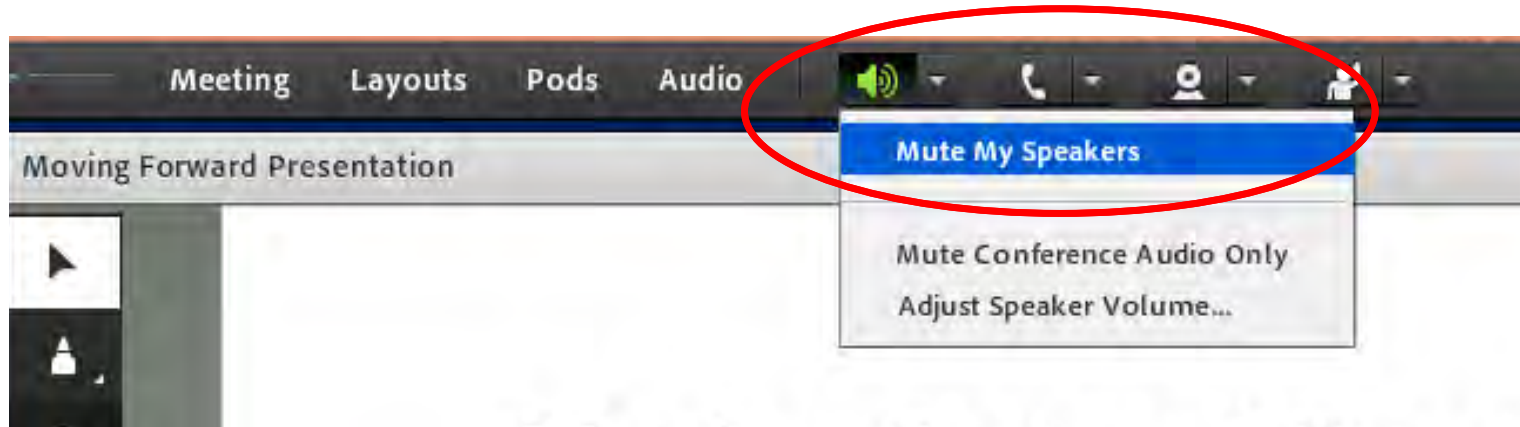


Please remember to mute your speakers.



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

VA Mobile Discussion Series

New Year Resolutions: Meeting and Maintaining 2019 Health Goals with VA Technologies

Presenters:

Lynn A. Novorska,

RDN, LDN, MOVE! Dietitian Program Coordinator, VHA Office of
Patient Care Service, National Center for Health Promotion and
Disease Prevention

Kelly M. Ramsey,

Mobile Apps Program Manager, National Center for PTSD,
Dissemination & Training Division



Overview of the discussion

- Overview and Introductions
- NCP Health Promotion Apps
 - MOVE! Coach
- Mobile Mental Health Apps
 - AIMS for Anger Management
 - CBT-i Coach
 - Mindfulness Coach
 - Parenting2Go
 - Stay Quit Coach
 - VetChange
- Questions



MOVE! Coach

MOVE! Coach

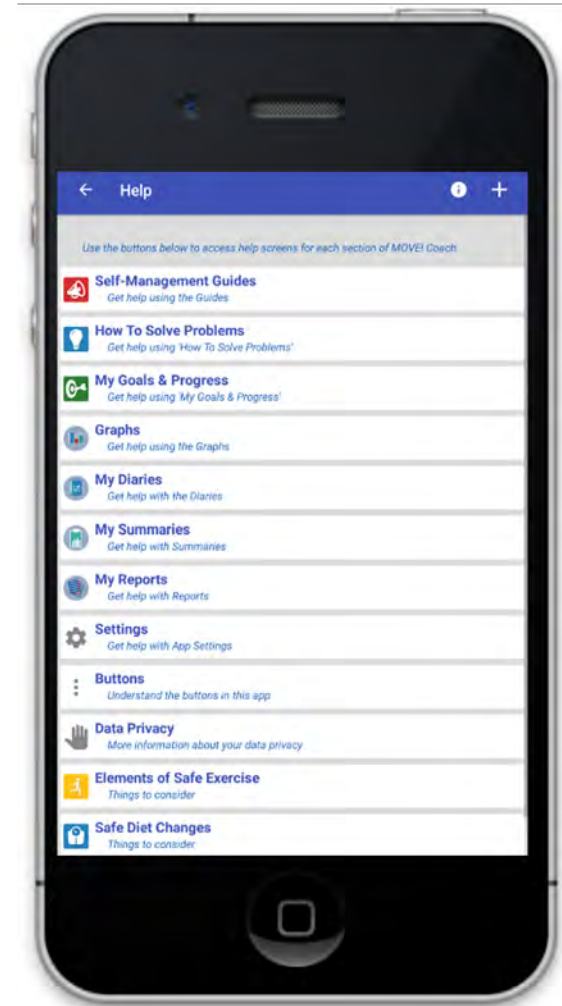
Lynn A. Novorska, RDN, LDN, MOVE! Dietitian Program Coordinator, VHA Office of Patient Care Service, National Center for Health Promotion and Disease Prevention

