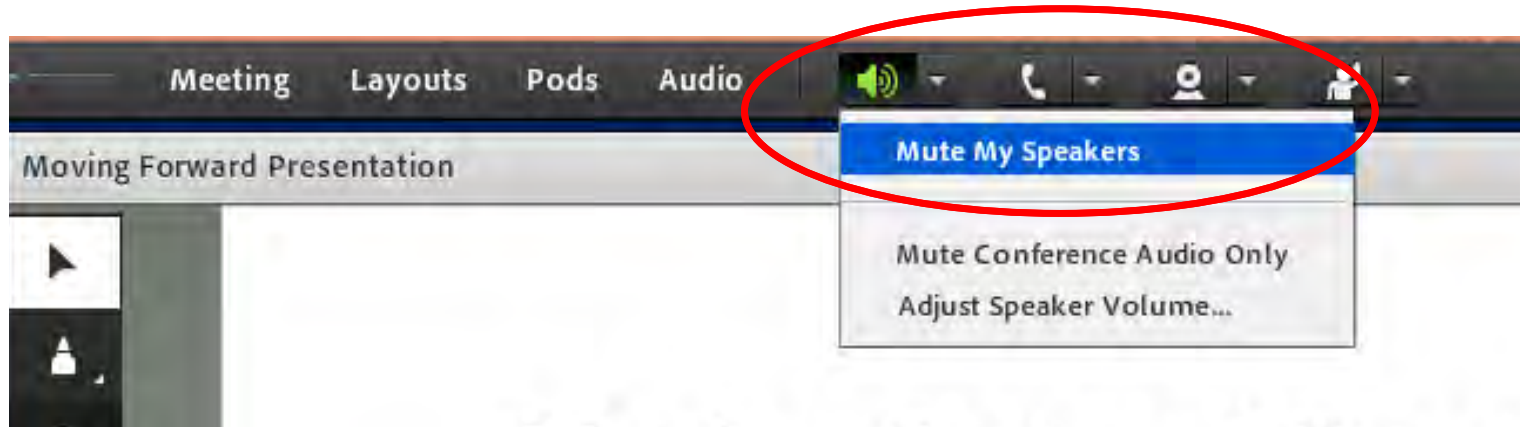


Please remember to mute your speakers.



## 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.



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
Office of Connected Care



U.S. Department  
of Veterans Affairs

# 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



**VA**Health



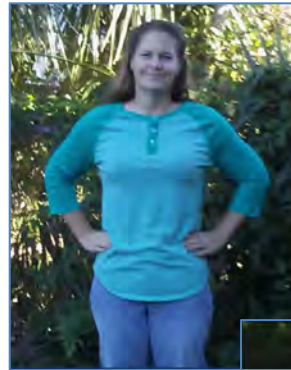


# ABOUT MOVE!

- 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](http://www.move.va.gov)

The screenshot shows the public-facing website for the MOVE! program. At the top is the U.S. Department of Veterans Affairs logo and a navigation bar with links like Health, Benefits, and Burials & Memorials. The main heading is 'MOVE! Weight Management Program'. Below this is a large graphic with the text 'GET! WITH MOVE!' and a play button icon. To the right of the graphic is a 'Get Started' section with a link to 'Learn more'. On the left is a sidebar with a 'QUICK LINKS' section containing a 'Hospital Locator' and 'Health Programs'. Below the main heading is a 'Welcome' message and a 'What is MOVE!?' section. A 'RESOURCES' section is located at the bottom right, listing 'MOVE! Handouts & Worksheets', 'MOVE!11', 'Additional Information', 'Healthy Living Messages', and 'Video Gallery'.

