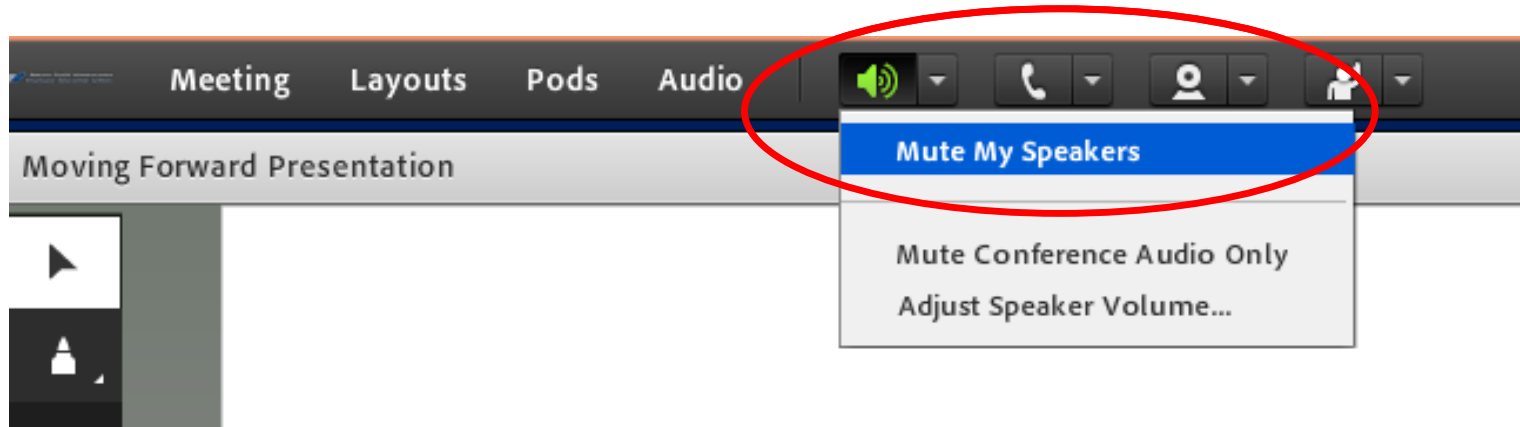


Please remember to mute your speakers.



## 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

# 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



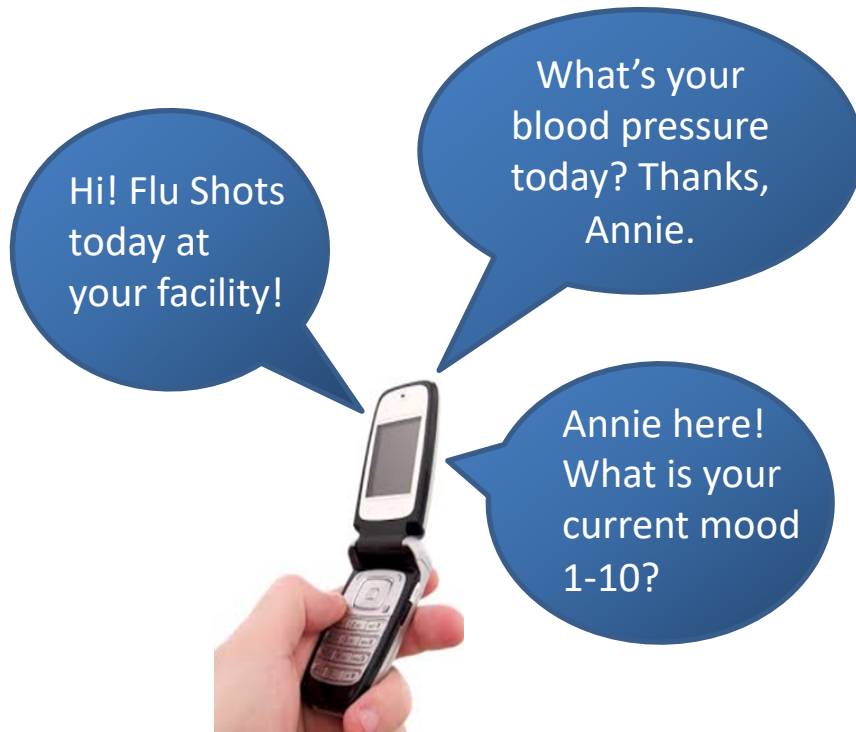
U.S. Department  
of Veterans Affairs

The logo for "annie" is displayed in white lowercase letters on a dark purple rectangular background. Above the letter "i" is a yellow speech bubble icon containing a white Wi-Fi symbol.

# 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





# Messages from ANNIE

●●●○ Sprint LTE 1/03/2018 75%

[← Messages](#) **Veteran** [Details](#)

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

●●●○ Sprint LTE 1/11/2018 75%

[← Messages](#) **Veteran** [Details](#)

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



## NATIONALLY APPROVED PROTOCOLS

Protocol	Description
HTN (140/90; 150/95)	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.
HTN w/Pulse (140/90; 150/95)	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.
Exercise Prompts	Provides daily messages to Veteran encouraging them to be active.
Medication Reminders	Provides daily medication reminders and establishes improved compliance with prescribed medication. Reminders can be set to fire multiple times daily.
Blood Glucose Monitoring with Insulin	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.
Blood Glucose Monitoring with Oral hypoglycemics	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.
Asthma controller and Nasal spray Adherence	Reminds Veterans with Asthma/Allergies to adhere to their asthma controller and nasal spray prescriptions.
Asthma/allergy Exacerbation	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.
Annie Use Reminders	Provide reminders to Veterans on Annie use and provides contact information for additional support if needed.
Advanced Liver Disease (ALD)	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).



