



# VA FitHeart App

## *User Manual*

**VA**



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

Veterans Health Administration  
*Office of Connected Care*

**June 2020**

# *User Manual*

---

## Table of Contents

<b>Overview</b>	<b>1</b>
<b>The Basics</b>	<b>2</b>
Prerequisites.....	2
Logging in.....	2
Getting to know the screen.....	3
Learning about the app.....	4
Accessing help for the app.....	5
Closing the menu.....	5
Accessing the VA Launchpad.....	5
Logging out.....	5
<b>Fitness Activity</b>	<b>6</b>
Understanding the Fitness Activity feature.....	6
Viewing your fitness activities.....	7
Setting weekly activity goals.....	7
Entering your fitness activity.....	8
Viewing your goal history.....	8
Viewing your fitness activity as table or graph.....	9
Managing your notifications.....	9
<b>Health</b>	<b>10</b>
Accessing and understanding the Health feature.....	10
Creating a new health entry.....	11

<b>Support</b>	<b>12</b>
Accessing and understanding the Support feature .....	12
<b>Learn More</b>	<b>13</b>
Accessing and understanding the Learn More feature .....	13
<b>Notifications</b>	<b>14</b>
Understanding and accessing notifications .....	14
Viewing your notifications .....	15
Managing your notifications settings .....	15
<b>Help and Additional Information</b>	<b>16</b>
Additional Training Materials for the VA FitHeart App .....	16
Help Desk Information .....	16
DS Logon Help .....	16
Emergencies .....	16
<b>Appendices</b>	<b>17</b>
Appendix #1: Project References .....	17
Appendix #2: Glossary .....	17



# Overview

---

The VA FitHeart mobile application (app) is designed to help Veterans with heart conditions improve their heart health by increasing physical fitness and providing tools for a healthy lifestyle. The app is based on a cardiac rehabilitation program, which guides people through education and fitness training over 12 weeks.

This app is not intended to replace professional medical diagnosis or treatment.

This app is available for iOS, Android and Windows operating systems, can be used on a desktop computer, tablet, or phone, and is supported by these Internet browsers:

1. Internet Explorer 11
2. Chrome
3. Safari
4. Firefox

**NOTE:** Depending on the device you are using to view the app, the layout may appear slightly different.

This user manual provides an in-depth, step-by-step guide for using the VA FitHeart App.

# The Basics

## Prerequisites

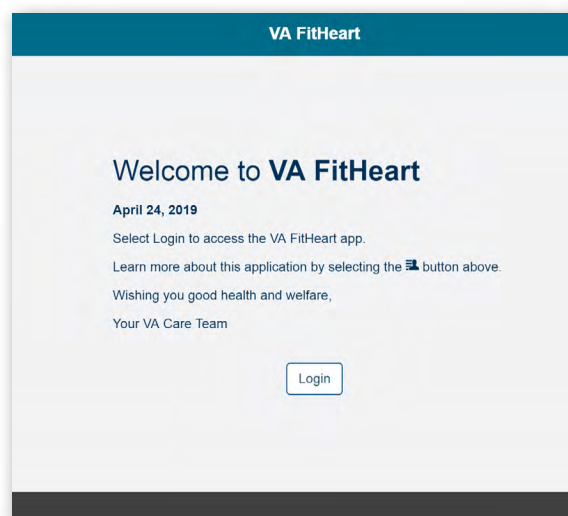
To use the VA FitHeart app, you must be enrolled in VA health care and have ID.me, DS Logon Level 2 (Premium), or My HealtheVet Premium Account credentials. If you do not have any of these accounts, or you are not sure, visit <https://mobile.va.gov/login-information> for more information.

## Logging in

You may log into VA FitHeart with ID.me, DS Logon Level 2 (Premium) or My HealtheVet Premium account credentials.

- ID.me Account users: Access VA FitHeart > You will arrive at an Identity Provider Selection screen, and tap **ID.ME** > You will arrive at a Secure Login Redirect screen > Tap **Accept** to proceed (or tap **Cancel** to return to the Identity Provider Selection screen) > You will arrive at an ID.me Sign In screen > Enter your email address and password, and tap **Sign in** > You will see a license agreement screen > Read the End User License Agreement ("EULA") and Notice of Privacy Practices ("Notice") > Tap **Accept**, and you will proceed into the app.
- DS Logon Level 2 (Premium) Account users: Access VA FitHeart > You will arrive at an Identity Provider Selection screen, and tap **DS LOGON** > You will arrive at a Secure Login Redirect screen > Tap **Accept** to proceed (or tap **Cancel** to return to the Identity Provider Selection screen) > You will arrive at a DS Logon screen > Enter your DS Logon Level 2 (Premium) Account username and password > Tap **Login** > You will see a license agreement screen > Read the End User License Agreement ("EULA") and Notice of Privacy Practices ("Notice") > Tap **Accept**, and you will proceed into the app.
- My HealtheVet Premium Account users: Access VA FitHeart > You will arrive at an Identity Provider Selection screen, and tap My **HealtheVet** > You will arrive at a Login to My HealtheVet screen > Enter your My HealtheVet Premium Account User ID and password > Tap **Login** > You will see a license agreement screen > Read the End User License Agreement (EULA) and Notice of Privacy Practices ("Notice") > Tap **Accept**, and you will proceed into the app.

