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.
Using VA Technologies to Address Chronic Illnesses and Conditions

Presenters:

- Theresa Tougas  BSN, RN – PACT RN
- Abigale Boerger RN, BSN – Home TeleHealth Care Coordinator
- Steve Alcocer, CSPO®CSM – Sr. Functional Analyst, Mobile Application Program (MAP)
Overview of the Discussion

• Overview and Introductions
• VA Technologies for Discussion
  – Annie
  – VA FitHeart
• Questions
• Closing Remarks and Survey
VA’s Automated Texting Platform for Veteran Self-Care
ANNIE OVERVIEW

• Automated texting program
• Voluntary use—opt-in/opt-out
• Modifiable automated protocols related to a variety of health concerns
• ANNIE is NOT direct messaging between Veterans and clinicians.
BENEFITS OF ANNIE

**Care Team Benefits**

- Collection of clinical data outside of office visits
- Provides automated clinical feedback,
- Reduces calls/questions about the care plan
- Review and documentation for chronic disease management
- Improved adherence to treatment plan (medications, glucose monitoring, etc.)
- Easy and quick enrollment process

**Veteran Benefits**

- Empowers Veteran self-care
- Accountability while learning self management skills
- Veterans feel more connected to their care teams
- Veterans are supported in completing health tasks and achieving improved outcomes
- Customizable clinical protocols to meet the Veterans’ lifestyle and needs
Hi, it's Annie. Please take your Blood Pressure and send to me the result in the following format: BP 120 80

BP 120 80

I've got it. Thanks for sending your blood pressure reading. I'll keep in touch. Annie

Hi, it's Annie. Please take your Blood Pressure and send to me the result in the following format: BP 120 80

BP 90 68

Your BP is low. The top is 90 or less. If it does not improve or you are not feeling well, notify your health care team.

