



MOVE!® Coach App

Quick Start Guide



VA
HEALTH
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Defining
EXCELLENCE
in the 21st Century



Overview

MOVE!® Coach is a weight management mobile application (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.

The app was designed with Veterans in mind and addresses Veterans' most common weight-loss challenges, but the educational resources and tracking features available on the app can benefit anyone. Veterans can use the app independently, or if they are receiving health care from VA, they can partner with their clinicians during MOVE! program participation.

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Setting Up and Logging Into Your App

Before you can use the MOVE! Coach App, you must “accept” the End User License Agreement. The app then will take you to a screen where you will complete basic information about yourself (age, gender, etc.). Once you save your basic information, you will be able to begin using the app. All the information you enter will be safely stored on your device and will not be shared.

| Basic Information | | Done |
|--|-------------------------------------|---------------------------------------|
| Welcome to MOVE! Coach. The following entries are required. | | |
| Height: | 0 ft 0 in. | > |
| Weight: | 0.0 lbs. | > |
| Gender: | <input type="button" value="Male"/> | <input type="button" value="Female"/> |
| Age: | 35 Years | > |

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Information Included in the MOVE! Coach App

The MOVE! Coach App provides:

- Self-Management Guides – focus areas for all 19 weeks of the MOVE! Weight Management Program
- Diary Entries – daily tracking of weight, diet and physical activity
- My Goals & Progress – resources for self-monitoring, setting goals, graphing change, calculating your health statistics and reviewing progress summaries and reports
- How To Solve Problems – tips and ideas for coping with challenging situations



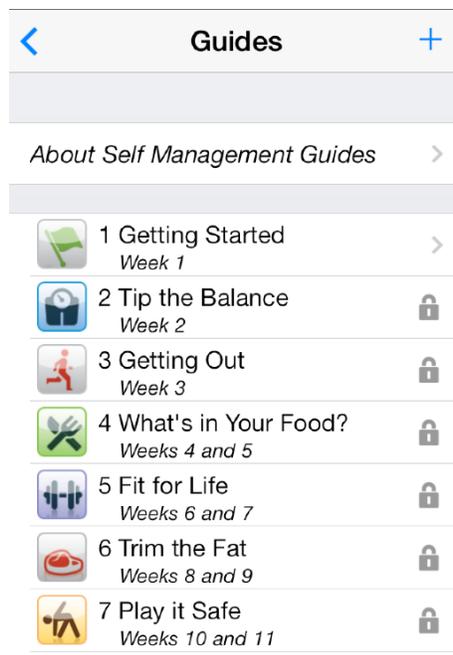
In addition, you can share your progress on social media by selecting the Twitter and Facebook icons at the bottom of the MOVE! Coach home screen.

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Using the Self-Management Guides

Each self-management guide includes the following sections:

- Objectives – goals for how each guide can help you manage your weight
- Homework – activities to help you achieve each week's goals
- Questionnaire – reflections on your challenge areas and goals
- Chapters – topics covered in each guide
- Get Ready for the Next Guide – a questionnaire to prepare you for the next guide
- Related Handouts – supplemental materials that support your week's focus



To access the guides, tap **Self-Management Guides** from the Move! Coach home screen. You will see an About Self-Management Guides tab and a list of guides according to the MOVE! Weight Management Program schedule. Participants complete one guide per week for the first three weeks then one guide every other week for eight more weeks.

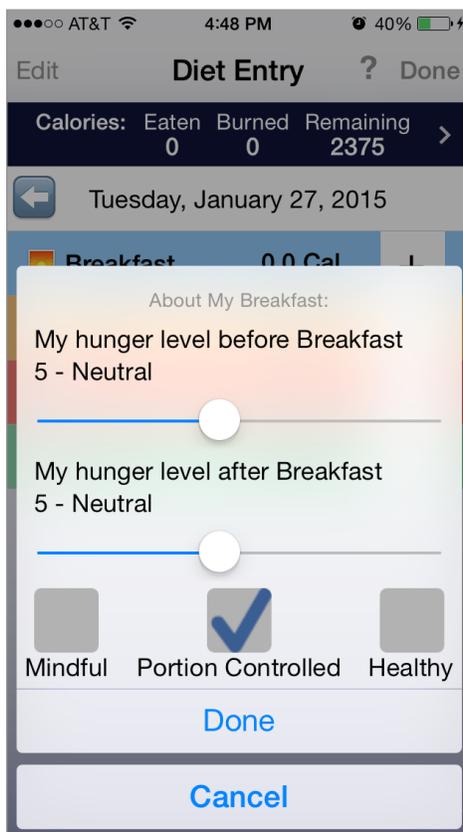
The app will indicate guides you cannot access by a lock icon next to their headings. Once you complete a section of your guide, a check mark will appear next to the section heading.

