support using Facebook or Twitter or set up support using your personal contacts.

Participants can also go here and get ideas for physical activity, or how to reduce calories, or even do a relaxation exercise. And there's even more in that section.

These are additional screens showing how the app helps to guide patients. And they are found in the self management guide.

Our early usability testing and field testing with the Veterans indicated that they saw this type of guidance as very helpful. And so we wanted to share one of the screens where guidance is definitely provided.

So the app also provides daily diaries for the users to record their weight, diet, and physical activity. This slide shows screenshots of the main pages for the weight

entry, diet entry, and physical activity entry, where participants can enter their individual information.

And if you remember, I mentioned that those self-management guides are timed so that each participant has time to review all the materials in each guide. Spacing the guide also strongly encourages ongoing, regular use of these daily diaries.

One of the main objectives behind the timing of the guides is that it helps participants develop the habit of regularly logging their weights, food, and beverage intake, as well as physical activity on a daily basis. And developing that logging habit has been found to produce much higher weight management success.

What you see here is an example of the Guide 1 Summary. So for each of the guides, a summary of information is captured, as it had been entered by the participant.

And this information is stored for them so that they can refer to it in their My Goals and Progress section of the app. And that's the last main section.

So these guide summaries can be printed. They can be emailed or copied to be shared with providers or others, as the Veteran chooses.

There are a number of other reports that can also be generated from the Goals and Progress section of MOVE! Coach. These reports supply information and come from the diaries, or any entered goals, or any of the graphs, and diary entries, and more. There's a lot of reports for sharing.

The app can be used independently or with a clinician partner. Everyone should understand that the app is available for download and use by anyone. Any family, caregiver, friend, others, can use the app in an independent fashion.

But because we know that intense and sustained intervention is a big key to successful weight loss and maintenance, here is where the use of the app differs. To increase the app's effectiveness, MOVE! Coach can be significantly enhanced by incorporating check-ins with the Veteran using the app.

The addition of a check-in, such as a telephone call or secure message, allows the clinicians to monitor progress and provide support along the way. This enhancement is what I referred to earlier as being called MOVE! Coach with Care.

So MOVE! Coach with Care is a clinical program in which a Veteran using the MOVE! Coach app can partner with a clinician. This partnering provides a way for Veterans to receive feedback, coaching, and support, in an intense and sustained fashion, which, as I mentioned, is key to successful weight loss and maintenance.

The app, by design, reinforces intense and sustained treatment through the 11 sequential self-management guides. I've mentioned that the guides open at a rate of one per week for the first three weeks, and one guide every other week for the next eight guides-- a total of 19 weeks of programmed care.

I also mentioned that spacing the guides out gives the participants time to thoroughly read through all of the handouts and watch-- even re-watch-- any of the video resources that are being offered. But even more important is that it gives time for them to create that habit of entering the information for their daily weight, dietary intake, and physical activity. And again, creating that habit is so important for success with weight management.

So adding the Care portion to MOVE! Coach can significantly boost the app's effectiveness simply by incorporating check-ins with Veterans that are using the app. The addition of the check-in allows clinicians to, as I said, monitor their progress and provide support. And we know that providing care in this fashion will also allow for capturing performance measure data and for workload credit.

So MOVE! Coach completed user acceptance testing and then a full field test. And we'd really like to thank the Human Factors team, especially-- Jennifer Herout, Brandon Conway, and Nancy Wilck-- for their assistance and guidance throughout development. We are also very grateful to our field test sites that you see here on this slide for helping to improve the app and the implementation plans.

It's one thing to do a two week field test. But when it's a 19 week commitment, that's

another story. And they were great. So we'd really like to thank the field test sites.

DENISE All right, Lynn. We have quite a few questions here to tee up for you.

KENNEDY:

LYNN: OK.

DENISE And I think they're all good. And a couple of them are maybe just reiterating a few

KENNEDY: things that you've covered already.

First, Jenessa asks, are there any plans to be able to unlock more than one module per week?