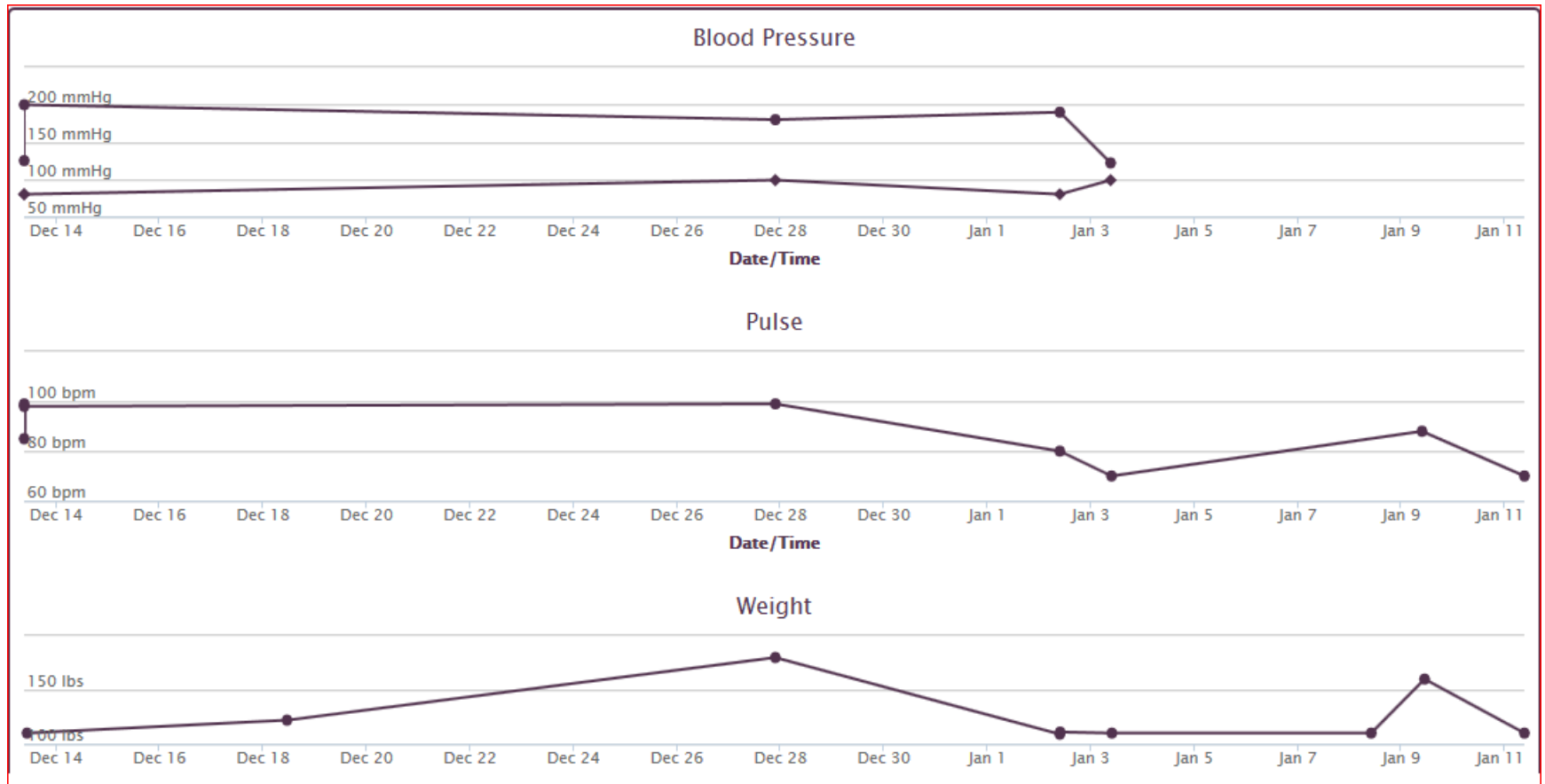


## Nationally approved protocols

Protocol	Description
Diabetes Foot Care Reminders	Reminds Veterans with foot risk scores of 2 or 3 to complete and practice proper self-care foot practices.
CPAP Reminder	Remind Veterans with Sleep Apnea to use their CPAP machine by sending nightly alert.
Hepatitis B (HBV) Vaccination	Provides daily medication reminders, appointments reminders, side effect assessment, and general/clinical education and motivation to Veterans get the Hepatitis B Vaccination.
Hepatitis C	Provides daily medication, appointments and lab reminders, and general/clinical education and motivation to Veteran completing the 6 month Hepatitis C treatment course.
HIV Prep	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).
HIV Treatment	Provides daily medication reminders, appointments, refill and lab reminders, side effect assessment, needs assessment, and general/clinical education and motivation to Veteran with HIV.
Sleep Duration	Daily request for Veteran to report hours slept previous night.
Tobacco Cessation	Sends motivational messages to Veterans who are thinking about quitting to help create a quit plan and set a quit date.
Phosphorus Binding Medication Reminder	Reminds Veterans on dialysis to take Phosphorus Binder medication with each meal.
Weight Management	Provides daily healthy living reminders to exercise, count calories, and measure weight. Includes daily educational messages for weight management.
Breathing/Relaxation	To reduce stress by engaging in breathing exercises
Home Telehealth Use Reminders	To reduce stress by engaging in breathing exercises
Oncology Symptoms Reporting	To assess Veterans cancer related symptoms and their severity as well as provide education and support management