Annie
<table>
<thead>
<tr>
<th>Protocol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HTN (140/90; 150/95)</td>
<td>Request Veteran to send daily blood pressure readings. Hypertension parameters of 140/90 or 150/95 apply to the alert ranges of critical high to critical low readings. Includes daily educational messages for hypertension management.</td>
</tr>
<tr>
<td>HTN w/Pulse (140/90; 150/95)</td>
<td>Request Veteran to send daily blood pressure and pulse readings. Hypertension parameters of 140/90 or 150/95 apply to the alert ranges of critical high to critical low readings. Pulse low and high alerts are enabled. Includes daily educational messages for hypertension management.</td>
</tr>
<tr>
<td>Exercise Prompts</td>
<td>Provides daily messages to Veteran encouraging them to be active.</td>
</tr>
<tr>
<td>Medication Reminders</td>
<td>Provides daily medication reminders and establishes improved compliance with prescribed medication. Reminders can be set to fire multiple times daily.</td>
</tr>
<tr>
<td>Blood Glucose Monitoring with Insulin</td>
<td>Request Veterans on insulin send blood glucose at scattered times. Alerts of critical high to critical low are included and provide clear and immediate instructions to Veterans when needed. Includes daily educational messages for diabetes management.</td>
</tr>
<tr>
<td>Blood Glucose Monitoring with Oral hypoglycemics</td>
<td>Requests Veterans on oral hypoglycemics send blood glucose twice per week at scattered times. Alerts of critical high to critical low are included and provide clear and immediate instructions to Veterans when needed. Includes daily educational messages for diabetes management.</td>
</tr>
<tr>
<td>Asthma controller and Nasal spray Adherence</td>
<td>Reminds Veterans with Asthma/Allergies to adhere to their asthma controller and nasal spray prescriptions.</td>
</tr>
<tr>
<td>Asthma/allergy Exacerbation</td>
<td>Provides daily reminders for 7 days to Veterans experiencing exacerbation of Asthma to take short term medications and complete peak flows. Veterans are requested to send peak flow results.</td>
</tr>
<tr>
<td>Annie Use Reminders</td>
<td>Provide reminders to Veterans on Annie use and provides contact information for additional support if needed.</td>
</tr>
<tr>
<td>Advanced Liver Disease (ALD)</td>
<td>Provides daily medication reminders, 3 month appointments reminders, weekly general education and information, weekly clinical education and motivation, and a set of Annie satisfactions questions for Veterans with Advanced Liver Disease (ALD).</td>
</tr>
<tr>
<td>Protocol</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Diabetes Foot Care Reminders</td>
<td>Reminds Veterans with foot risk scores of 2 or 3 to complete and practice proper self-care foot practices.</td>
</tr>
<tr>
<td>CPAP Reminder</td>
<td>Remind Veterans with Sleep Apnea to use their CPAP machine by sending nightly alert.</td>
</tr>
<tr>
<td>Hepatitis B (HBV) Vaccination</td>
<td>Provides daily medication reminders, appointments reminders, side effect assessment, and general/clinical education and motivation to Veterans get the Hepatitis B Vaccination.</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>Provides daily medication, appointments and lab reminders, and general/clinical education and motivation to Veteran completing the 6 month Hepatitis C treatment course.</td>
</tr>
<tr>
<td>HIV Prep</td>
<td>Provides daily medication reminders, appointments reminders, side effect assessment, needs assessment, and general/clinical education and motivation to Veteran with HIV pre-exposure prophylaxis (HIV PrEP).</td>
</tr>
<tr>
<td>HIV Treatment</td>
<td>Provides daily medication reminders, appointments, refill and lab reminders, side effect assessment, needs assessment, and general/clinical education and motivation to Veteran with HIV.</td>
</tr>
<tr>
<td>Sleep Duration</td>
<td>Daily request for Veteran to report hours slept previous night.</td>
</tr>
<tr>
<td>Tobacco Cessation</td>
<td>Sends motivational messages to Veterans who are thinking about quitting to help create a quit plan and set a quit date.</td>
</tr>
<tr>
<td>Phosphorus Binding Medication</td>
<td>Reminds Veterans on dialysis to take Phosphorus Binder medication with each meal.</td>
</tr>
<tr>
<td>Reminder</td>
<td></td>
</tr>
<tr>
<td>Weight Management</td>
<td>Provides daily healthy living reminders to exercise, count calories, and measure weight. Includes daily educational messages for weight management.</td>
</tr>
<tr>
<td>Breathing/Relaxation</td>
<td>To reduce stress by engaging in breathing exercises</td>
</tr>
<tr>
<td>Home Telehealth Use Reminders</td>
<td>To reduce stress by engaging in breathing exercises</td>
</tr>
<tr>
<td>Oncology Symptoms Reporting</td>
<td>To assess Veterans cancer related symptoms and their severity as well as provide education and support management</td>
</tr>
</tbody>
</table>
ANNIE synthesizes reports from the readings sent by a patient. These may be viewed in graphical or tabular form.
## Reports

**Date Range:** 12/21/2018 to 06/21/2019

### Blood Glucose

<table>
<thead>
<tr>
<th>Glucose</th>
<th>Average</th>
<th>Days Reporting</th>
</tr>
</thead>
<tbody>
<tr>
<td>mg/dl</td>
<td>124</td>
<td>61</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Glucose - mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/21/2019 05:39:23 (UTC Time: 05/21/2019 10:39:23)</td>
<td>102</td>
</tr>
<tr>
<td>06/20/2019 06:09:01 (UTC Time: 05/20/2019 11:09:01)</td>
<td>92</td>
</tr>
<tr>
<td>05/19/2019 20:19:26 (UTC Time: 05/20/2019 01:19:26)</td>
<td>87</td>
</tr>
<tr>
<td>05/19/2019 05:24:15 (UTC Time: 05/19/2019 10:24:15)</td>
<td>97</td>
</tr>
<tr>
<td>05/19/2019 05:05:50 (UTC Time: 05/19/2019 10:05:50)</td>
<td>67</td>
</tr>
<tr>
<td>06/18/2019 17:00:24 (UTC Time: 06/18/2019 22:00:24)</td>
<td>135</td>
</tr>
<tr>
<td>06/18/2019 04:47:20 (UTC Time: 06/18/2019 09:47:20)</td>
<td>88</td>
</tr>
<tr>
<td>06/17/2019 17:19:30 (UTC Time: 05/17/2019 22:19:30)</td>
<td>142</td>
</tr>
<tr>
<td>06/17/2019 05:09:37 (UTC Time: 05/17/2019 10:09:37)</td>
<td>98</td>
</tr>
<tr>
<td>06/16/2019 12:02:57 (UTC Time: 05/16/2019 17:02:57)</td>
<td>126</td>
</tr>
</tbody>
</table>
• New medication start
• Newly issued BP cuff
• Concerns about medication/treatment plan adherence
• Motivated and engaged patient
FREQUENTLY USED PROTOCOLS