- **It's easy to participate!** All you need is a mobile device with
 - iOS ver. 6.0 or higher
 - Android ver. 5.1 or higher
- 19-week-self-guided program provides everything you need to set, track, and achieve your diet, physical activity, and weight goals.



MOVE! Coach App Features

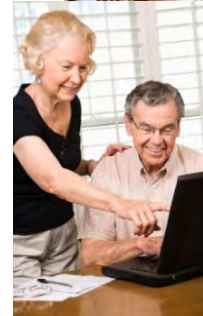
- 11 specialized guides with tools
- Personalized graphs
- Educational videos, games & worksheets
- Daily diaries
- Calculators
- Progress and summary Reports
- Problem-solving
- Links to additional handouts





Ways For Veterans To Use MOVE! Coach

- **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



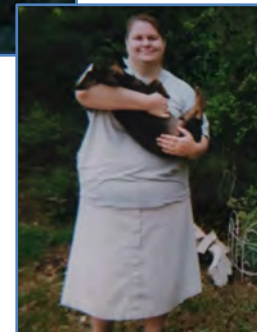
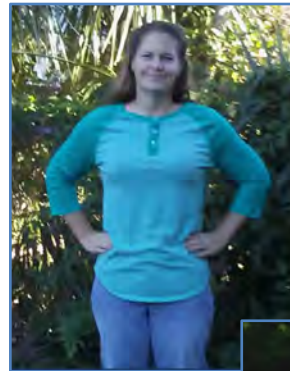


Success Stories

MOVE! is a national VA program designed to help Veterans lose weight, keep it off and improve their health.



Life-changing success!



<https://www.move.va.gov/move/SuccessStories/index.asp>



Resources To Learn More About The App

- 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 are available via:
<https://mobile.va.gov/app/move-coach>



Mobile Mental Health Apps

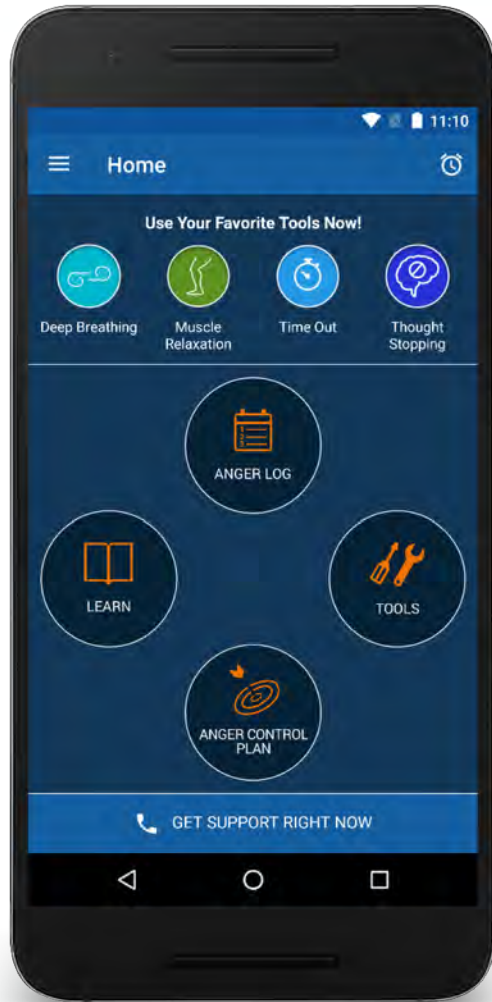
Mobile Mental Health Apps

Kelly M. Ramsey, Mobile Apps Program Manager, National Center for PTSD,
Dissemination & Training Division