You will always be able to return to the self-management guides you have completed. However, you cannot skip guides and jump ahead because the guides are based on the time you need to build weight-management skills.

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Making Diary Entries

With the MOVE! Coach App, you can enter your weight and information about what you eat and how you exercise. Making regular entries is important because the app relies on the data you enter to graph results and run reports. To use the app most effectively – and achieve the best results with your MOVE! Weight Management Program – make sure you add entries routinely. To create an entry, tap the **+** button that appears in the upper right corner of most screens.



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My Goals & Progress

Setting goals, recording your behavior and tracking your outcomes will increase your chances of weight-loss success. To access tools for setting goals and tracking progress, tap **My Goals & Progress** from the MOVE! Coach home screen, and then tap the tool you would like to use.

The app includes six categories of tools: Self-Monitoring, My Goals, Graphs, Calculation Tools, My Summaries and My Reports. To return to the My Goals & Progress screen, tap the < button in the upper left corner.

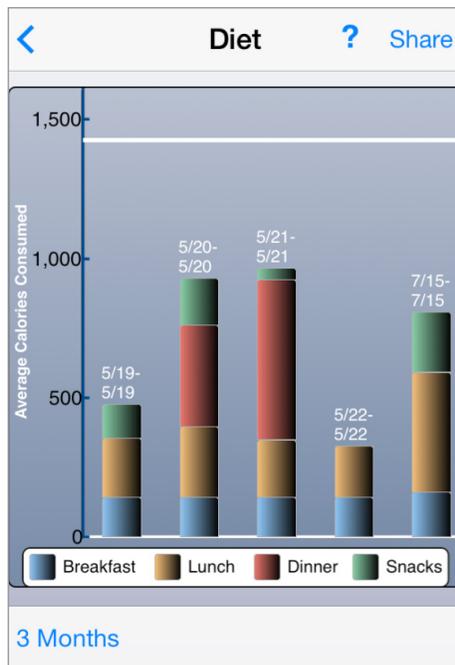


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Graphing Your Progress

You can see your progress by graphing the information you entered into the app. Although you can find basic graphs on the MOVE! Coach home screen, more details and graphing options are available in the Goals & Progress section.

From the Goals & Progress screen under the My Goals section, tap on one of the types of goals listed: weight graphs, physical activity graphs or diet graphs. At the bottom of each graph, you can change the date range for the data being graphed. Tap the range that appears at the bottom left corner of the screen and change the selection by tapping the length of time you want, ranging from one day to up to two years.



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How to Solve Problems

Certain days, specific circumstances or phases of MOVE! can be challenging. Avoid setbacks, stay motivated and keep making progress by using resources that can help you overcome obstacles.

To access these resources, tap **How To Solve Problems** from the MOVE! Coach home screen and then tap one of the 10 available categories. Most of these categories explain how the topic affects your health and includes a list of helpful handouts and resources. Tap on the name of a resource you would like to view to access a document with more information.



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Sharing Your Results

The MOVE! Coach App lets you share PDFs of your self-management guides, summaries and reports. By sharing your results, you can check in with your care team and celebrate your progress with your supporters.

Help and Additional Information

The MOVE! Coach App has guides for its features built into the app. Next to the MOVE! Coach heading, tap the **?** icon, and tap the name of the feature you need help with from the drop-down list that appears. You can view an overview of the app by tapping the **Information** button (with the **i** inside a circle) next to the Help heading.

Additional Training Materials for the Move! Coach App: More resources, such as a User Manual, Slideshow and FAQs, can be found on mobile.va.gov/training.

Help Desk Information: If you need assistance with the Move! Coach App, dial **1-877-327-0022** to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.