**NOTE:** If this is your first time using a VA app that requires you to log in using account credentials, you may have to provide your Right of Access as part of the log in process. The VA FitHeart app will prompt you if this is necessary. If it is necessary, you will be taken to a Right of Access screen > Read the Request for Access to Your Health Information > If you would like to continue, tap **Next** > You will go to a Review screen > Read VA Form 10-5345a > If you agree, tap **Verify** to "sign" the form > You will proceed into the app.



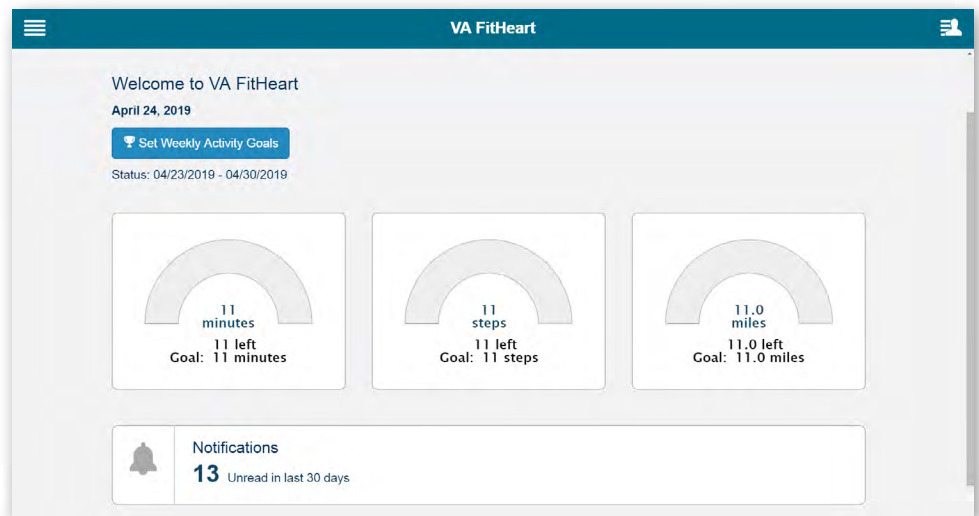
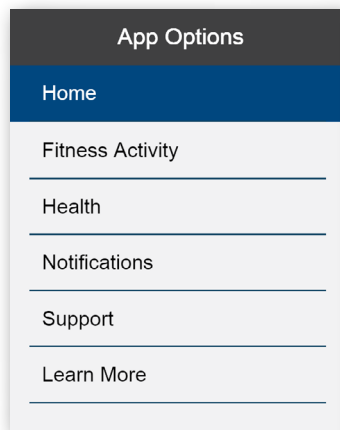
## Getting to know the screen

When you log into the VA FitHeart App, you will see an overview of your weekly fitness activity and progress toward your goals, as well as any notifications the app has sent to you. **NOTE:** You will have to set activity goals first before the app can track your progress. There are two menus to help you navigate through the app, the App Options menu in the top left corner of the screen, and the User Menu in the top right corner of the screen. On the App Options menu you can find:

- Home
- Fitness Activity
- Health
- Notifications
- Support
- Learn More

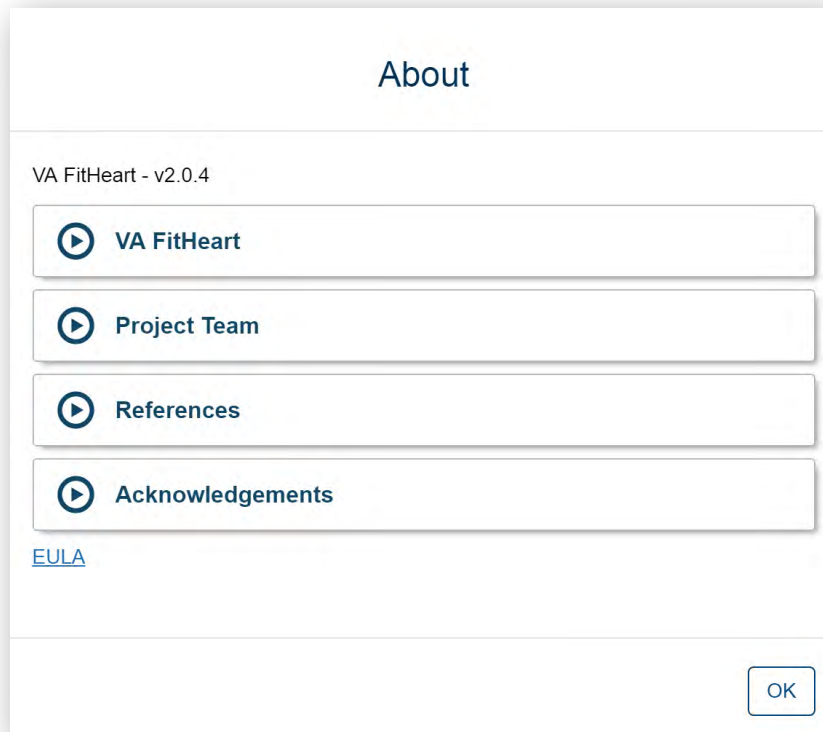
On the User Menu, you can find:

- About
- Help
- Launchpad
- Logout



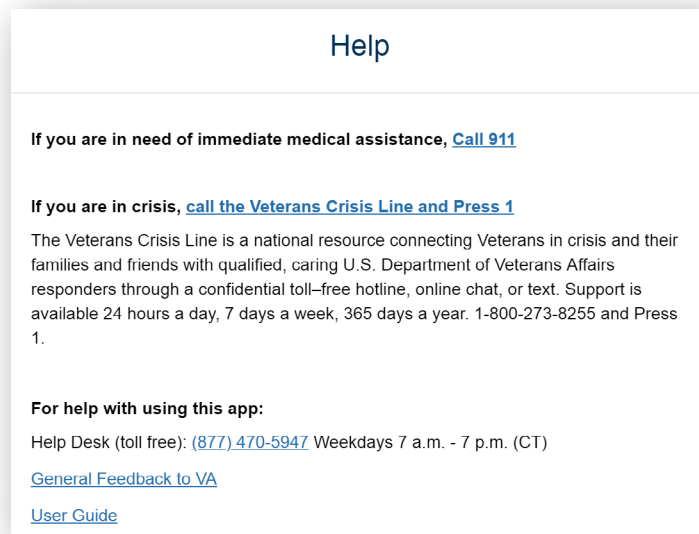
## Learning about the app

Tap the User Menu (three-line icon with a silhouette in the upper right corner) > A slide-out menu will appear > Tap **About** > A pop-up About box will appear > Tap one of the four tabs: **VA FitHeart**, **Project Team**, **References** or **Acknowledgements** > A drop-down box with more information about the selected topic will appear below. You can also tap the **EULA** hyperlink to review the End User License Agreement, which will open in a new browser window. To close the About box, tap **OK**.



## Accessing help for the app

Tap the User Menu (three-line icon with a silhouette in the upper right corner) > A slide-out menu will appear > Tap **Help** > You will go to the Help screen, where you will see a list of resources for what to do in an emergency or crisis, how to get help using the VA FitHeart App, a built-in user guide, and a link to provide feedback to VA. Scroll to see the various instructions, and tap **OK** to return to the Home screen.



## Closing the menu

Tap the Menu (three-line icon in upper left corner) > A slide-out menu will appear > Tap **Close Menu**, or you can close the Menu by tapping the Menu button again when the Menu is open.

## Accessing the VA Launchpad

No matter what information you are currently viewing you can always access the VA Launchpad by tapping the user menu (four-line icon with a silhouette in the upper right corner) > A slide-out menu will appear > Tap **Launchpad** at the bottom of the screen > You will be asked if you wish to exit VA FitHeart before leaving the application and going to the VA Launchpad > Tap **Yes** to go to the VA Launchpad, or tap **No** to stay in the VA FitHeart App. If you tapped Yes, you will go to the VA App Store. Search for VA Launchpad to access the Launchpad App.

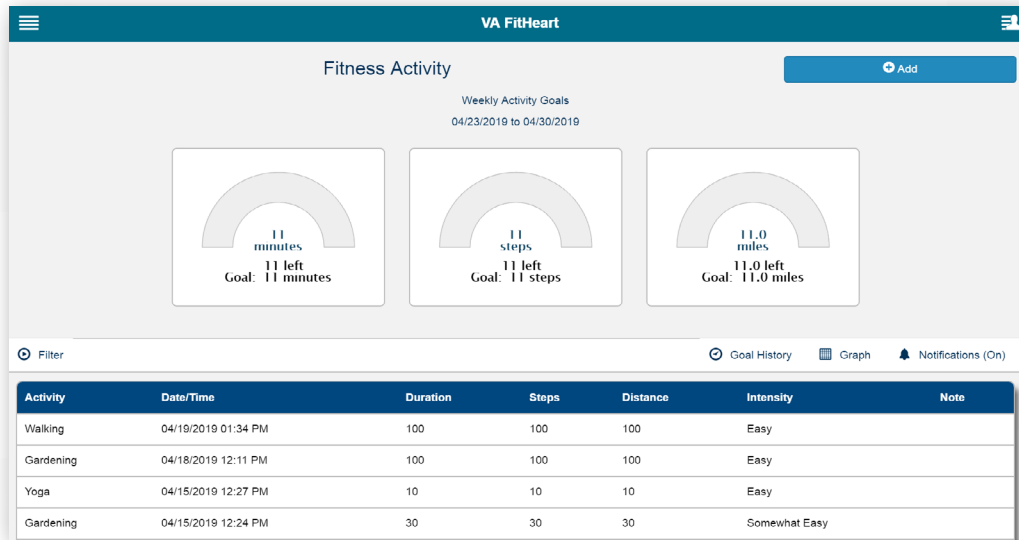
## Logging out

Tap the User Menu (three-line icon with a silhouette in the upper right corner) > A slide-out menu will appear > Tap **Logout**, and you will be logged out of the app.



# Fitness Activity

Set fitness goals, record your fitness activity and track your progress.