# REPORTS-GRAPH DISPLAY



ANNIE synthesizes reports from the readings sent by a patient.  
These may be viewed in graphical or tabular form



# REPORTS-TABULAR DISPLAY

## Reports

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

 Chart

 Filters ▼

### Blood Glucose

Glucose  
**mg/dl**

Average  
**124**

Days Reporting  
**61**

Date/Time

Glucose - mg/dl

06/21/2019 05:39:23 (UTC Time: 06/21/2019 10:39:23)

102

06/20/2019 06:09:01 (UTC Time: 06/20/2019 11:09:01)

92

06/19/2019 20:19:26 (UTC Time: 06/20/2019 01:19:26)

87

06/19/2019 05:24:15 (UTC Time: 06/19/2019 10:24:15)

97

06/19/2019 05:05:50 (UTC Time: 06/19/2019 10:05:50)

67

06/18/2019 17:00:24 (UTC Time: 06/18/2019 22:00:24)

135

06/18/2019 04:47:20 (UTC Time: 06/18/2019 09:47:20)

88

06/17/2019 17:19:30 (UTC Time: 06/17/2019 22:19:30)

142

06/17/2019 05:09:37 (UTC Time: 06/17/2019 10:09:37)

98

06/16/2019 12:02:57 (UTC Time: 06/16/2019 17:02:57)

126



## WHEN TO CONSIDER ANNIE

- 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



U.S. Department  
of Veterans Affairs



# VA FitHeart





## 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.



## Goals, Objectives, and Outcome Measures

Goal/Objective and Desired Outcome	Impact	Measurement
Provide veterans with access to home cardiac rehabilitation.	Improved access to home cardiac rehabilitation will increase the number of veterans able to participate.	Increase availability of cardiac rehabilitation at VA facilities.
Improve veteran participation in cardiac rehabilitation.	By improving access and promoting tools that facilitate delivery of cardiac rehabilitation, veteran participation in cardiac rehabilitation can improve.	Increase participation in cardiac rehabilitation by eligible veterans.
Improve health status of veterans participating in cardiac rehabilitation.	Veterans participating in cardiac rehabilitation will receive health education and exercise training to help manage their heart disease and improve health status.	Improve patient scores on health status measures, including the Seattle Angina Questionnaire and the Kansas City Cardiomyopathy Questionnaire.



# DS Logon

UNITED STATES  
DEPARTMENT OF VETERANS AFFAIRS



[Frequently Asked Questions](#)

## DS Logon

[Forgot Username?](#)

[Forgot Password?](#)

Login



Need An Account?



Activate My Account



Upgrade To Premium Account



Manage My Account



Phishing Alert: We do not initiate contact with beneficiaries via email or telephone to request private personal



# VA FitHeart Cont.

VA FitHeart

## Welcome to VA FitHeart

June 24, 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

**30** Unread in last 30 days

Logged in as MORENO, RUBEN



# VA FitHeart Cont.

## VA FitHeart

### 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





# VA FitHeart Cont.

## App Options

Home

Fitness Activity

Health

Notifications

Support

Learn More



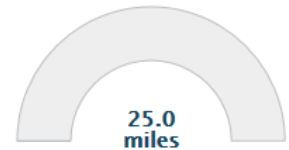
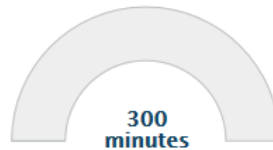
## VA FitHeart

### Welcome to VA FitHeart

June 20, 2019

Set Weekly Activity Goals

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



### Notifications

**30** Unread in last 30 days



# VA FitHeart Cont.

VA FitHeart



## Add Fitness Activity

Save

Cancel

\* required field

\* 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.

196 characters left

Notification:

Status: Off

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



# VA FitHeart Cont.

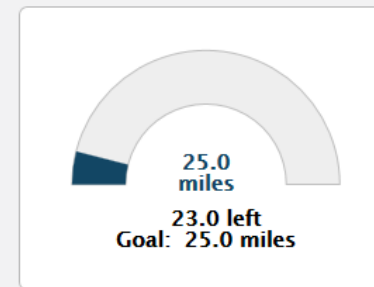
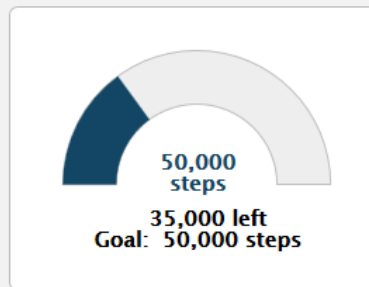
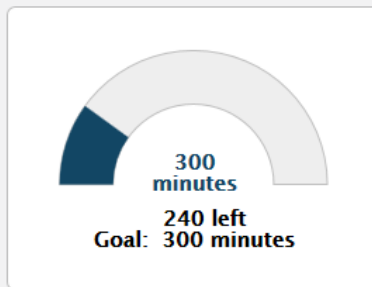
## VA FitHeart



### Fitness Activity

[+ Add](#)

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

[Filter](#)[Goal History](#)[Graph](#)[Notifications \(Off\)](#)

### Date Range:

\* required field

\* Start Date:

\* End Date:

05/20/2019



Monday

06/20/2019



Thursday

Apply Date Range

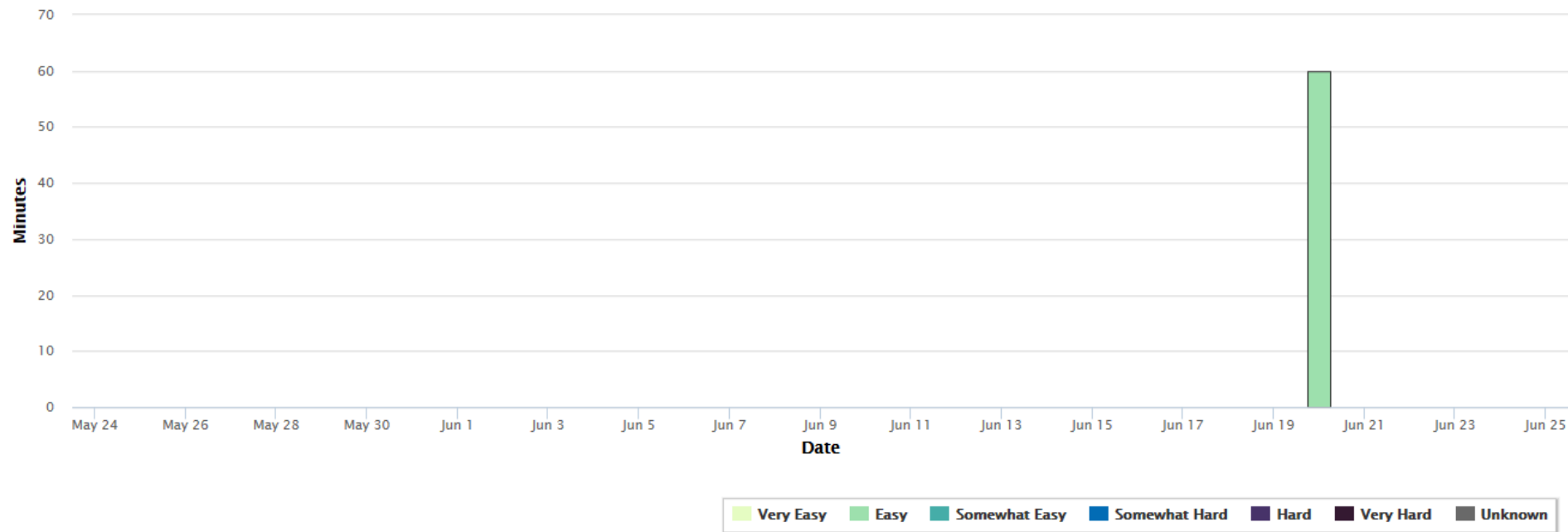
Reset

Activity	Date/Time	Duration	Steps	Distance	Intensity	Note
Walking	06/20/2019 02:00 PM	60	15000	2	Easy	



## VA FitHeart Cont.

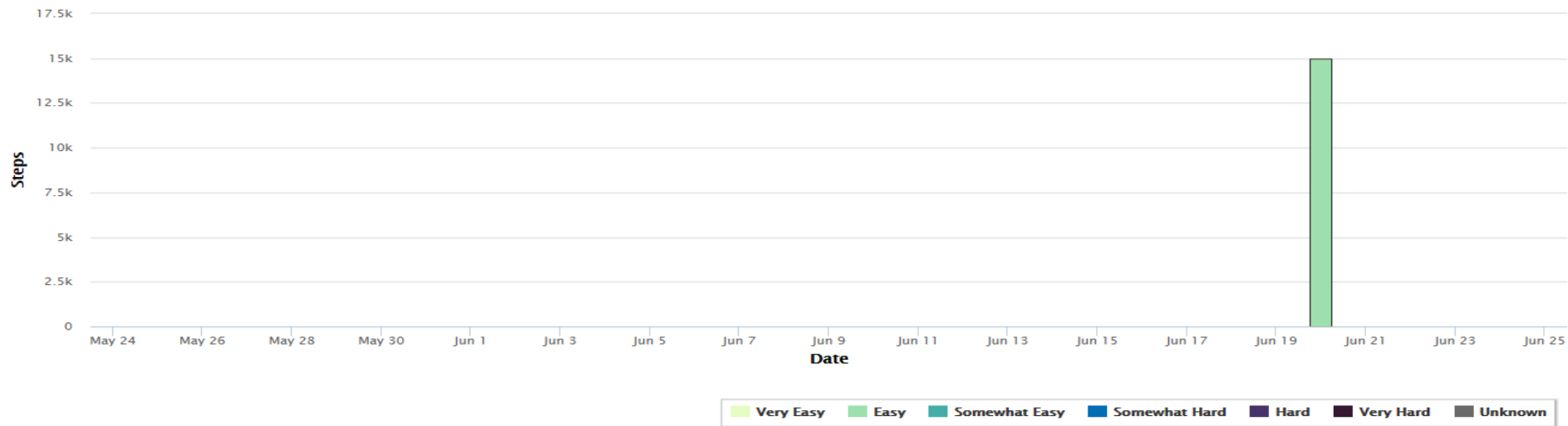
Minutes Entered from 05/24/2019 to 06/24/2019