- AIMS for Anger Management (iOS, Android)
- CBT-i Coach (iOS, Android)
- Mindfulness Coach (iOS, Android)
- Parenting2Go (iOS)
- Stay Quit Coach (iOS, Android)
- VetChange (iOS)



AIMS for Anger Management (iOS, Android)



- Based on VA's AIMS anger management course
- Recognize feelings and thoughts of anger
- Control expressions of anger
- Track angry situations to learn one's patterns
- Use audio-guided relaxation tools



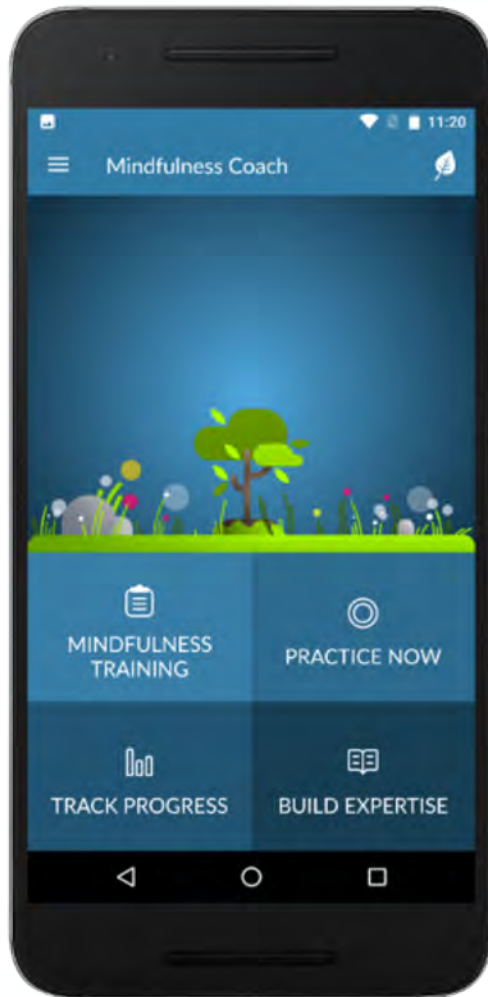
CBT-i Coach (iOS, Android)



- Designed to support patients in CBT for Insomnia
- Has been used “off-label” for personal sleep tracking (and recommendations in media coverage for such)
- Track sleep
- Learn good sleep habits
- Get sleepy with audio relaxation tools



Mindfulness Coach (iOS, Android)



- Support daily mindfulness practice
- Many audio-guided mindfulness exercises
- Weekly training plan to ease into practice
- Learn about mindfulness
- Louder volume update on the way



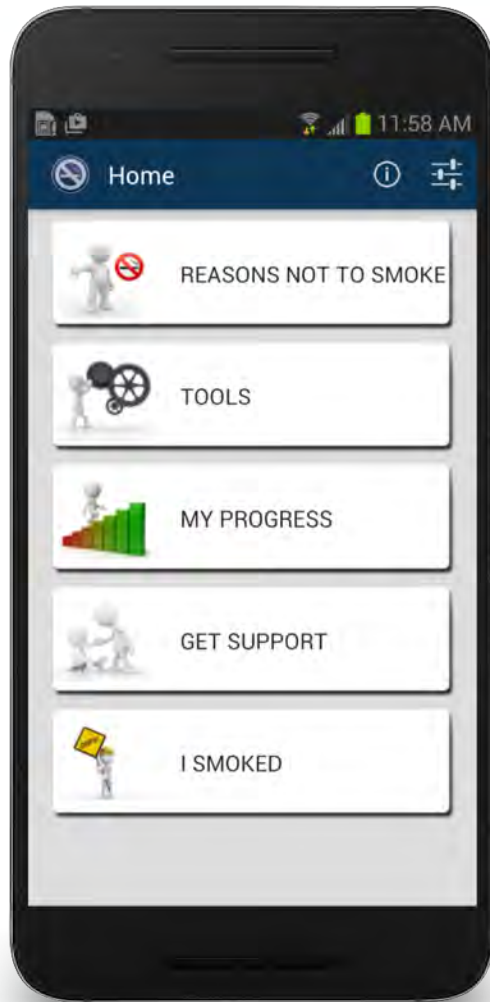
Parenting2Go (iOS)