## Understanding the Fitness Activity feature

The app is designed for you to set weekly fitness goals and record your activity in minutes, steps and/or miles. Entries that fall within a goal date range are logged as progress toward any activity you have set. To access the Fitness Activity screen, tap the App Options Menu (four-line icon in the upper left corner) > A slide-out menu will appear > Tap **Fitness Activity** > You will go to your Fitness Activity screen, where you will see three boxes for minutes, steps, and miles. Below, you will see four buttons that allow you to set and monitor your goals:

- Set Weekly Activity Goals
- Goal History
- Graph
- Notifications (On)

Beneath, you will see a table of the activities you have entered, which details the date and time you entered your activity, type of activity, duration, number of steps, miles and level of intensity for each activity. To change the table to a graph view, tap **Graph**. To change the graph to table view, tap **Table**.

## Viewing your fitness activities

You can also change the date range of the table or graph. Tap **Select Dates** to expand the options > Tap the calendar icons next to Start Date and End Date > Tap a date from the pop-up calendars that appear > Tap **Apply** > The list will adjust accordingly. To reset the list, tap **Reset**.

## Setting weekly activity goals

Tap **Set Weekly Activity Goals** from the Fitness Activity screen > A pop-up Set Weekly Activity Goals box will appear > Under the Activity Goal heading, type in your goals for minutes, steps and/or miles per week > Under the Start Date heading, tap the calendar icon > A pop-up calendar will appear > Tap the date you would like to start working on your goal > Tap **Save** to record your goals, **Cancel** to close without saving or **Reset** to reset the form. If you do not update your goal every week, the app will automatically set the same goal for the next week.

### Set Weekly Activity Goals


Change activity goals or start a new weekly goal.

One of the most important parts of staying healthy is being active.  
Set at least one activity goal and a start date to begin tracking your progress.

**Activity Goal:**

<b>Minutes Per Week:</b>	<b>Steps Per Week:</b>	<b>Miles Per Week:</b>
Between 0 - 1440	Between 0 - 50000	Between 0 - 50000

**Start Date:**

04/25/2019


Thursday

Changing your start date will create a new goal.

Check with your provider if you have any questions about exercise.

Reset
Cancel
Save

## Entering your fitness activity

To add a fitness activity, tap **Add an Activity** > You will go to the Add Fitness Activity screen > Record the full details of your activity:

- Amount (one entry is required to save) - Type in the amount of activity in minutes, steps or miles. Only one entry is required, but enter as many as you like.
  - Duration (minutes) - Type in the number of minutes you were active.
  - Steps - Type in the number of steps you took.
  - Distance (miles) - Type in the number of miles you covered.
- Activity – Tap the Select bar > A drop-down menu will appear > Tap the activity you did..
- Intensity – Tap the Select bar > A drop-down menu will appear > Tap one of the options that appears.
- Date – The date entry will default to the current date. To change the date either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon, and tap a date on the pop-up calendar that appears.
- Time – The time entry will default to the current time. To change the time either (1) type in the time in the HH:MM AM/PM line, or (2) tap the clock icon > Scroll to select the hour and minute > Tap either **AM** or **PM** > Tap **Set**.
- Note – Type in any comments you would like to record (up to 250 characters). These comments can be for your personal benefit or to note things you would like to tell your VA care team.

Tap **Save** to record your activity or **Cancel** to close without saving. **NOTE:** You will be able to see your notification status at the bottom of the screen, but you cannot turn it on or off from this screen.

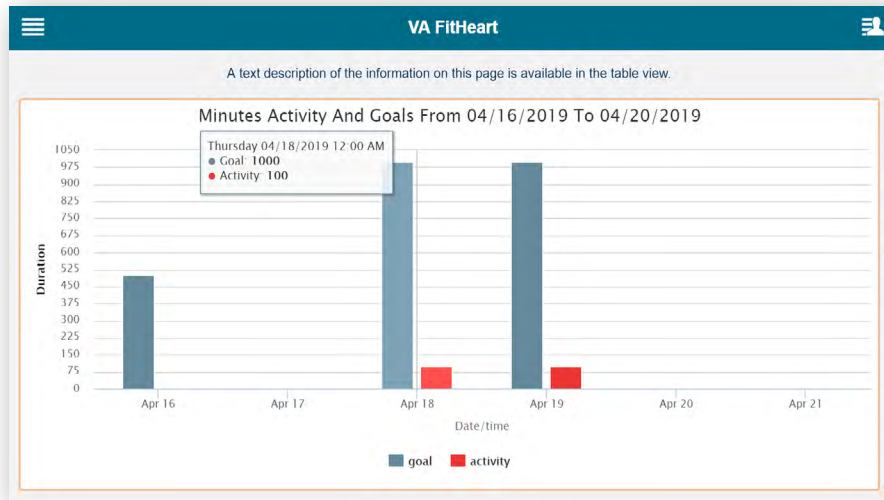
## Viewing your goal history

Tap **Goal History** from the Fitness Activity screen > You will see a table listing your previous goals, including the date set, information about your progress, and whether or not the goal was met. To view only certain entries by date, tap **Select Dates** > A Select Dates section will appear > To change the Start and End dates, either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon, and tap a date on the pop-up calendar that appears > Tap **Apply** to update the table or graph, or tap **Reset** to return to the default setting. Tap **Graph** to view your data as a graph instead of a table > The Graph button will change to read Table, and you will see your Goal History graphed below. Tap **Go Back** to go to the previous screen.