MOVE! Intranet:  
[vaww.move.med.va.gov](http://vaww.move.med.va.gov)  
(internal VA staff access only)

The screenshot shows the internal-facing website for the MOVE! program. At the top is the 'INTRANET' header with the U.S. Department of Veterans Affairs logo and navigation links like 'VA Intranet Home', 'About VA', 'Organizations', 'Locations', and 'Employee Resources'. The main heading is 'MOVE! WEIGHT MANAGEMENT PROGRAM HOME'. Below this is a large graphic with the text 'MOVE! Weight Management Program for Veterans'. To the right of the graphic is a 'Share Success Stories' section. Below the main heading is a paragraph stating that the program is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP). Below this are two columns of links: 'For Clinicians' (including 'MOVE!11 Questionnaire', 'Reference Manual', 'Community Program Referral', and 'Other Useful Tools') and 'Administrative' (including 'MOVE! Directive', 'Reference Manual', 'CPRS Integration for MOVE!11', and 'Data and Measurement'). Below these columns is a 'More For Clinicians' section with links to 'Patient Handouts', 'Group Session Materials', 'Clinical Preventive Services Guidance Statement - Screening for Overweight and Obesity', and 'VA/DoD Clinical Practice Guideline - Screening and Management of Overweight and Obesity'. On the right side of the page are sections for 'Public Content' (including 'Group Sessions', 'Handouts', and 'Success Stories'), 'MOVE!11 - Tools' (including 'MOVE!11 Client & NCP', 'MOVE!11 Clin & NCP', and 'Registration Sheet'), and an 'Icon Key' (including 'PDF File', 'External Link', 'SharePoint Link', 'Video', and 'Audio').