• Hypertension
• Blood glucose monitoring
• Medication reminders
• Smoking cessation protocol
• Weight loss
Overview

VA FitHeart is a veteran-facing behavior change intervention tool to promote long-term adherence to a healthy lifestyle for patients with heart disease.

Cardiac Rehab Pro (CRPro) Provider-Facing App is the staff-facing counterpart for VA FitHeart, VA's web/mobile application allowing Veterans in Home Based Cardiac Rehabilitation programs to self-report vital signs, and physical activity to their VA Cardiac Rehab team providers. CRPro is a web/mobile-based application primarily targeted to the major desktop browsers.
Features

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.

Health Feature

The app allows you to enter and track information about a variety of health-related items over time; Blood Pressure, Weight, Glucose, Cholesterol or Mood.

Support Feature

The app allows you to access various methods of support through the following resources; Mindfulness, People Like You, Heart Disease Support Community, Family and Friends, Health Providers.

Learn More Feature

The app allows you to access quick tips and information on ways to improve the condition of your heart through fitness, health, nutrition and mood.

Notifications Feature

The app allows you to receive motivational messages from the VA and/or notifications you have set for yourself related to the app’s health tracking.
<table>
<thead>
<tr>
<th>Goal/Objective and Desired Outcome</th>
<th>Impact</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide veterans with access to home cardiac rehabilitation.</td>
<td>Improved access to home cardiac rehabilitation will increase the number of veterans able to participate.</td>
<td>Increase availability of cardiac rehabilitation at VA facilities.</td>
</tr>
<tr>
<td>Improve veteran participation in cardiac rehabilitation.</td>
<td>By improving access and promoting tools that facilitate delivery of cardiac rehabilitation, veteran participation in cardiac rehabilitation can improve.</td>
<td>Increase participation in cardiac rehabilitation by eligible veterans.</td>
</tr>
<tr>
<td>Improve health status of veterans participating in cardiac rehabilitation.</td>
<td>Veterans participating in cardiac rehabilitation will receive health education and exercise training to help manage their heart disease and improve health status.</td>
<td>Improve patient scores on health status measures, including the Seattle Angina Questionnaire and the Kansas City Cardiomyopathy Questionnaire.</td>
</tr>
</tbody>
</table>
Welcome to VA FitHeart

June 24, 2019

Set Weekly Activity Goals

Status: 06/20/2019 - 06/27/2019

Notifications

30 Unread in last 30 days

300 minutes
Goal: 300 minutes
240 left

50,000 steps
Goal: 50,000 steps
35,000 left

25.0 miles
Goal: 25.0 miles
23.0 left
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:

- Minutes Per Week: Between 0 - 1440
- Steps Per Week: Between 0 - 50000
- Miles Per Week: Between 0 - 50000

Start Date:
06/20/2019
Thursday

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

Reset  Cancel  Save
Welcome to VA FitHeart
June 20, 2019

Set Weekly Activity Goals

Status: 06/20/2019 - 06/27/2019

300 minutes
300 left
Goal: 300 minutes

50,000 steps
50,000 left
Goal: 50,000 steps

25.0 miles
25.0 left
Goal: 25.0 miles

Notifications
30 Unread in last 30 days
Add Fitness Activity

Date: 06/20/2019
Time: 06:00 PM

Thursday

* Amount (one entry is required to save)
  Duration (minutes): 60
  Distance (miles): 2
  Steps: 15000

* Exercise Intensity:
  Easy

* Exercise Activity:
  Walking

Note:
Went for a walk by the lake after I got off of work.