VA FitHeart			
Goal History			
Filter			Graph
Date	Progress/Goal	Goal Met?	Active Goal?
03/28/2019	Miles: 0/2, Minutes: 0/30, Steps: 0/300	No	Yes
03/19/2019	Miles: 0/2, Minutes: 0/155, Steps: 0/200	No	No

## Viewing your fitness activity as table or graph

When you first access the Fitness Activities screen, your activity will appear as a table at the bottom of your screen. You can change to view your activity in a graph format by tapping the **Graph** button > The button will change to read **Table**, and your activity will appear in three separate bar graphs for minutes, steps and distance. To return to viewing your fitness activity as a table, tap **Table**.



## Managing your notifications

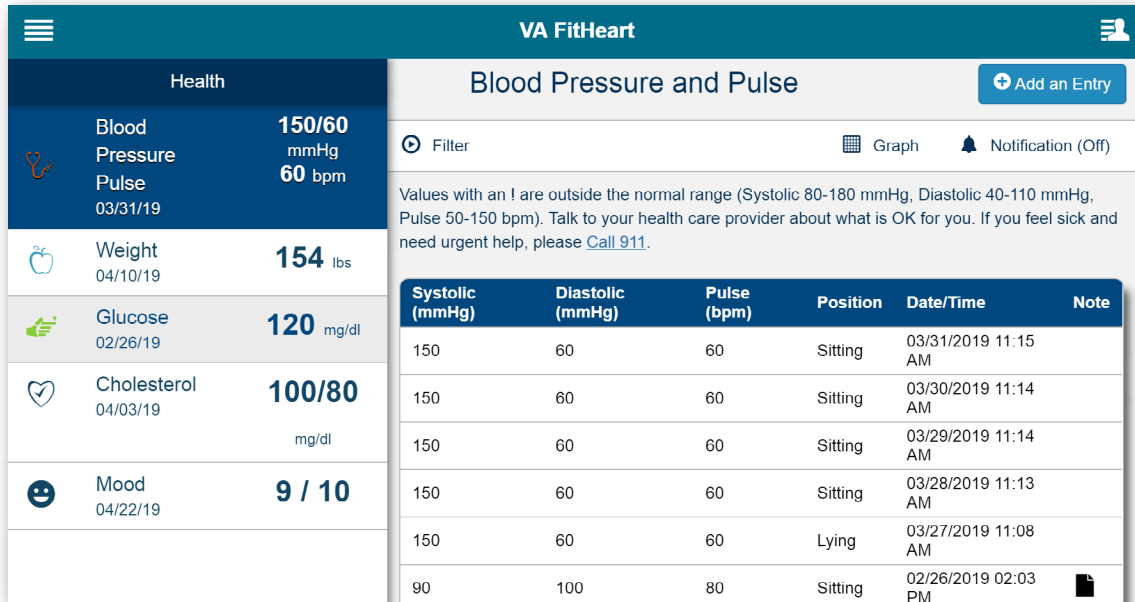
The app allows you to set notifications to receive motivational health messages or reminders about specific health topics. To turn your fitness notifications on or off, tap **Notification (On)** (**NOTE:** You can also access your notifications from the Menu) > You will go to a Fitness Activity Notification Settings screen where you can set your notification preferences:

- On or Off – Tap the circle next to On or Off. (**NOTE:** You can only access the subsequent options if your notifications are on).
- Start Date – The date entry will default to the current date. To change the date either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon, and tap a date on the pop-up calendar that appears.
- Notify Me – Tap the Select bar > A drop-down list will appear > Tap either **Daily**, **Weekly** or **Monthly**.
- Notification Time – The time entry will default to the current time. To change the time either (1) type in the time in the HH:MM AM/PM line, or (2) tap the clock icon > Scroll to select the hour and minute > Tap either **AM** or **PM** > Tap **Set**.
- Notification Delivery – Tap the checkbox next to either In-App or Email.

Tap **Save** to record your preferences or **Cancel** to close without saving. **NOTE:** In order to set up a notification, you must have an email address saved in the Notification Settings of the app and have agreed to receive messages. To see how to save your email address and accept messages, see the Managing your Notifications Settings section of this User Manual.

# Health

Enter and track information about a variety of health-related items over time.



## Accessing and understanding the Health feature

To access the health screen, tap the App Options Menu (four-line icon in upper left corner) > A slide-out menu will appear > Tap **Health** > You will see a list of health topics on the left side of your screen > Tap either **Blood Pressure**, **Weight**, **Glucose**, **Cholesterol** or **Mood** > The Health screen on the right will change to the title of the category of information you have selected, and you will see your health information related to that category. With each category, you will be able to:

- Create a new entry – Tap **Add an Entry** > You will go to an Add Entry screen (See below for more detailed instructions.).
- Select the date range – Either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icons next to Start Date and End Date, and then tap a date from the pop-up calendars that appear > Tap **Apply** > The list will adjust accordingly. To reset the list, tap **Reset**.
- View data as a table or graph – Tap either the **Graph** or **Table** button to switch how you view your data.
- Set or manage notifications – Tap **Notifications** > Tap the circle next to On or Off > For the Start Date, either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon, and tap a date on the pop-up calendar that appears > For Notify Me, tap the Select bar, and tap either **Daily**, **Weekly** or **Monthly** from the drop-down list that appears > For Notification Time, either (1) type in the time in the HH:MM AM/PM line, or (2) tap the clock icon, scroll to select the hour and minute, tap either **AM** or **PM**, and tap **Set** > Tap the checkbox next to either In-App or Email > Tap **Save** to record your notification settings or tap **Cancel** to return to the previous screen without saving.