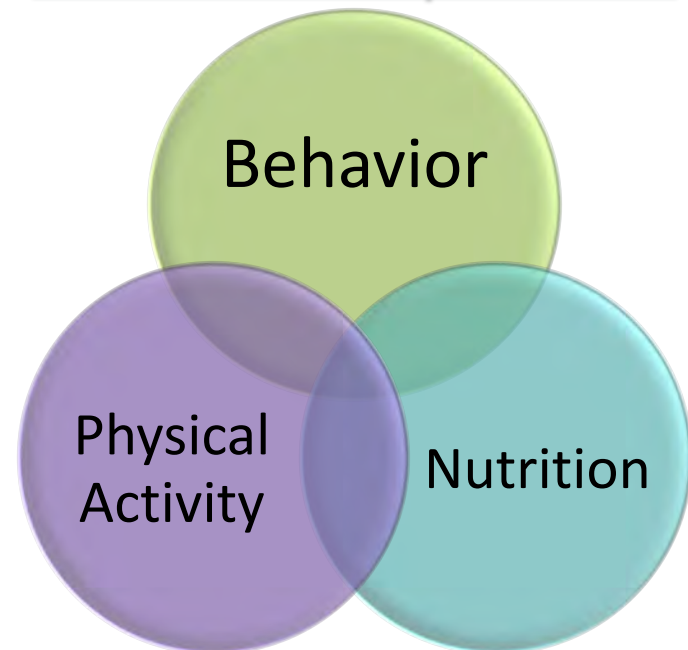
# TREATMENT FOR OVERWEIGHT/OBESITY



## 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](#))

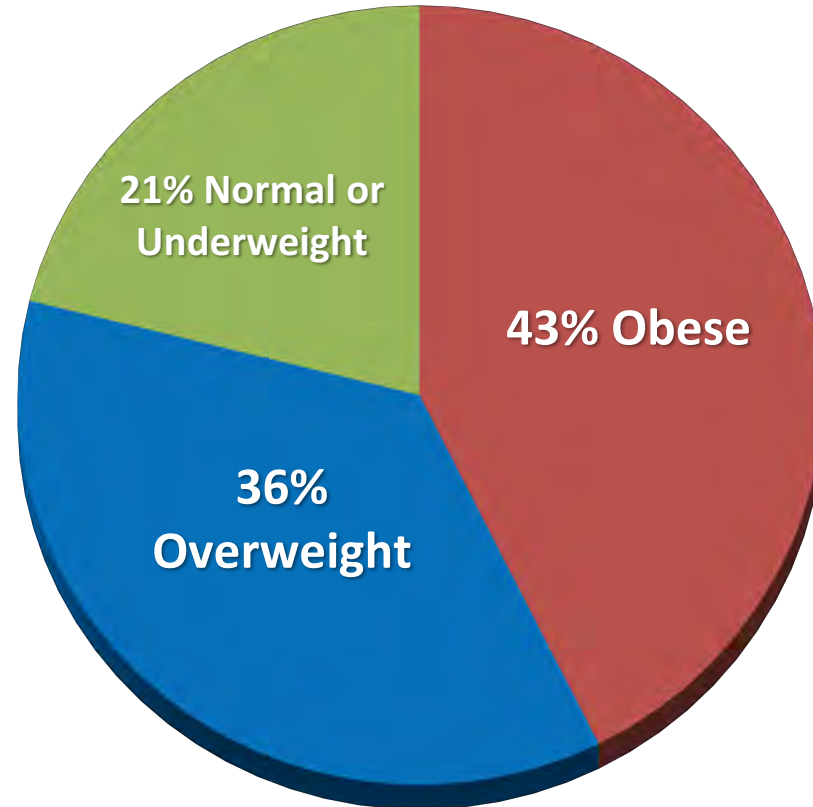
### 3 Core Components





# THE BURDEN OF OVERWEIGHT/OBESITY IN VHA

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 **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!

## Comprehensive Lifestyle Intervention

- MOVE! Group Sessions
- MOVE! Individual Sessions (series)
- MOVE! Telephone Lifestyle Coaching

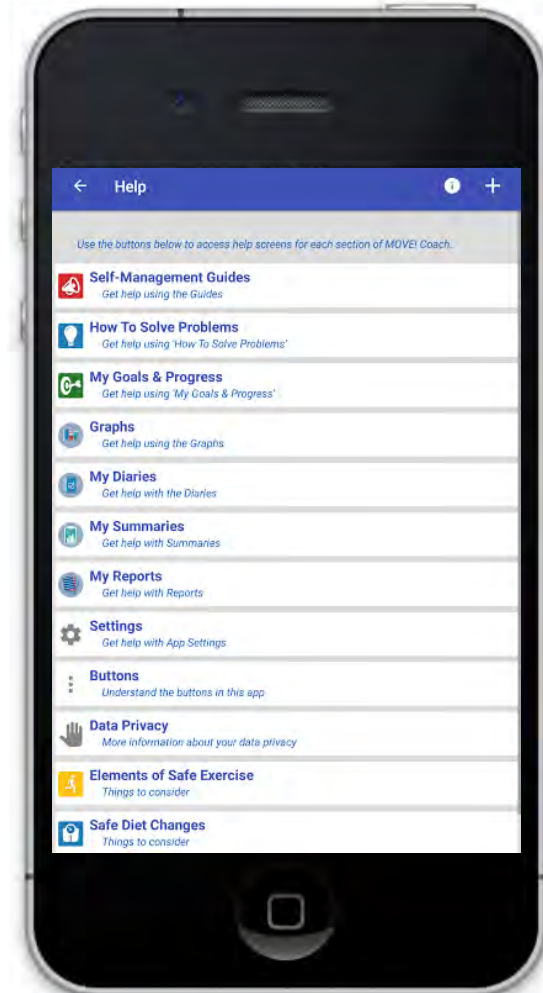
## Other MOVE! Interventions

- MOVE! Coach
  - Mobile app
- MOVE! Coach with Care
  - Mobile app + clinical contacts
- TeleMOVE!
  - Home telehealth disease management protocol
- Be Active and MOVE! (BAM)
  - Physical activity adjunct



