Please remember to mute your speakers.

VA Mobile Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750  pc: 43950#

Thank you for joining. We will begin shortly.
MOVE! Weight Management Program for Veterans

Introducing: MOVE! Coach Android

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

VA Mobile Discussion Series
February 22, 2018

Lynn Novorska, RDN, LDN, MOVE! Dietitian Program Coordinator
OVERVIEW OF PRESENTATION

- The National MOVE! Program
- Why a weight management app?
- How MOVE! Coach can help Veterans
- Key features of MOVE! Coach App for Android
- MOVE! Coach with Care
- Resources
• MOVE! is a national VA program designed to help Veterans lose weight, keep it off and improve their health.

Life-changing success!
ABOUT MOVE!

MOVE! Internet: www.move.va.gov

MOVE! Intranet: vawww.move.med.va.gov (internal VA staff access only)
TREATMENT FOR OVERWEIGHT/OBESITY

Weight Management Program for Veterans

• Comprehensive lifestyle intervention focusing on behavioral weight self-management and healthy living
• Evidence-based curriculum
• Launched nationally in 2006
• Aligned with Whole Health
• Guided by national policy (National VA Directive: Core Requirements for MOVE! Weight Management Program For Veterans (MOVE!) and VA/DoD CPG)

3 Core Components

- Behavior
- Physical Activity
- Nutrition
In 2017, more than 4 million Veterans receiving care in VHA were overweight or obese.
Why Address Overweight & Obesity in VHA?

- Loss of **as little as 5%** of initial body weight is associated with **clinically significant improvements** in health and reductions in risk for a wide range of conditions.

- "Normal" weight Veterans are **at risk** for becoming overweight/obese.

- Morbidity and mortality from multiple obesity-associated conditions.
**WAYS A VETERAN MAY PARTICIPATE IN MOVE!**

<table>
<thead>
<tr>
<th>Comprehensive Lifestyle Intervention</th>
<th>Other MOVE! Interventions</th>
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<tbody>
<tr>
<td>• MOVE! Group Sessions</td>
<td>• MOVE! Coach</td>
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<tr>
<td>• MOVE! Individual Sessions (series)</td>
<td>• Mobile app</td>
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<tr>
<td>• MOVE! Telephone Lifestyle Coaching</td>
<td>• MOVE! Coach with Care</td>
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<tr>
<td></td>
<td>• Mobile app + clinical contacts</td>
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<td></td>
<td>• TeleMOVE!</td>
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<td>• Home telehealth disease management protocol</td>
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<td></td>
<td>• Be Active and MOVE! (BAM)</td>
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<td>• Physical activity adjunct</td>
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</table>
• A mobile application for iOS and Android devices that offers new ways to participate in MOVE!
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 – especially for rural Veterans, no parking, saves time, possibly interim care offering.

• Helps Veterans, Caregivers and VA health care teams securely **coordinate MOVE! care** when participating in MOVE! Coach with Care

• **Provides Veterans and their Caregivers with tools to help lead healthier lives**
• MOVE! Coach is an Android and iOS app that offers Veterans a portable, new way to participate in MOVE! Veterans can go mobile and get MOVE!-ing.

• 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.

• Access the app:
  • Download the iOS app from the Apple App Store today.
  • Download the Android app from the Google Play Store once it is nationally released.
WEIGHT MANAGEMENT WHEN AND WHERE VETERANS WANT IT

• Effective, evidence-based resources to maintain a healthy weight:
  – Specialized self-management guides, educational videos, games and worksheets
  – Tools to monitor and meet personal health 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
HOW IS THE ANDROID APP DIFFERENT FROM THE IOS APP?

• The Android app offers:
  • A fan menu to access different kinds of entries
  • The ability to directly record daily steps and water intake
  • Additional social media integration
  • New interface with different ways to access various features

• iOS Discussion Series for MOVE! Coach https://www.youtube.com/watch?v=h3VNHokLk3I
CHAPTERS IN GUIDE 1 – GETTING STARTED (ANDROID)

Guides

1. Getting Started
   Week 1

2. Tip the Balance
   Week 2

3. Getting Out
   Week 3

4. What's in your Food?
   Weeks 4 and 5

5. Fit for Life
   Weeks 6 and 7

6. Trim the Fat
   Weeks 8 and 9

7. Play it Safe
   Weeks 10 and 11

8. Plan for Success
   Weeks 12 and 13

9. You are the Boss!
   Weeks 14 and 15

10. Taking Control
    Weeks 16 and 17

11. Keep it Going
    Weeks 18 and 19

1 Getting Started
   Change Your Thinking About Food, Exercise, and Yourself

    Objectives
    Coursework
    Questionnaire
    Chapter 1
      Why Manage Your Health?
    Chapter 2
      What is Self-Management?
    Chapter 3
      Create Your Goals
    Chapter 4
      SMART Goals
    Chapter 5
      Self-Monitoring
    Summary
      Putting it All Together
    Get Ready for the Next Guide
      Tip the Balance
    Related Handouts
      Move Info