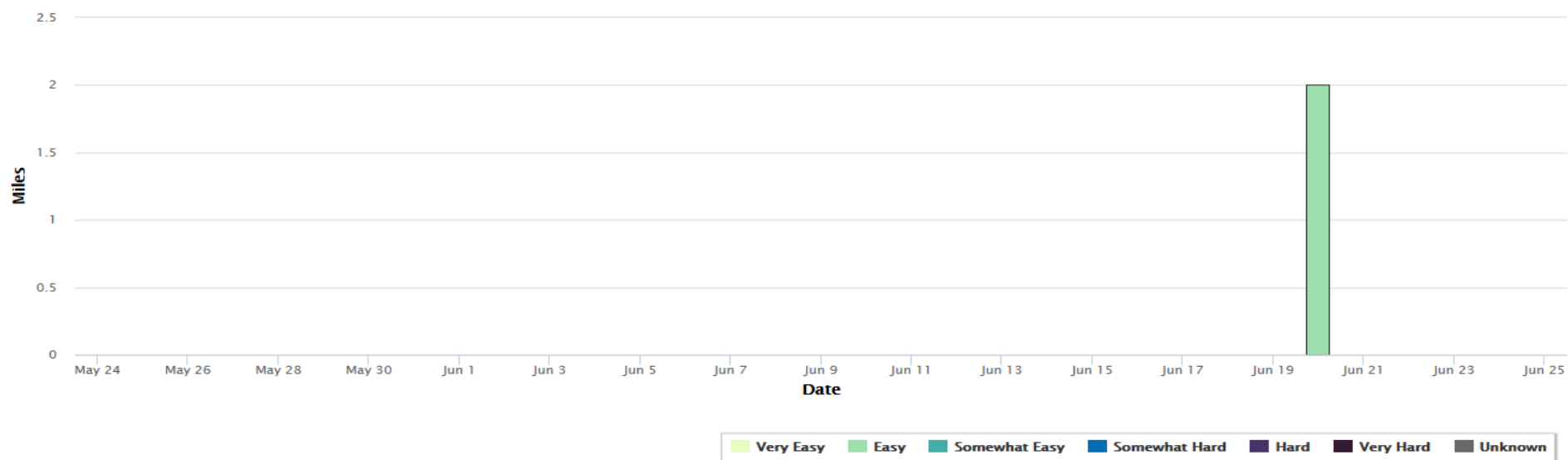


# VA FitHeart Cont.

Steps Entered from 05/24/2019 to 06/24/2019



Miles Entered from 05/24/2019 to 06/24/2019





# VA FitHeart Cont.

## Goal History

[← Fitness Activity](#)

Filter

Graph

\* required field

Date Range:

\* Start Date:

05/20/2019



Monday

\* End Date:

06/20/2019



Thursday

[Apply Date Range](#)[Reset](#)

Date	Progress/Goal	Goal Met?	Active Goal?
06/20/2019	Miles: 2/25, Minutes: 60/300, Steps: 15000/50000	No	Yes
03/28/2019	Miles: 0/2, Minutes: 0/30, Steps: 0/300	No	No
03/19/2019	Miles: 0/2, Minutes: 0/155, Steps: 0/200	No	No

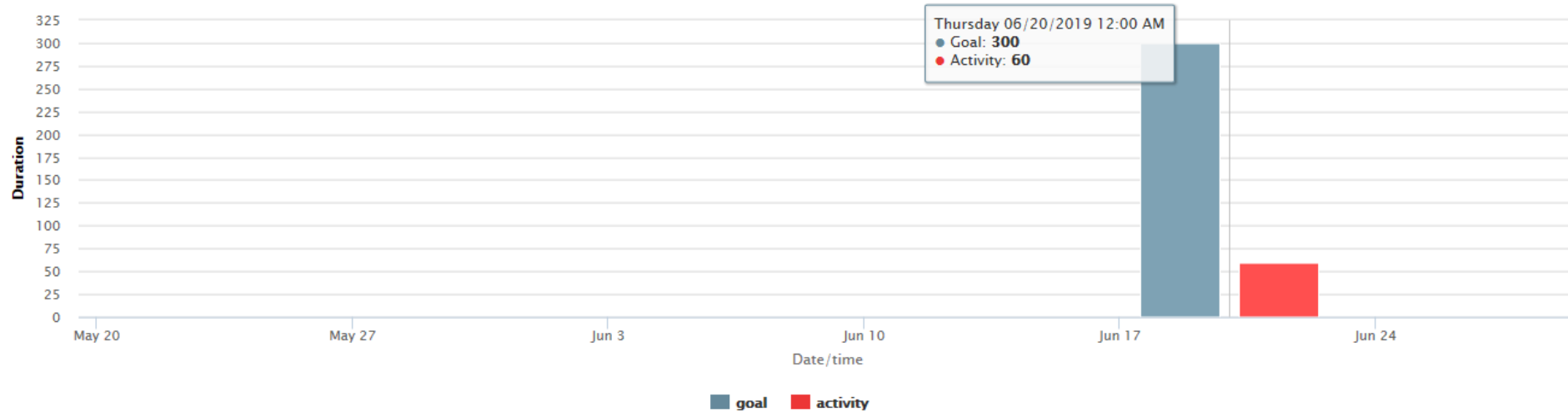
Logged in as MORENO, RUBEN





## VA FitHeart Cont.

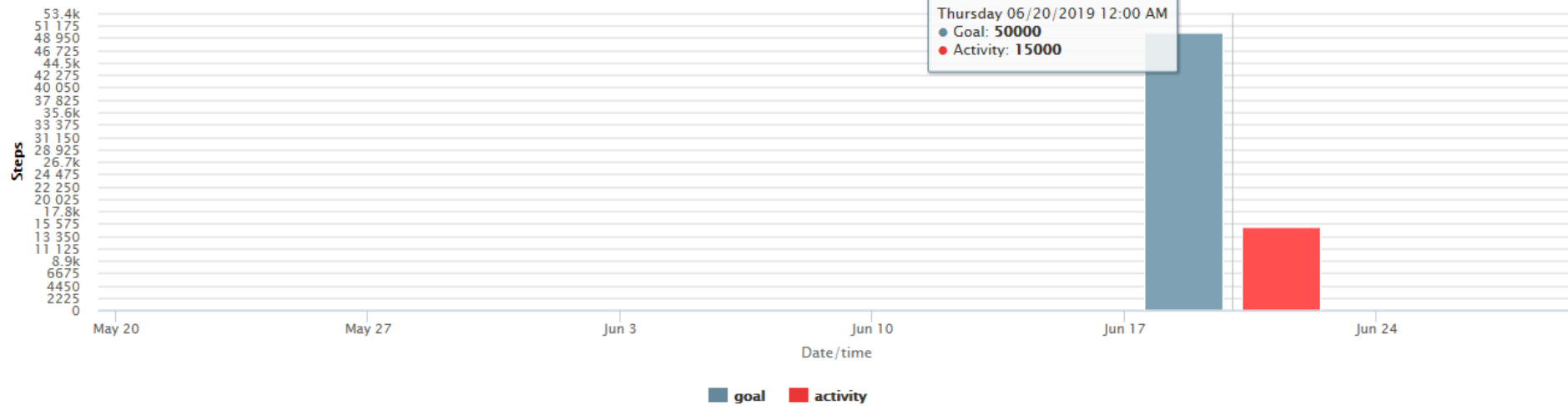
Minutes Activity And Goals From 05/24/2019 To 06/24/2019