# WHAT IS THE MOVE! COACH APP FOR ANDROID?

- 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**



# WEIGHT MANAGEMENT WHEN AND WHERE VETERANS WANT IT

- 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

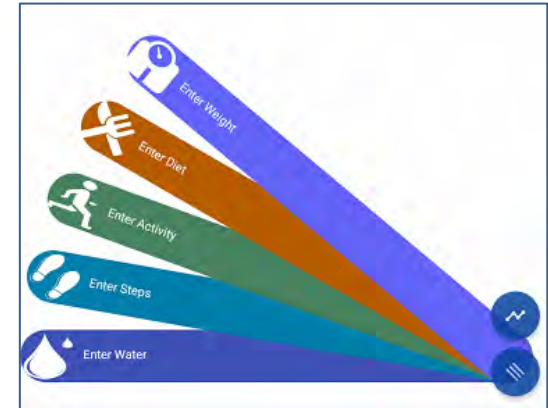
- **Effective, evidence-based resources to maintain a healthy weight:**
  - Specialized self-management **guides, educational videos, games and worksheets**
  - **Tools** to monitor and meet personal health goals for weight, diet and physical activity
  - **Strategies** to overcome common weight management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





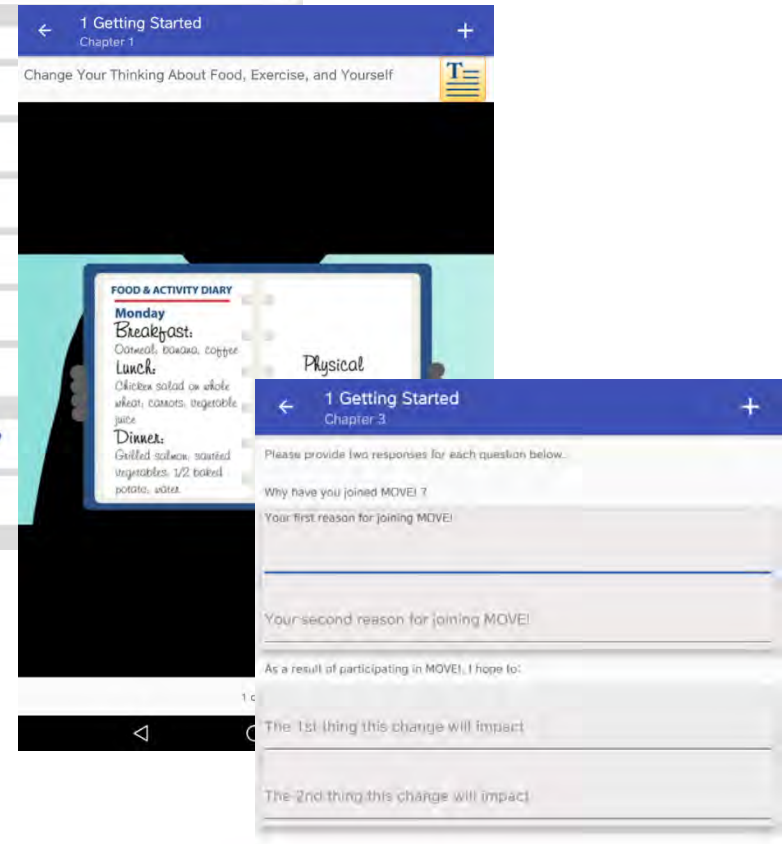
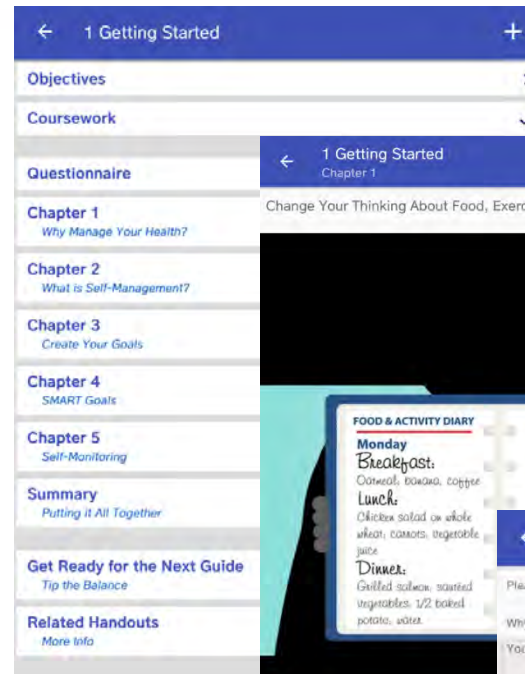
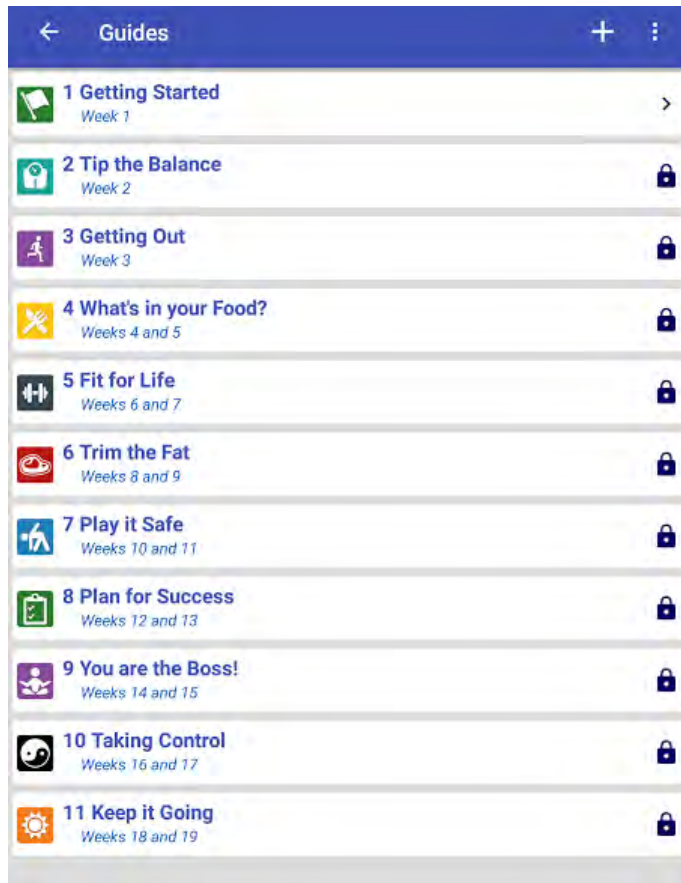
# HOW IS THE ANDROID APP DIFFERENT FROM THE IOS APP?