⚠️ Notification:
Status: Off

To edit the Fitness Activity notification, select the Notification button on the previous screen.
Fitness Activity

Weekly Activity Goals
06/20/2019 to 06/27/2019

- **300 minutes**
  - 240 left
  - Goal: 300 minutes

- **50,000 steps**
  - 35,000 left
  - Goal: 50,000 steps

- **25.0 miles**
  - 23.0 left
  - Goal: 25.0 miles

**Date Range:**

- **Start Date:** 05/20/2019
- **End Date:** 06/20/2019

**Activity** | **Date/Time** | **Duration** | **Steps** | **Distance** | **Intensity** | **Note**
--- | --- | --- | --- | --- | --- | ---
Walking | 06/20/2019 02:00 PM | 60 | 15000 | 2 | Easy |
Minutes Entered from 05/24/2019 to 06/24/2019

Date

Minutes


Very Easy  Easy  Somewhat Easy  Somewhat Hard  Hard  Very Hard  Unknown
### Goal History

**Date Range:**
* Start Date: 05/20/2019
* End Date: 06/20/2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Progress/Goal</th>
<th>Goal Met?</th>
<th>Active Goal?</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/20/2019</td>
<td>Miles: 2/25, Minutes: 60/300, Steps: 15000/50000</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>03/28/2019</td>
<td>Miles: 0/2, Minutes: 0/30, Steps: 0/300</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>03/19/2019</td>
<td>Miles: 0/2, Minutes: 0/155, Steps: 0/200</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>
Minutes Activity And Goals From 05/24/2019 To 06/24/2019

- Goal: 300
- Activity: 60
### Blood Pressure and Pulse

**Date Range:**
- Start Date: 06/20/2018
- End Date: 06/20/2019

**Values with an ! are outside the normal range (Systolic 90-180 mmHg, Diastolic 40-110 mmHg, Pulse 50-150 bpm).** Talk to your health care provider about what is OK for you. If you feel sick and need urgent help, please [Call 911](tel:911).

<table>
<thead>
<tr>
<th>Systolic (mmHg)</th>
<th>Diastolic (mmHg)</th>
<th>Pulse (bpm)</th>
<th>Position</th>
<th>Date/Time</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>124</td>
<td>89</td>
<td>61</td>
<td>Standing</td>
<td>02/11/2019 02:41 PM</td>
<td></td>
</tr>
</tbody>
</table>

**Health Data:**
- **Blood Pressure:** 124/89 mmHg, 61 bpm (02/11/19)
- **Weight:** 200 lbs (02/11/19)
- **Glucose:** 400 mg/dl (02/11/19)
- **Cholesterol:** 121/100 mg/dl (03/19/19)
- **Mood:** 9 / 10 (03/19/19)
### Health

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>100/80 mmHg</td>
</tr>
<tr>
<td><strong>Pulse</strong></td>
<td>100 bpm</td>
</tr>
<tr>
<td><strong>Weight</strong></td>
<td>200 lbs</td>
</tr>
<tr>
<td><strong>Glucose</strong></td>
<td>400 mg/dl</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>121/100 mg/dl</td>
</tr>
<tr>
<td><strong>Mood</strong></td>
<td>9 / 10</td>
</tr>
</tbody>
</table>

### Weight

**Date Range:**

- **Start Date:** 06/20/2018
- **End Date:** 06/20/2019

**Wednesday**

**Thursday**

**Weight (lbs)**

<table>
<thead>
<tr>
<th>Weight (lbs)</th>
<th>Date/Time</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>06/20/2019 10:56 AM</td>
<td></td>
</tr>
<tr>
<td>230</td>
<td>05/10/2019 09:05 AM</td>
<td></td>
</tr>
<tr>
<td>211</td>
<td>03/05/2019 04:28 PM</td>
<td></td>
</tr>
<tr>
<td>200</td>
<td>02/11/2019 02:41 PM</td>
<td></td>
</tr>
</tbody>
</table>
### VA FitHeart

#### Health

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>100/80 mmHg</td>
</tr>
<tr>
<td>Pulse</td>
<td>100 bpm</td>
</tr>
<tr>
<td>Weight</td>
<td>200 lbs</td>
</tr>
<tr>
<td>Glucose</td>
<td>400 mg/dl</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>121/100 mg/dl</td>
</tr>
<tr>
<td>Mood</td>
<td>9 / 10</td>
</tr>
</tbody>
</table>