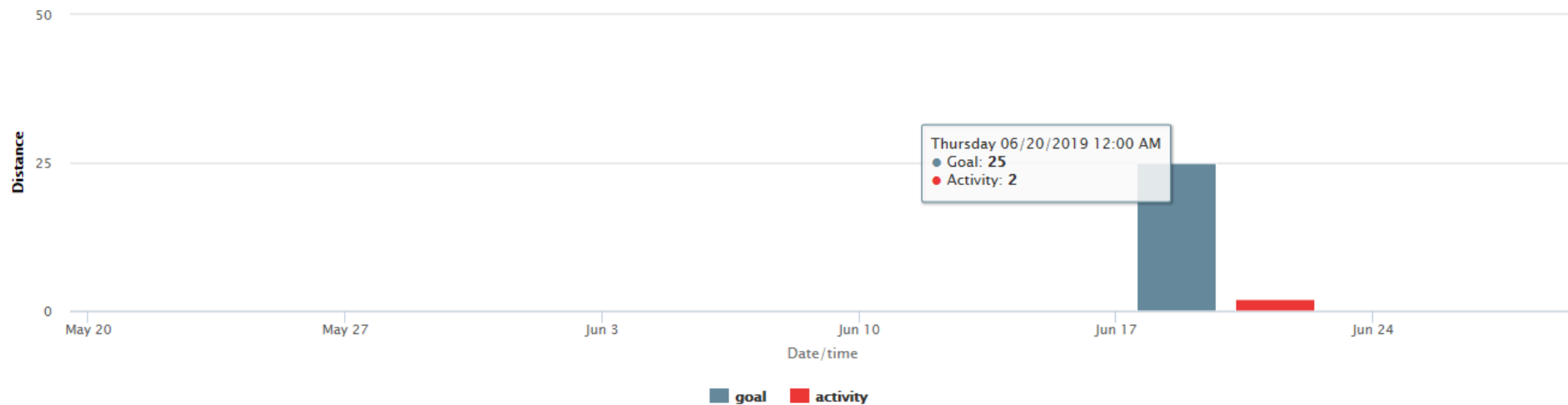


## VA FitHeart Cont.

Steps Activity And Goals From 05/24/2019 To 06/24/2019



Miles Activity And Goals From 05/24/2019 To 06/24/2019





# VA FitHeart Cont.

VA FitHeart

Health

Blood Pressure  
02/11/19

124/89 mmHg  
61 bpm

Weight  
Today

200 lbs

Glucose  
02/11/19

400 mg/dl

Cholesterol  
03/19/19

121/100 mg/dl

Mood  
03/19/19

9 / 10

Blood Pressure and Pulse

+ Add an Entry

Filter

Graph

Notification (Off)

\* required field

Date Range:

\* Start Date:

06/20/2018

Wednesday

\* End Date:

06/20/2019

Thursday

Apply Date Range

Reset

Values with an ! are outside the normal range (Systolic 80-180 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](#).

Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	Position	Date/Time	Note
124	89	61	Standing	02/11/2019 02:41 PM	

Logged in as MORENO, RUBEN








# VA FitHeart Cont.



## VA FitHeart



### Health

	Blood Pressure Pulse 02/11/19	124/89 mmHg 61 bpm
	Weight Today	200 lbs
	Glucose 02/11/19	400 mg/dl
	Cholesterol 03/19/19	121/100 mg/dl
	Mood 03/19/19	9 / 10

## Add Blood Pressure and Pulse Entry

\* required field

\* Date:

06/20/2019



\* Time:

05:13 PM



Thursday

\* Systolic (mmHg):

Between 0 and 300

\* Diastolic (mmHg):

Between 0 and 200

\* Pulse (bpm):

Between 0 and 300

Position:

Select



Note:

Logged in as MORENO, RUBEN



# VA FitHeart Cont.

VA FitHeart

Health

Blood Pressure

100/80 mmHg

Pulse

100 bpm

Today

Weight

200 lbs

Today

Glucose

400 mg/dl

02/11/19

Cholesterol

121/100 mg/dl

03/19/19

Mood

9 / 10

03/19/19

Weight

+ Add an Entry

Filter

Graph

Notification (On)

Date Range:

\* Start Date:

06/20/2018

Wednesday

\* End Date:

06/20/2019

Thursday

Apply Date Range

Reset

\* required field

Weight (lbs)	Date/Time	Note
200	06/20/2019 10:56 AM	
230	05/10/2019 09:05 AM	
211	03/05/2019 04:28 PM	
200	02/11/2019 02:41 PM	