- 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)





# 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!)

Weight Loss Goal	7.0 lbs
Weight Loss Goal	5.0%
Target Weight	133.0 lbs
Baseline Weight ⓘ	140.0 lbs

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

← 1 Getting Started Chapter 3 + ? :

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)

← Weight Diary < TODAY ?

Most recent weight: 262.0 lbs on 01/26/2018

Enter Weight: 00 X DONE

January 26, 2018  
262.0 lbs. 10:17 AM

January 11, 2018  
271.0 lbs. 8:00 AM

272.0 lbs. 7:47 AM

275.0 lbs. 7:33 AM

January 04, 2018  
280.0 lbs. 12:17 AM

1 2 3

4 5 6

7 8 9

0

← Diet Diary < TODAY ?

Budget	Food	Activity	Remaining
2500	0	0	2500
Breakfast: 0 Calories			+
Lunch: 0 Calories			+
Dinner: 0 Calories			+
Snack: 0 Calories			+
Water: 0.0 fl oz			+

← Activity Entry < TODAY ?

Budget	Food	Activity	Remaining
3375	0	0	3375

Weekly Physical Activity

Aerobic	Strength	Flexibility	Steps
0 Min	0 Sets	0 Min	0

Enter Weight

Enter Diet

Enter Activity

Enter Steps

Enter Water



# GUIDE SUMMARY (ANDROID)

1 Getting Started

Summary

+

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 >

1200 - 1500 cal/day

Tap to set Medical Calorie Adjustment

>

Revise Goals as Needed

Weekly Weight Loss

1.0 lbs >

Date Goal Reached

Mar 29, 2018

Based on the goal baseline weight

Weight Loss Goal

7.0 lbs >

Weight Loss Goal

5.0% >

Target Weight

133.0 lbs >

Baseline Weight

140.0 lbs >

Your goals are based on this weight

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

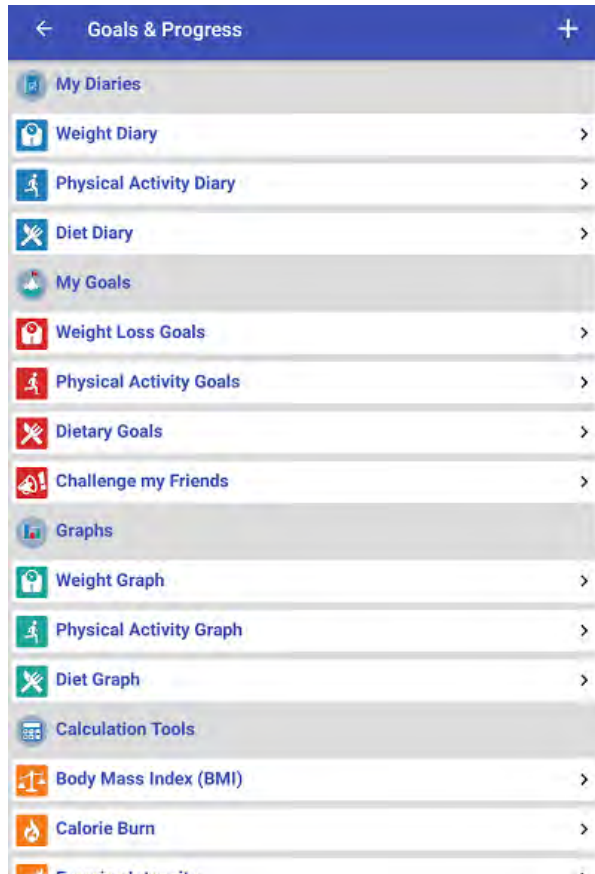
PREVIOUS

2 of 5

NEXT



# GOALS AND PROGRESS (ANDROID)



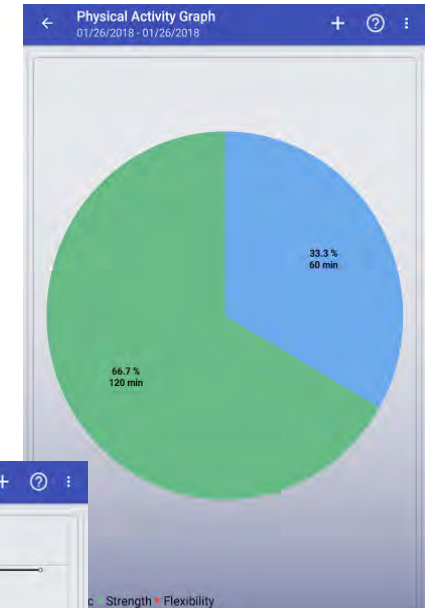
← NutritionReport2018-01-20.pdf

MOVE! Coach

**Nutrition Report**

Nutrition Data for time period: January 20 - 26, 2018

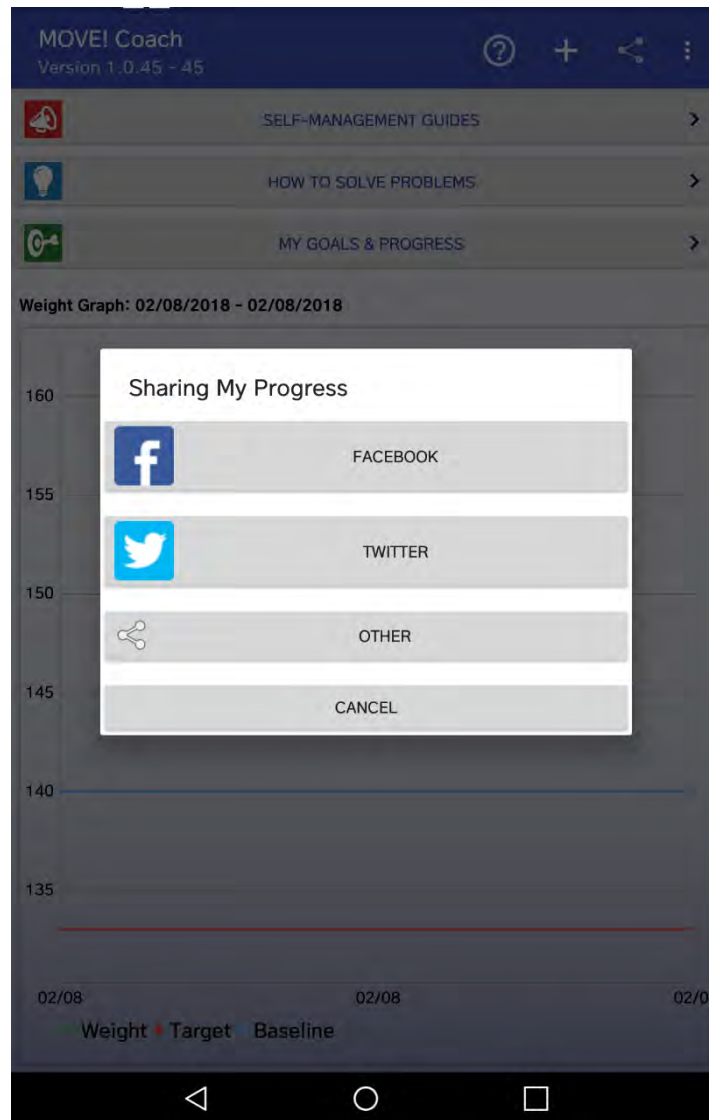
Nutrient	Target	Average	Status
Total Calories	2500 Calories	107.9 Calories	OK
Calories from Fat	500.0 to 875.0 Calories	39.5 Calories	Under
Total Fat	55.6 to 97.2 grams	4.4 grams	Under