#### Add Weight Entry

- **Date:** 06/20/2019
- **Time:** 05:21 PM

**Weight (lbs):**
- Between 0.0 and 999.9

**Note:**
- 250 characters left

**Notification:**
- Status: On
Blood Pressure: 100/80 mmHg, 100 bpm
Weight: 200 lbs
Glucose: 400 mg/dL (02/11/19)
Cholesterol: 121/100 mg/dL (03/19/19)
Mood: 9 / 10 (03/19/19)

Glucose Level (mg/dL) | Tested | Date/Time       | Note
---------------------|--------|-----------------|-----
1400                 | After Meal | 02/11/2019 02:42 PM

Values with an * are outside the normal range (70 - 300 mg/dL). Talk to your health care provider about what is OK for you. If you feel sick and need urgent help, please Call 911.
Blood Pressure: 100/80 mmHg
Pulse: 100 bpm
Weight: 200 lbs
Glucose: 400 mg/dl
Cholesterol: 121/100 mg/dl
Mood: 9 / 10

Add Glucose Entry

- Date: 06/20/2019
- Time: 05:23 PM
- Glucose Reading:
  - Numeric value (mg/dl)
  - Glucose Level (mg/dl):
    - Between 0 and 600

Note:
Blood Pressure: 100/80 mmHg
Pulse: 100 bpm
Weight: 200 lbs
Glucose: 400 mg/dl
Cholesterol: 121/100 mg/dl
Mood: 9/10

Cholesterol

Date Range:
Start Date: 06/20/2018
End Date: 06/20/2019

Total (mg/dl)  LDL (mg/dl)  HDL (mg/dl)  Triglycerides (mg/dl)  Fasting?  Date/Time  Note
121  100  221  200  Fasting (8 hours)  03/19/2019 04:21 PM
Add Cholesterol Entry

Date: 06/24/2019
Time: 02:26 PM
Monday

* Cholesterol Level (mg/dl):
   Between 0 and 600

* LDL (mg/dl):
   Between 0 and 300

* HDL (mg/dl):
   Between 0 and 300

* Triglycerides (mg/dl):
   Between 0 and 600

* Tested:
   Select

Note:

250 characters left

⚠️ Notification:
Status: Off

To edit the Cholesterol notification, select the Notification button on the previous screen.
Blood Pressure: 100/80 mmHg
Pulse: 100 bpm
Weight: 200 lbs
Glucose: 400 mg/dl
Cholesterol: 121/100 mg/dl
Mood: 9/10

Mood Rating (1=Worst, 10=Best):

- 9: 03/19/2019 04:21 PM
- 9: 03/12/2019 04:23 PM
- 8: 03/01/2019 04:24 PM

If you need urgent help, please call the Veterans Crisis Line (1-800-273-8255) and Press 1 or get Support.
## Health

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td><strong>100/80</strong> mmHg</td>
</tr>
<tr>
<td></td>
<td><strong>100</strong> bpm</td>
</tr>
<tr>
<td>Pulse</td>
<td><strong>100</strong> bpm</td>
</tr>
<tr>
<td>Weight</td>
<td><strong>200</strong> lbs</td>
</tr>
<tr>
<td>Glucose</td>
<td><strong>400</strong> mg/dl</td>
</tr>
<tr>
<td>Cholesterol</td>
<td><strong>121/100</strong> mg/dl</td>
</tr>
<tr>
<td>Mood</td>
<td><strong>9 / 10</strong></td>
</tr>
</tbody>
</table>

### Add Mood Entry

- **Date**: 06/20/2019
- **Time**: 05:28 PM

**Mood**: Select Mood

**Note**: 250 characters left

**Notification**: Status: Off

To edit the Mood notification, select the Notification button on the previous screen.
## VA FitHeart Cont.