## Creating a new health entry

On each of the health section's screens, you have the ability to create a new entry related to that health topic. Tap

**Add an Entry** > You will go to an Add Entry screen > The health information you can enter will vary depending on the health topic, but in most categories you will be able to:

- Type in the information – Tap available text boxes to begin typing. (**NOTE:** Any restrictions or guidance for entering information will appear in light grey in the text box before you begin entering information).
- Enter a date – The date entry will default to the current date. To change the date either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon, and then tap a date on the pop-up calendar that appears.
- Enter a time – The time entry will default to the current time. To change the time either (1) type in the time in the HH:MM AM/PM line, or (2) tap the clock icon > Scroll to select the hour and minute > Tap either **AM** or **PM** > Tap **Set**.
- Tap a drop-down menu, and tap an option that appears.
- Mood Entries - From the Add Mood Entry screen, tap **Select Mood** > A pop-up Select Mood box will appear with a scale from 1 (Worst) to 10 (Best) > Tap the black bar between the number line and the line of smiley faces, that best represents your mood.

When you are finished, tap **Save** to save your information or **Cancel** to close without saving. (**NOTE:** You will be able to see your notification status at the bottom of the screen, but you cannot turn it on or off from this screen.)

**Add Weight Entry**

Save Cancel

\* required field

\* Date: 04/24/2019 Wednesday

\* Time: 01:06 PM

\* Weight (lbs): Between 0.0 and 999.9

Note:

250 characters left

**Select Mood**

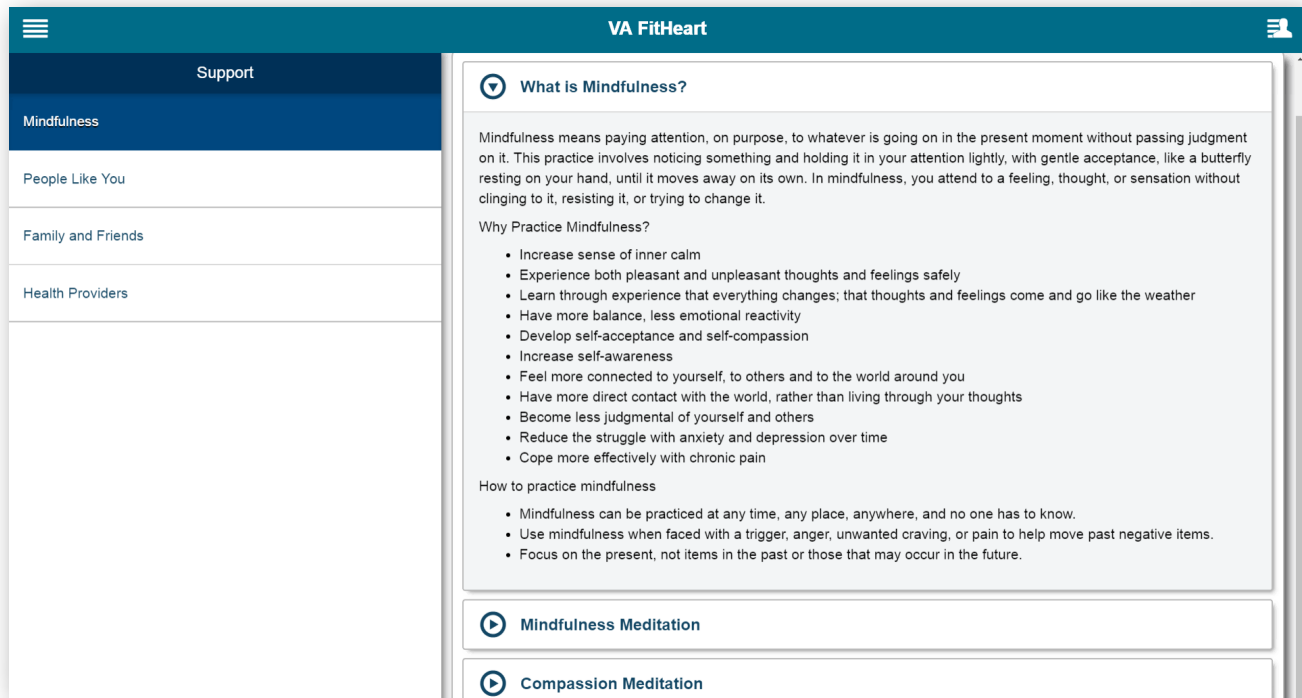
Rate your mood on a scale of 1 to 10. (1=Worst, 10=Best)

1 2 3 4 5 6 7 8 9 10

Rate your mood on a scale of 1 to 10. (1=Worst, 10=Best)

# Support

Access various methods of support through mindfulness and support systems.