Saturated Fat	less than 27.8 grams	1.4 grams	OK
Polysaturated Fat	N/A	0.8 grams	N/A
Monounsaturated Fat	N/A	1.6 grams	N/A
Cholesterol	less than 300 milligrams	13.0 milligrams	OK
Sodium	less than 2300 milligrams	232.1 milligrams	Under
Potassium	4700 milligrams	154.7 milligrams	Under
Total Carbohydrate	130 grams	12.0 grams	Under
Dietary Fiber	28 grams	1.6 grams	Under
Begain	N/A	4.2 grams	N/A
Protein	48 grams	0.0 grams	Under
Vitamin A	1700 micrograms	11.0 micrograms	Under
Vitamin C	75 milligrams	2.6 milligrams	Under
Calcium	1000 milligrams	25.9 milligrams	Under
Iron	18 milligrams	0.8 milligrams	Under







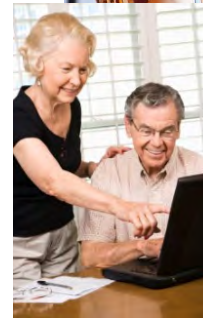
# SHARING RESULTS ON SOCIAL MEDIA (ANDROID)





# 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





# ABOUT MOVE! COACH WITH CARE

- **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:
  - MOVE! Coach Learn More page: <https://www.move.va.gov/movecoach.asp>
- 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

The screenshot shows the VA Beta App Store website. At the top, there is a navigation bar with the VA Mobile logo and links for ABOUT, VA APP STORE, NEWS & DISCUSSIONS, DEVELOPERS, FIELD TESTS, and PROGRAMS. The main content area features the VA BETA App Store logo and the text "Help Us Test Our Apps". Below this, there is a section titled "We want your feedback! Learn more about how to become a beta tester for VA apps." followed by a paragraph explaining the process. A link to "Download the Beta Apps Store Tester Instructions" is provided. Further down, there is a section titled "Still interested? Start becoming a beta tester today by filling out the submission form below." and a link to the "Beta App Tester Submission Form". The form itself is partially visible, showing fields for "First Name" and "Last Name".

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](https://mobile.va.gov/appstore/beta-apps-tester)



# QUESTIONS





THANK YOU!

What future topics would you like to discuss?

Let us know by providing feedback  
at this link:

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