### Notifications

- **VA FitHeart App Notices**
- **VA Health Messages**

### All Notifications

#### Filter

- **Date Range:**
  - *Start Date: 05/21/2019*
  - *End Date: 06/20/2019*

#### Source:

- All Notifications

#### Status:

- Unread
- Read
- All

#### Notifications

<table>
<thead>
<tr>
<th>Status</th>
<th>Notification</th>
<th>Source</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="bullet" alt=" " /></td>
<td><strong>Update your Weight Tracker now.</strong></td>
<td>VA FitHeart - Health</td>
<td>null America/New_York</td>
</tr>
<tr>
<td><img src="bullet" alt=" " /></td>
<td><strong>Update your Weight Tracker now.</strong></td>
<td>VA FitHeart - Health</td>
<td>null America/New_York</td>
</tr>
</tbody>
</table>
### VA FitHeart App Notices

**Date Range:**

- **Start Date:** 05/21/2019
- **End Date:** 06/20/2019

**Source:** VA FitHeart App Notices

**Status:**
- Unread
- Read
- All

**Notifications:**
- Update your Weight Tracker now.
- Update your Weight Tracker now.
- Update your Weight Tracker now.
### Date Range:

- **Start Date:** 05/21/2019
- **End Date:** 06/20/2019

**Tuesday**
**Source:** VA Health Messages

**Status:**
- Unread
- Read
- All

**Apply Date Range** **Reset**

---

**No results found.**

You are not currently receiving VA Health Messages. Access your Notification settings using the icon shown in the header of the Notification options menu.
Notification Settings

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

Learn more

Email Address:

* required field

test@test.com

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
- [x] No

Save  Cancel
<table>
<thead>
<tr>
<th>Support</th>
<th>Support Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindfulness</td>
<td><img src="#" alt="What is Mindfulness?" /></td>
</tr>
<tr>
<td>People Like You</td>
<td><img src="#" alt="Mindfulness Meditation" /></td>
</tr>
<tr>
<td>Family and Friends</td>
<td><img src="#" alt="Compassion Meditation" /></td>
</tr>
<tr>
<td>Health Providers</td>
<td></td>
</tr>
</tbody>
</table>
People Like You

Talk to people like you about heart disease through an online support group.

MendedHearts - Heart Disease Support Community

* link will open in a new tab
Family and Friends

Family and friends can be a great source of support and encouragement. Sometimes working with a buddy can help you stay healthy.
Health Providers

Talk to your health care provider about your health or related concerns.

It is good to:
- Be prepared
- Ask questions
- Repeat back information and instructions
- Tell your provider your preferences
- Tell your provider your concerns
<table>
<thead>
<tr>
<th>Learn More</th>
<th>Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness</td>
<td>Quick Tips</td>
</tr>
<tr>
<td>Health</td>
<td>Blood Pressure</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Cholesterol</td>
</tr>
<tr>
<td>Mood</td>
<td>Smoking</td>
</tr>
<tr>
<td></td>
<td>Quit Smoking Apps</td>
</tr>
<tr>
<td></td>
<td>Diabetes</td>
</tr>
<tr>
<td></td>
<td>Diabetes Apps</td>
</tr>
<tr>
<td></td>
<td>Medications</td>
</tr>
</tbody>
</table>

Logged in as MORENO, RUBEN
Welcome to VA FitHeart

June 21, 2019

Set Weekly Activity Goals

Status: 06/20/2019 - 06/27/2019

- 300 minutes
  - 240 left
  - Goal: 300 minutes

- 50,000 steps
  - 35,000 left
  - Goal: 50,000 steps

- 25.0 miles
  - 23.0 left
  - Goal: 25.0 miles

Notifications

Logged in as MORENO, RUBEN

User Menu
- About
- Help

Launchpad

Logout
If you are in need of immediate medical assistance, Call 911

If you are in crisis, call the Veterans Crisis Line and Press 1

The Veterans Crisis Line is a national resource connecting Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Support is available 24 hours a day, 7 days a week, 365 days a year. 1-800-273-8255 and Press 1.

For help with using this app:
Help Desk (toll free): (877) 470-5947 Weekdays 7 a.m. - 7 p.m. (CT)
General Feedback to VA
User Guide

OK
QUESTIONS?

Please use the chat feature on the right to submit your questions.
What future topics would you like to discuss?

Let us know by providing feedback at this link:

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