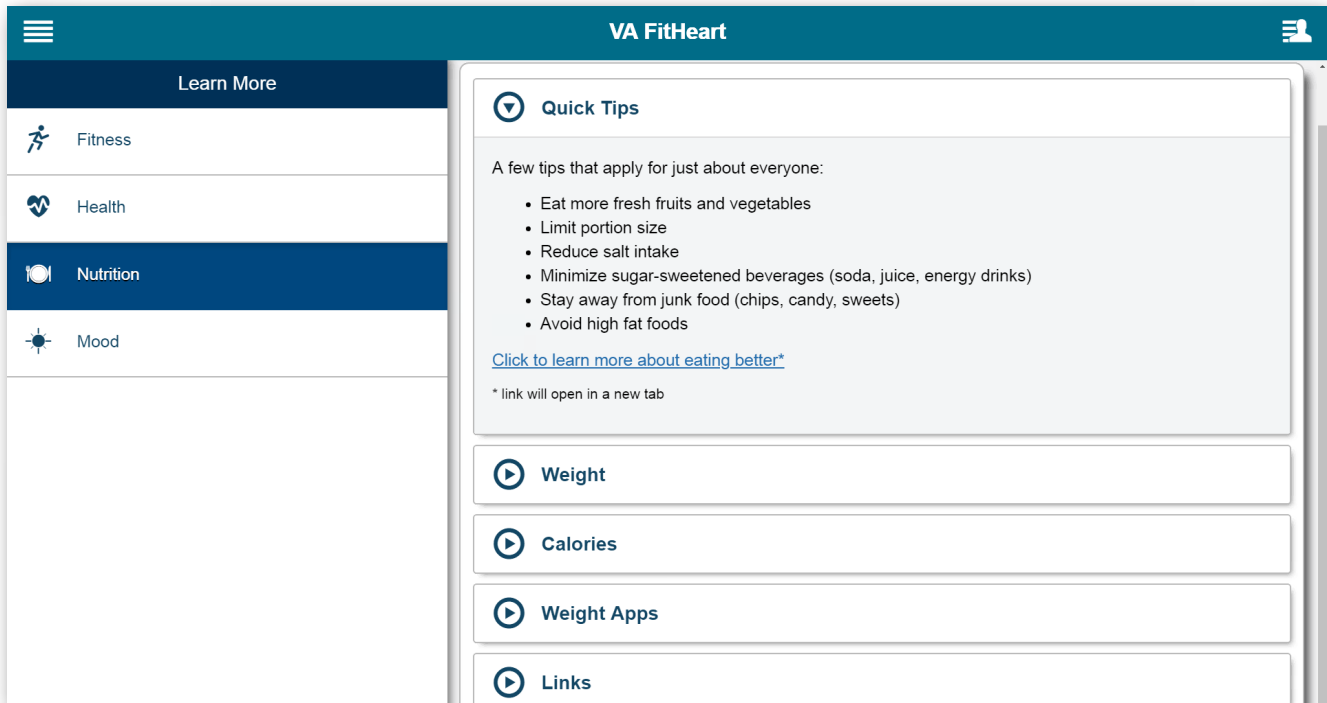
## Accessing and understanding the Support feature

Learn more about ways you can find support for your health goals. To access the Support screen, tap the App Options Menu (four-line icon in upper left corner) > A slide-out menu will appear > Tap **Support** > A list of four types of support options will appear on the left side of your screen > Tap the one you would like to learn more about:

- **Mindfulness** – The Support screen on the right will change to Mindfulness > Tap one of three categories of information: **What is Mindfulness?**, **Mindfulness Meditation** or **Compassion Meditation** > Information for the category will expand below.
- **People Like You** – The Support screen on the right will change to People Like You > Tap the **Mended Hearts – Heart Disease Support Community** hyperlink > The Mended Hearts online support groups for people with heart disease will open in a new browser.
- **Family and Friends** – The Support screen on the right will change to Family and Friends > Read how family and friends can be a source of support and encouragement.
- **Health Providers** – The Support screen on the right will change to Health Providers > Read why you should talk to your health care providers about your health or related concerns.

# Learn More

Access quick tips and information on ways to improve the condition of your heart through fitness, health, nutrition and mood.



## Accessing and understanding the Learn More feature

To access the Learn More screen, tap the App Options Menu (four-line icon in the upper left corner) > A slide-out menu will appear > Tap **Learn More** > You will see four categories on the left side of your screen > Tap the one you would like to learn more about: **Fitness, Health, Nutrition** or **Mood** > The Learn More screen on the right will change to the title of category, and you will see a list of topics related to the category > Tap a topic within the list > More information will expand beneath. Some topic's information also contains hyperlinks, which you can tap and will open websites, resources or additional apps in a new browser.



# Notifications

Receive motivational messages from VA and/or notifications you have set for yourself related to the app's health tracking.