    Physical
    FOOD & ACTIVITY DIARY
    Monday
    Breakfast
    Cereal, toast, yogurt
    Lunch
    Salad with mixed vegetables, grilled chicken, fruit
    Dinner
    Grilled salmon, steamed vegetables, mixed greens

    Physical
    FOOD & ACTIVITY DIARY
    Monday
    Breakfast
    Cereal, toast, yogurt
    Lunch
    Salad with mixed vegetables, grilled chicken, fruit
    Dinner
    Grilled salmon, steamed vegetables, mixed greens

Please provide two responses for each question below:

Why have you joined MOVE?
Your first reason for joining MOVE:
Your second reason for joining MOVE:
As a result of participating in MOVE, I hope to:
The first thing this change will impact:
The 2nd thing this change will impact:
HOW TO SOLVE PROBLEMS (ANDROID)

Stay Motivated!
**Providing Guidance (Android)**

**1 Getting Started**

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.)

<table>
<thead>
<tr>
<th>Weight Loss Goal</th>
<th>7.0 lbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Loss Goal</td>
<td>5.0%</td>
</tr>
<tr>
<td>Target Weight</td>
<td>133.0 lbs</td>
</tr>
<tr>
<td>Baseline Weight</td>
<td>140.0 lbs</td>
</tr>
</tbody>
</table>

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.

Select how much you would like to lose each week.

- Weekly Weight Loss: 1 lb.
- Daily Calorie Goal: 1350 Calories
- Medical Calorie Adjustment: 0 Cal.
- Date Goal Reached: Mar 29, 2018

Add Calendar Event

A new event will be added to your device calendar.

It is very important to choose a goal that you are confident you can reach. You can always reset your goals after you reach them.
DAILY DIARY ENTRY (ANDROID)
### 1 Getting Started

#### Guide Summary (Android)

**Getting Started Guide Checklist**
- **Completed all Chapters?**
- **Read Key Handouts/Links?**

**Current Weight and Daily Calorie Goal**
- **Current Weight**: 160.0 lbs
- **Daily Calorie Goal**: 1350 Cal

**Revise Goals as Needed**
- **Weekly Weight Loss**: 1.0 lbs
- **Date Goal Reached**: Mar 29, 2018

**Weight Loss Goal**
- **Weight Loss Goal**: 7.0 lbs
- **Weight Loss Goal**: 5.0%

**Target Weight**
- **Target Weight**: 133.0 lbs

**Baseline Weight**
- **Baseline Weight**: 140.0 lbs

*Note: You can also update your weight goals in the My Goals & Progress section.*

PREVIOUS 2 of 5 NEXT
SHARING RESULTS ON SOCIAL MEDIA (ANDROID)
NEW MOVE! OPTIONS OF CARE

• Independent App User
  – Available on the Apple App Store now and will soon be available on the Google Play Store

• MOVE! Coach with Care
  – At participating facilities
• **Clinical Program**
  – Feedback
  – Coaching
  – Support

• **Intense and Sustained**
  – 11 Self-Management Guides (19 weeks of programmed care)
    • Guides 1, 2, 3 – open one per week for the first three weeks
    • Guides 4 thru 11 – one every two weeks for the next eight guides
  – Making new habits (daily diary entries) – food, physical activity, weight
  – Series of Check-in’s (typically telephone or secure messaging sessions)
RESOURCES TO LEARN MORE ABOUT THE APP ITSELF (ANDROID AND IOS)

• Help screens within MOVE! Coach App
• To learn more about the app on the public (Internet) website:
• VA Mobile App Store
  – Training materials including a user manual, quick start guide, slideshow and FAQs
    • **Android** (training materials coming soon):
      https://mobile.va.gov/app/beta/move-coach-android
    • **iOS**: https://mobile.va.gov/app/move-coach
BECOME A FIELD TESTER FOR THE ANDROID APP

MOVE! Coach App for Android will soon be field tested in the VA Beta App Store. To be a field tester for this app, you will need an Android device.

Sign up to be a Beta Tester by visiting the below link:

[mobile.va.gov/appstore/beta-apps-tester]
What future topics would you like to discuss?

Let us know by providing feedback at this link:

https://www.surveymonkey.com/r/T52YMXG