# VA FitHeart Cont.



VA FitHeart



## Health

	Blood Pressure Pulse Today	100/80 mmHg 100 bpm
	Weight Today	200 lbs
	Glucose 02/11/19	400 mg/dl
	Cholesterol 03/19/19	121/100 mg/dl
	Mood 03/19/19	9 / 10

## Add Weight Entry

\* required field

\* Date:

06/20/2019



\* Time:

05:21 PM



Thursday

\* Weight (lbs):

Between 0.0 and 999.9

Note:

250 characters left

 Notification:

Status: On

Logged in as MORENO, RUBEN





# VA FitHeart Cont.

VA FitHeart

Health

Blood Pressure

100/80 mmHg

Pulse

100 bpm

Today

Weight

200 lbs

Today

Glucose

400 mg/dl

02/11/19

Cholesterol

121/100 mg/dl

03/19/19

Mood

9 / 10

03/19/19

Glucose

+ Add an Entry

Filter

Graph

Notification (Off)

Date Range:

\* Start Date:

06/20/2018

Wednesday

\* End Date:

06/20/2019

Thursday

Tested:

Select

Apply Date Range

Reset

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](#).

Glucose Level (mg/dl)	Tested	Date/Time	Note
! 400	After Meal	02/11/2019 02:42 PM	

Logged in as MORENO, RUBEN








# VA FitHeart Cont.



VA FitHeart



## Health

	Blood Pressure Pulse Today	<b>100/80</b> mmHg <b>100</b> bpm
	Weight Today	<b>200</b> lbs
	Glucose 02/11/19	<b>400</b> mg/dl
	Cholesterol 03/19/19	<b>121/100</b> mg/dl
	Mood 03/19/19	<b>9 / 10</b>

## Add Glucose Entry

\* Date:

06/20/2019



\* Time:

05:23 PM



\* required field

Thursday

Glucose Reading:

☒ Numeric value (mg/dl)

\* Glucose Level (mg/dl):

Between 0 and 600

☐ Non-Numeric value

\* Tested:

Select



Note:

Logged in as MORENO, RUBEN








# VA FitHeart Cont.




## VA FitHeart



### Health

	Blood Pressure Pulse Today	<b>100/80</b> mmHg <b>100</b> bpm
	Weight Today	<b>200</b> lbs
	Glucose 02/11/19	<b>400</b> mg/dl
	Cholesterol 03/19/19	<b>121/100</b> mg/dl
	Mood 03/19/19	<b>9 / 10</b>

### Cholesterol

[+ Add an Entry](#) Filter Graph Notification (Off)

\* required field

#### Date Range:

\* Start Date:

06/20/2018



\* End Date:

06/20/2019



Wednesday

Thursday

[Apply Date Range](#)[Reset](#)

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	

Logged in as MORENO, RUBEN



# VA FitHeart Cont.

## Add Cholesterol Entry

Save

Cancel

\* required field

\* 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.








# VA FitHeart Cont.




## VA FitHeart



### Health

	Blood Pressure Pulse Today	<b>100/80</b> mmHg <b>100</b> bpm
	Weight Today	<b>200</b> lbs
	Glucose 02/11/19	<b>400</b> mg/dl
	Cholesterol 03/19/19	<b>121/100</b> mg/dl
	Mood 03/19/19	<b>9 / 10</b>

### Mood

[+ Add an Entry](#) Filter Graph Notification (Off)

\* required field

Date Range:

\* Start Date:

\* End Date:

06/20/2018



06/20/2019



Wednesday

Thursday

[Apply Date Range](#)[Reset](#)If you need urgent help, please [call the Veterans Crisis Line \(1-800-273-8255\) and Press 1](#) or get [Support](#).

Mood Rating (1=Worst, 10=Best)

Date/Time

Note

 9

03/19/2019 04:21 PM

 9

03/12/2019 04:23 PM

 8

03/01/2019 04:24 PM

Logged in as MORENO, RUBEN








# VA FitHeart Cont.



## VA FitHeart



### Health

	Blood Pressure Pulse Today	100/80 mmHg 100 bpm
	Weight Today	200 lbs
	Glucose 02/11/19	400 mg/dl
	Cholesterol 03/19/19	121/100 mg/dl
	Mood 03/19/19	9 / 10

## Add Mood Entry

\* required field

\* Date:

06/20/2019



\* Time:

05:28 PM



Thursday

\* Mood:

Select Mood

Note:

250 characters left

 Notification:

Status: Off

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

Logged in as MORENO, RUBEN



# VA FitHeart Cont.

VA FitHeart

Notifications

All Notifications

VA FitHeart App Notices

VA Health Messages

Filter

Date Range:

\* Start Date:

05/21/2019

Tuesday

\* End Date:

06/20/2019

Thursday

Source:

All Notifications

Status:

Unread

Read

All

Apply Date Range

Reset

Status	Notification	Source	Date
●	Update your Weight Tracker now.	VA FitHeart - Health	null America/New_York
●	Update your Weight Tracker now.	VA FitHeart - Health	null America/New_York

Logged in as MORENO, RUBEN



# VA FitHeart Cont.

VA FitHeart

Notifications

All Notifications

VA FitHeart App Notices

VA Health Messages

Filter

Date Range: \* required field

\* Start Date:

05/21/2019

Tuesday

\* End Date:

06/20/2019

Thursday

Source: VA FitHeart App Notices

Status:

Unread

Read

All

Apply Date Range

Reset

Status	Notification
●	Update your Weight Tracker now.
●	Update your Weight Tracker now.
●	Update your Weight Tracker now.