LYNN: At this time, there are no plans to be able to do that. And as I said probably three or four times in the presentation, we are really trying to get people to develop that habit of entering things.

And we're afraid that if we open things too soon, that step will get skipped. That doesn't mean that it couldn't change down the road. Because we're just starting the true evaluation of the app right now. But for now, they're going to stay locked as they are.

DENISE Excellent. The next question is from Marjorie. Will this fall under virtual care

KENNEDY: modalities?

LYNN: I'm not really sure I can answer that question. In my mind it does. But that might mean something specific to their facility, and I'm not sure that I can give a real clear answer for that.

DENISE OK. We'll ask for some follow up there. You have several questions around who can

KENNEDY: use the app. Can non-Veteran employees use the app? Do you have to be a VA-enrolled Veteran to use the app, et cetera.

LYNN: And that's why that one screen that talked about the two different ways the app can be used-- which is as an independent user versus a MOVE! Coach with Care.

Anybody in the world can use the app as an independent user. Not just anybody

can use it with the Care piece.

So first things first, their facility has to be participating with the Care portion. And they do have to be a Veteran to be participating in MOVE! Coach with Care.

DENISE

Great. And then Brian has a question. With MOVE! Coach with Care, are the check-ins-- either calls or secure messages-- scheduled when they enroll in the program? Or does the app alert the clinician to call the Veteran?

KENNEDY:

LYNN:

That's a very good question. We had different field test sites arrange that connection differently. And frankly, however they can establish it so that it works and that Veterans aren't falling through the cracks, so that they are receiving the check-in-- we're not prescribing exactly how that needs to happen.

I think the majority probably did call to the Veterans. And some set up with the other extreme. They actually gave the Veteran a template-- a secure message template-- and then those that were participating participated using that secure message template. And they knew they had to have it sent back to their clinician at the end of each of their self-management guides. So there's a number of different ways that that connection can be made.

DENISE

Great. And Julie wants to know how would a facility be able to use the Care portion of the app.

KENNEDY:

LYNN:

Well, the facility would have to establish that Care portion. And then they would have to probably know the Veterans that had the right equipment to be able to participate in it.

So there's going to be a little bit of administrative work on the facility's part in order to get that piece established. And that's partly why we're here on this call today. Because we want clinicians to start thinking about how they might make that happen at their facility.

DENISE

Excellent. And another follow up about the MOVE! with Care. Does the app alert the Veteran for a follow up with the clinician at all? I didn't think that alerts could be set

KENNEDY:

up in the app. And that's from Lara.

LYNN: Right. It doesn't actually alert them. They are working through a series of education pieces. So for example, if they try to go to the next self management guide and they haven't reached the open window time, they can't.

But that's as much of an alert as they're going to get. That would tell them that they haven't arrived to be able to move on. And yet, as soon as they are able to move on, then they know they've passed that gate and that they probably need to get something off to their clinician.

DENISE
KENNEDY: And the last one for this round-- I know that we got a question earlier about whether or not there was an app developed for Google. But Suzanne asks is the app only available to those that have an Apple device.

KAREN EISNER: Hi, this is Karen Eisner. Just wanted to jump in and let you know that the version that we have now-- version one of MOVE! Coach-- was designed for iOS devices. So if someone wants to use it right now, they'll have to have an iPad or an iPhone with version 6 or higher.

And that's where it was started out. So since we have so much interest in it, and people are asking to have it available in different places, especially Android-- again, our most popular question-- and perhaps from other devices-- version two is being developed using a different technology.

It's actually a complete rewrite of the app. And that rewrite, we're hoping to make it accessible on different platforms, such as Android. So right now it's currently designed to work with iOS devices.

DENISE
KENNEDY: Great. Thanks, Karen. We have a few more questions coming in. But I know you have a few more slides. So why don't we get through those slides, and then we'll start back up again.

LYNN: OK, so we're going to hop in here and talk about resources. There are a number of resources set up to help staff as well as Veterans. In fact, probably many of these

questions are answered in those resources. But because MOVE! Coach is a fairly large app with a great deal of information, help screens are designed within the app itself.