- Based on VA's parenting skills course
- Get in the habit of transitioning from work
- Practice better parenting skills
- Take a time out yourself with relaxation tools



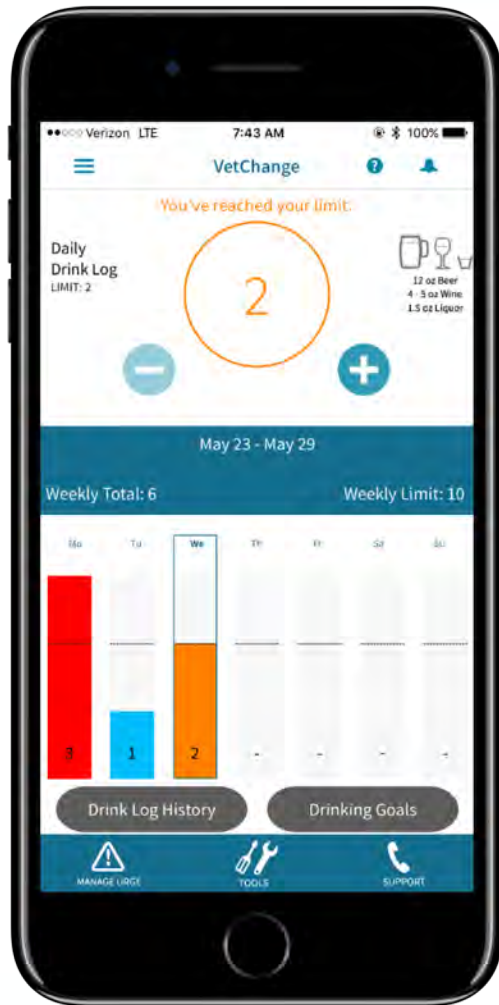
Stay Quit Coach (iOS, Android)



- Designed to support people who have quit smoking in Integrated Care for Smoking Cessation
- Has been used “off-label” for general stop smoking
- Reminders of why it’s important to stay quit
- Prepare checklists for how to deal with smoking urges
- Manage smoking medications



VetChange (iOS)



- Based on the VA VetChange web intervention
- Set daily and weekly drinking goals
- Track drinking to build healthy alcohol habits
- Prepare checklists to manage urges to drink
- Audio relaxation tools



Mobile Mental Health

More information about VA apps for mental health:

National Center for PTSD web site

<https://www.ptsd.va.gov/appvid/mobile/>

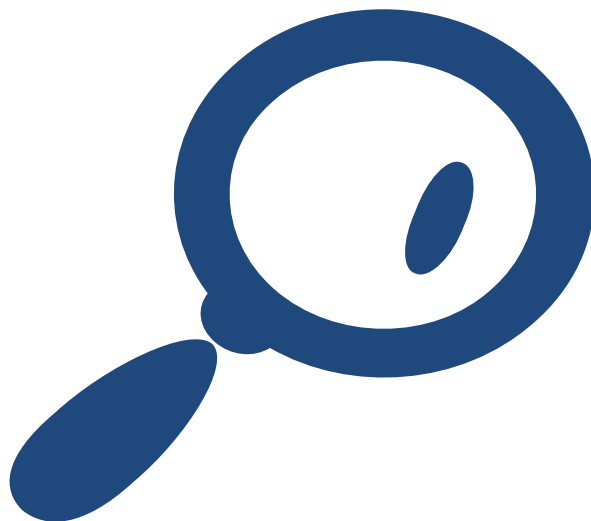
Supplemental information and handouts

<http://www.myvaapps.com/>

Community of practice, monthly continuing education series, support, swag
email us: mobilementalhealth@va.gov



Questions



QUESTIONS?

Please use the chat feature on the right to submit your questions.



Survey

What future topics would you like to discuss?

Let us know by providing feedback at this link:

<https://www.surveymonkey.com/r/NS7SMC9>