# VA FitHeart Cont.

VA FitHeart

Notifications

VA Health Messages

All Notifications

VA FitHeart App Notices

VA Health Messages

Filter

Date Range:

\* Start Date:

05/21/2019

\* End Date:

06/20/2019

Tuesday

Thursday

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.

Logged in as MORENO, RUBEN



### 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:**



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

☐ Yes

☒ No

Save

Cancel



# VA FitHeart Cont.

VA FitHeart	
Support	Support Options
Mindfulness	<a href="#">▶ What is Mindfulness?</a>
People Like You	<a href="#">▶ Mindfulness Meditation</a>
Family and Friends	<a href="#">▶ Compassion Meditation</a>
Health Providers	



# VA FitHeart Cont.

VA FitHeart	
Support	Support Options
Mindfulness	<div><h3>People Like You</h3><p>Talk to people like you about heart disease through an online support group.</p><p><a href="#">Mended Hearts – Heart Disease Support Community</a>*</p><p>* link will open in a new tab</p></div>
People Like You	
Family and Friends	
Health Providers	



# VA FitHeart Cont.

VA FitHeart	
Support	Support Options
Mindfulness	<div>Family and Friends</div> <p>Family and friends can be a great source of support and encouragement. Sometimes working with a buddy can help you stay healthy.</p>
People Like You	
Family and Friends	
Health Providers	



# VA FitHeart Cont.

VA FitHeart	
Support	Support Options
Mindfulness	<h2>Health Providers</h2> <p>Talk to your health care provider about your health or related concerns.</p> <p>It is good to:</p> <ul style="list-style-type: none"><li>• Be prepared</li><li>• Ask questions</li><li>• Repeat back information and instructions</li><li>• Tell your provider your preferences</li><li>• Tell your provider your concerns</li></ul>
People Like You	
Family and Friends	
Health Providers	



# VA FitHeart Cont.

VA FitHeart

Learn More

Fitness

Health

Nutrition

Mood

Fitness

Safety First

Be Active

Cardiac Rehab

How-To

Rate Intensity

Examples

Benefits

Counting Steps



# VA FitHeart Cont.

VA FitHeart

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Health

Nutrition

Mood

Health

Quick Tips

Blood Pressure

Cholesterol

Smoking

Quit Smoking Apps

Diabetes

Diabetes Apps

Medications





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Weight Apps

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Mood

Quick Tips

Breathing

Positive Events

Gratitude

Silver Lining

Personal Strengths

Acts of Kindness

Video

Logged in as MORENO, RUBEN



# VA FitHeart Cont.

VA FitHeart



User Menu

About

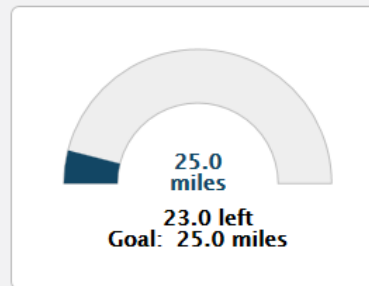
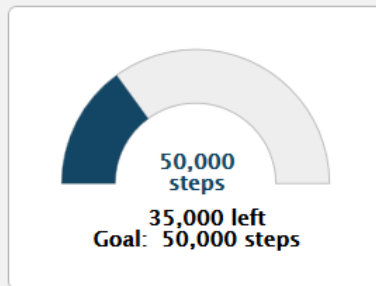
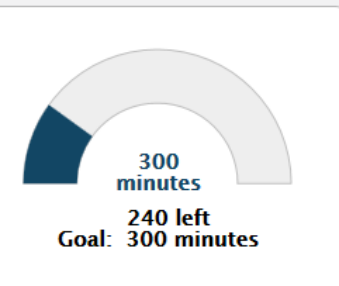
Help

Welcome to VA FitHeart

June 21, 2019

[Set Weekly Activity Goals](#)

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



Notifications

Logged in as MORENO, RUBEN

Launchpad

Logout



# VA FitHeart Cont.

VA FitHeart

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Welcome to VA FitHeart

Set Weekly Activity Goals

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

300 minutes

240 left

Goal: 300 minutes

300 minutes

240 left

Goal: 300 minutes

VA FitHeart - v2.0.19

VA FitHeart

Project Team

References

Acknowledgements

[EULA](#)

OK

Launchpad

Logout

Logged in as MORENO, RUBEN



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300 minutes

240 left

Goal: 300 minutes

300 minutes

240 left

Goal: 300 minutes

Notifications

Help

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)

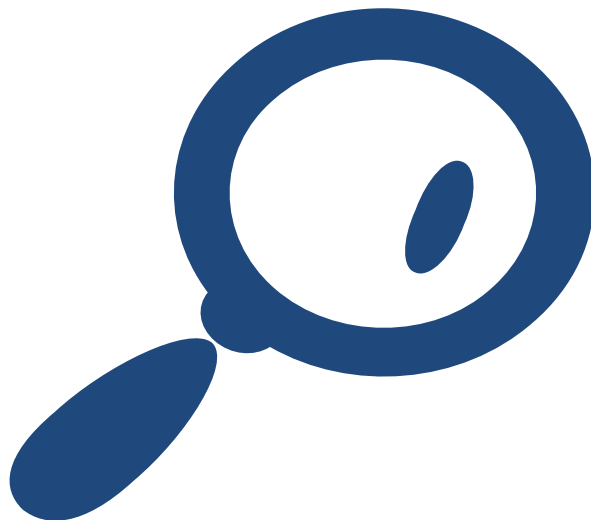
[General Feedback to VA](#)

[User Guide](#)

OK



# Questions



## 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/WYKLSLL>