So participants can view help right on the screen that they're on. So if you were, for example, in the diary entry screen, the help will be about those specific screens. So it's content specific. And this is a good way to also learn as you go through the app. So that's available.

There's also information on our public-facing MOVE! Internet site to help all users of the app. The MOVE! Coach Learn More page contains information such as tips to download the app. There's a detailed user guide and information on how to contact the help desk.

And it's great. We're thrilled to be able to say that we have a help desk. So clinicians can direct users to call the help desk for technical or usage questions. And then they, the clinicians, can focus on helping the Veterans with their actual weight management journey.

We have other materials housed on the VA Mobile Health training site. Alan Greilsamer and his team have created materials for all of the VA mobile apps and have a quick start guide, a slide show, and FAQs available at the link that's shown on the slide. They're also responsible for today's call and have been a great support to MOVE! Coach. So thank you out there for Alan and the team.

The last item listed on the slide is a link to a recording of a MOVE! Coach live demo from one of our field training calls. We've been extremely fortunate to have worked with an excellent OI&T development team. And our version one lead developer, [? Stephen Bars, ?] provided this demo.

So if you'd like to see more of the app screens, and if you're not able to download the app itself, this demo offers the next best thing. [? Stephen ?] will walk you through a lot more detail than I was able to do today. There is a lot of material and support of MOVE! Coach out there.

Let's see-- yes?

DENISE

Sorry, go ahead.

KENNEDY:

LYNN:

OK. We also have internal resources for clinicians. So going to the MOVE! intranet links, clinicians will find an implementation guide. And it's about how to implement the actual MOVE! Coach with Care piece.

Much of the material we have covered in training is in that manual. It is not something that we recommend be shared with the Veterans, necessarily. It's definitely written for clinicians.

We, at this point, should also mention that these are living documents. So as we learn things and as we get updated information, we are certainly updating these documents. So we do encourage folks to check back periodically for current information.

And then the next link is the MOVE! Coach Promotional Toolkit. And this offers materials to help promote and educate both clinicians and Veterans about MOVE! Coach. And I'm going to talk about that in just a minute.

We will also be offering educational calls or workshop-type calls to provide a forum for sharing ideas and having discussions about implementation items as they are needed. Clinicians interested in attending these calls can send me an email. And they can be added to our MOVE! Coach Community Calls group.

So I'm going to jump back now to that MOVE! Coach Toolkit that I started talking about a minute ago. And what's on this particular site is split into three areas. There is an area for material for implementation guidance, material to share with Veterans, and then material to share with clinicians.

Under the implementation guidance, of course, is the implementation guide. There's a link to a SharePoint site where we're sharing things that are being used across the nation by different folks at their sites. And there's a link to the website Learn More

page.

Under the material to share with Veterans, there's a listing of promotional materials and suggestions for how to use each of those promotional materials. So you'll see the Veteran brochure. You'll see the Veteran information cards, the mini poster, and tabletop pull up display. So we'd love for folks to be using those items.

And then under the material to be shared with clinicians you'll see a clinician flyer. It's a basic one-page intro sheet about MOVE! Coach. And there's an audio podcast. And that gives a five minute audio introduction about MOVE! Coach.

They're all collected here for your convenience. You can view or download them to print at your facility.

A toolkit of this promotional material is being sent to the MOVE! coordinators at the medical centers, and one to each of the CBOCs. And we're hoping that is hitting their door soon.

For any facility that would like to have some of their own toolkit items created-- which oftentimes facilities find extra money somehow-- then they contact us. And we can share our source files with them. So that's always a possibility as well.

So at the beginning of today's presentation, we started off by showing a slide of three MOVE! successes. This slide highlights a MOVE! Coach success story.

This is Mr. Pennington. He was one of our field test participants. And like so many yo-yo dieters, he tried numerous ways to lose weight without much success.