VA FitHeart			
Notifications	All Notifications		
All Notifications	Filter		
VA FitHeart App Notices			
VA Health Messages			
Status	Notification	Source	Date
	Update your Fitness Activity information now.	VA FitHeart - Health	04/23/2019 03:00 PM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/23/2019 07:45 AM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/22/2019 07:45 AM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/21/2019 07:45 AM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/20/2019 07:45 AM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/19/2019 07:45 AM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/17/2019 07:45 AM America/New_York
●	Update your Fitness Activity information now.	VA FitHeart - Health	04/16/2019 07:45 AM America/New_York

## Understanding and accessing notifications

When you log into the app, you will see a count of your unread notifications received within the last 30 days. To access your notifications, you can either (1) tap **Notifications** on the Home screen, or (2) tap the App Options Menu (four-line icon in the upper left corner) > A slide-out menu will appear > Tap **Notifications** > A list of Notifications options will appear on the left side of your screen > Tap one of the three categories of notifications you would like to view:

- **All Notifications** – Both VA FitHeart App Notices and VA Health Messages.
- **VA FitHeart App Notices** – Reminder messages that are generated by the Health feature of the app.
- **VA Health Messages** – Short messages, instructions, encouragements, and educational items on topics such as appointments, health and wellness tips and suggestions to use other apps. (These messages are options, and you can turn them off or on at any time.)

The title of the Notifications screen on the right will change to the type of notification you selected, and you will see a list of your notifications > Tap a specific notification to view more information about that Notification > The right side of your screen will show you additional information about the Notification you have selected > Tap **Cancel** to stop the notification from appearing in the future > Tap **Delete** to delete the notification. Tap **Go Back** to return to the previous screen.

## Viewing your notifications

You can view or hide the date-range options by tapping **Select Dates**. You can view your notifications by:

- **Date** – Either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icons next to Start Date and End Date calendar icons and then tap a date from the pop-up calendars that appear.
- **Source** (only available for All Notifications) – Tap the bar under Source > Tap **All Notifications, VA FitHeart App Notices** or **VA Health Messages** from the drop-down menu that appears.
- **Status** – Tap the circle next to Unread, Read or All.

Tap **Apply**. To see all notifications, tap **Reset**.

## Managing your notifications settings

Tap **Settings** from the Notifications screen> A pop-up Notifications Settings box will appear > Type in your email address > Tap the bar under Time Zone, and tap an option from the drop-down menu that appears > To choose whether you would like to receive messages to improve your health, tap the circle next to either Yes or No > Tap **Save** to record your settings or **Cancel** to close without saving.

### Notification Settings

Manage your Notification preferences by adjusting the settings options below. Note that notification settings apply to all VA health applications.

[Learn more](#)

\* required field

**Email Address:**

Your preferred email for notifications applies to all VA Health apps.

\* **Time Zone:**

(-05:00) America/New\_York (Eastern) ▼

---

**Receive messages to help improve your health:**

☒ Yes ☐ No

# Help and Additional Information

---

## Additional Training Materials for the VA FitHeart App

The VA FitHeart App has built-in instructions to help explain the app's features. Tap the User Menu (three-line icon with a silhouette in the upper left corner) > A slide-out menu will appear > Tap **Help** > You will go to the Help screen, where you will see a list of resources for what to do in an emergency or crisis, how to get help using the VA FitHeart App, and built-in instructions for various app features. In addition to the built-in instructions, more resources, such as a Slideshow and FAQs are available at [mobile.va.gov/appstore](http://mobile.va.gov/appstore), and search for the app to access the resources.

## Help Desk Information

If you need help with the VA FitHeart App, dial **1-877-470-5947** to speak with a VA representative. For TTY assistance, dial 711. For clinical questions regarding your personal medical information, please contact your VA care team.

## DS Logon Help

If you have questions about your DS Logon account, visit [mobile.va.gov/dslogon](http://mobile.va.gov/dslogon) or dial **1-800-983-0937** for assistance.

## Emergencies

If you feel that your information may have been compromised, contact your local VA facility to obtain the contact information for your Privacy Officer. To locate your local VA facility, visit VA's Facility Locator: <http://www.va.gov/directory/guide/home.asp?isflash=1>. Note that you should never use this app in an emergency situation. If you encounter an emergency, call your local medical center or dial 911.

# Appendices

## Appendix #1: Project References

This app was developed in collaboration with VA Office of Information and Technology (OI&T) according to an approved concept paper. The app was tested in a demo environment to ensure optimal functionality. Subject matter experts who served in the VA FitHeart App's creation are: Mary Whooley, MD and Alexis Beatty, MD, MAS.

## Appendix #2: Glossary

**App** – An application, or software program, that can be accessed through a website or mobile device and is designed to fulfill a particular purpose.

**DoD** – Department of Defense

**DS Logon** (Department of Defense Self-Service Logon) – A secure logon ID, created by the Department of Defense (DoD), that verifies the identities of individuals affiliated with DoD or the Department of Veterans Affairs (VA) and allows them to access secure websites and digital resources across DoD and VA using a single username and password.

**DS Logon Level 1 (Basic) Account:** Provides limited access to website features

**DS Logon Level 2 (Premium) Account:** Offers the highest level of access to website features. (**NOTE:** You must have a DS Logon Level 2 (Premium) Account to use VA's Mobile Apps.)

**Electronic Health Record (EHR)** – A digital record of a patient's treatment plan and health care interactions with his or her providers.

**VA** – Department of Veterans Affairs

**VA Mobile Health** – An initiative that aims to improve Veterans' health by providing technologies to expand care beyond the traditional office visit and that includes the creation of secure mobile Apps to leverage the popularity of wireless technologies to support Veterans, Caregivers and VA care teams. [More at: [mobile.va.gov](http://mobile.va.gov)]