Fortunately, he was referred for MOVE! Coach. And he found it to be very helpful. And incidentally, this was his first experience with MOVE! Sometimes we have repeat visitors. But this was his first experience, and he was very successful.

He lost 45 pounds. He reduced his hemoglobin A1c from 9.0 to 7.2 and was completely taken off of insulin.

He continues to log daily steps for his physical activity in the 10,000 to 12,000 per

day range. And he is maintaining his calorie intake at about 1800 calories per day.

So we never get tired of hearing or sharing these success stories. It puts a face on the care that we provide and is something that everyone in the MOVE! field should be very proud of.

If anybody's interested in seeing more success stories-- because we have a lot that we're very proud of-- we ask that you visit the MOVE! website link that you see on this slide.

And we already have three more MOVE! Coach success stories published on that site. So please, please take a look.

DENISE

OK, we do have some more questions for you, Lynn. The first one is in reference to what the clinicians see on the clinician side. Is there a website or interface program? Or is it all communication via phone or secure messaging?

LYNN:

Wow. I don't know who asked the question, but I like how they think. In fact, we are working on another piece that we called-- I'm going to actually let Karen talk about it.

KAREN EISNER:

Yeah, we're actually thrilled with that question. Because right now the app is patient-facing-- Veteran-facing or it's available to other people who want to actually be a participant in weight management. So all the technology in the app right now is facing the Veteran or the patient.

So all the communication currently that's done with the clinician is done via either secure messaging, in person, or over the phone. So we realized and recognized that's a tremendous burden and administrative burden on the clinician.

It also, for various reasons, isn't the most efficient way of doing things or the most helpful way for the patient. So a new component that is currently being designed is actually called Clinician Connect-- so MOVE! Coach Clinician Connect.

And what that's envisioned to be is the clinician portal to this information, which would help the clinician monitor the progress of the Veteran a little bit more closely.

Being able to view the data-- should the Veteran want them to, of course. It's completely if the Veteran opts into that.

Which would not only enable them to see the data to work with the Veteran more closely, but also to get statistical reporting and be the clinician portal and clinician-facing piece. So we don't currently have that, but this is all actually Novorska's vision.

So this is all part of that. And this is the first step in that vision. The second step will be actually two things. One is the new version of the MOVE! Coach app, and the second is the Clinician Connect piece.

So whoever asked that, we shout it. Because we're really excited about that next step.

DENISE
KENNEDY: I definitely feel like I need to tell you it was Mark [INAUDIBLE]. So thank you for that question, Mark.

We have a question from Raymond who wants to know, do you have visibility of app utilization rates? How many are using, or downloads, which sections are the most visited, et cetera?

LYNN: OK, so we have some exciting news here, too. And I'm not going to steal all the thunder. So Karen, I'm going to let you tell them about that good stuff.

KAREN EISNER: OK, well, it's kind of our thunder. So being a mobile app, we have a lot of limitations in the information we can gather.

So if you've worked with websites or any kind of web program, there's a lot of ability to monitor and track-- Google Analytics being probably one you're familiar with-- to be able to see not only who visited your page but what they actually hit, how long they were on there, and give you really intense analysis on the use of your program.

On the mobile app side, we do have a challenge that we don't have those kind of programs. And if they are out there, the VA definitely doesn't have access to them

right now.

So we're really limited at being able to figure out how can we find out who's using it or downloading it. But one of the things we do get is our download report.

And that is actually something that's provided to us from the Apple store. Because they can tell who's actually downloaded this app.

So when we first started out, we had some trickles here and there. We made it available on the app for the field test. We had some downloads from India and some random places. We were kind of surprised. But you know, have at it.

As we were going along, we started tracking from the beginning of the year how many downloads that we had. And we were consistent in having some things-- you know, 50 here, 50 there.

And as we were going along, what we recently had was some big publicity. And again, Alan was very helpful in getting out the information from the mobile communications area, both in a newsletter and in this kind of presentation.

We had an article on the VHA homepage. And news is getting out about MOVE! Coach. We're very excited.

So we have actually have almost 2,000 downloads now. And 1/4 of those happened within the last week. And that's when we had a lot of our promotional things going on.

So we're just getting started. The field hasn't even begun the promotion of this yet to the field. So the fact that we already have 2,000, which is--

We have some statistics as to where that falls within the app. I don't think that's public yet. But we're very excited to see that that's growing, and growing, and growing.

LYNN: I hope that answers your question.

DENISE It does. I have a couple more questions we're going to try to get through here as
KENNEDY: we're winding down on time.

Another question from Raymond. He says great app. Other than the Android support, what are the top three enhancements you'd love to see for this app?

KAREN EISNER: I think as we had from Mark [INAUDIBLE], was we would like to see the clinician portion of that and have availability to that. One of the second pieces would be something that I'm going to let Lynn talk about, which is the food database itself.

LYNN: Right. So the current database in the app is the USDA's SuperTracker database, which it is a good database for food entry. And we would like to increase to try to obtain a more robust database for future use.

So I think that's on our list. It has a number of different challenges that come with that, but that's one thing for sure that we'd like to see improved.

KAREN EISNER: We actually had to start out with the current one. That's the one that the VA was able to get agreements to use.

So we hope to explore other avenues. And what that would do is that would enable a person as they're entering in food to be able to find more things.

So instead of just saying-- I'm going to use a real example-- French fries, and then you have to guess. It actually says French fries, McDonald's, this size, and gives very specific information on calories. So I think we're hoping to give a better experience for them on that.

LYNN: Yeah, easier to find.

KAREN EISNER: I think those would be our three biggest, with Android.

DENISE Excellent. Thank you. So the last question that we have-- and I think you covered
KENNEDY: this. And I think I might have actually just lied about it being the last question.

But was the app developed in house by the VA? I think you said yes, but I wanted to

bring that up. That was asked by someone to just the presenters.

LYNN: Yes. We're very proud of the fact that it's an in-house developed app building this thing. Great team, too.

DENISE And [INAUDIBLE] has a question. On the section for inputting food, is there a bar
KENNEDY: code so you can scan products in, rather than having to input all the dietary info?

LYNN: There is not currently a bar code scanner for this app, but that is certainly something that we've written into our new newest requirements. So future.

DENISE Excellent. Thank you. I think the questions have stopped rolling in. I want to thank
KENNEDY: Lynn and Karen for a really lively discussion today.

Oh, I have one last question I'm going to ask. I promise this is the last one. Is there a web-based version now or upcoming for these, without mobile devices?

KAREN EISNER: So right now, currently it's designed only for iOS. There's different programming languages that are required to support the different platforms. So the current one was written for native iOS. So it literally is only iOS devices.

The new technology that's being used for version two-- it's being written in HTML5. And in theory, that's a language that allows cross platform availability for Android, for native. There are some specific technical challenges that have to be done to make it available for each one.

And there is some talk about it being available in a web browser. I don't think that's going to be the first thing that's tested or the first thing that's being targeted.

But I think the answer would have to be a maybe there. Because HTML5 development is still fairly new to us, and while we do know that we have the ability to test for iOS-- we will have the ability to test with the Android devices once we're able to get them set up within the VA-- we may or may not have ability to make it available for web. That's a great question, though.

DENISE OK, I'm going to stay true to my promise. Thank you so much, Lynn and Karen.

KENNEDY:

And it never fails that there's a fire engine going down the street here outside my office.

Thank you, everyone, for your participation today. Our next mobile discussion series will be at 2:00 PM Eastern on April 24, 2015, on the Mobile Health Provider Program-- the effort to provide mobile devices to providers across the system.

A link to a survey will be sent to you today about today's discussion. Please take the survey and let us know what you thought of the presentation and what topics you'd like us to cover in the future.

And with that, we'll let everyone go. I hope you have a great Friday and a great weekend.

And again, thanks to Lynn and Karen for staying engaged for the last hour. Have a good weekend, everyone.

KAREN EISNER: Thanks!

LYNN: Bye.