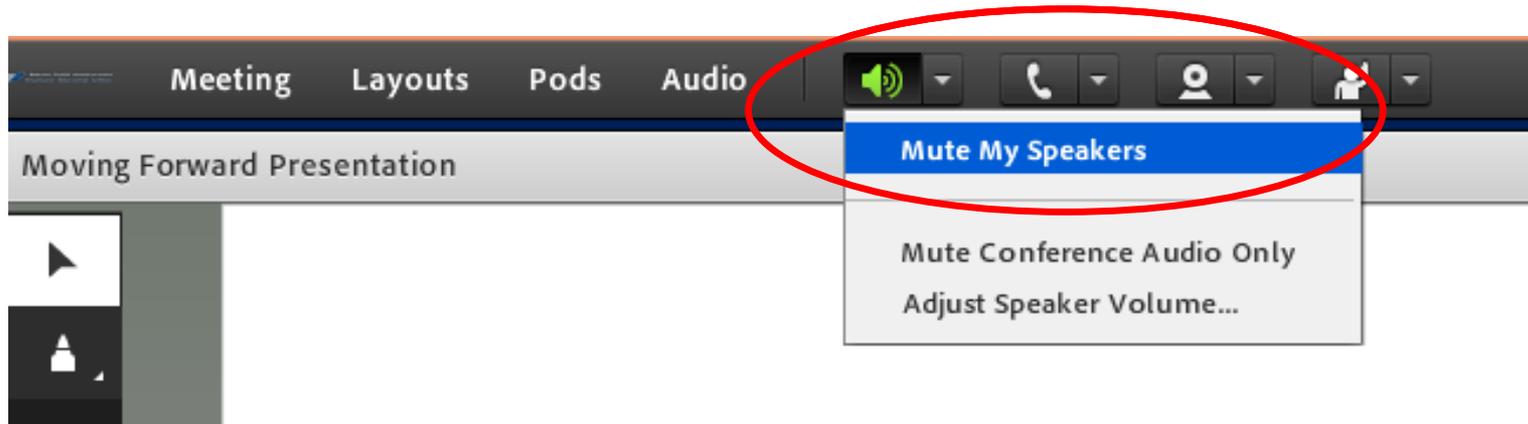


Please remember to mute your speakers.



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

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

annie



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).

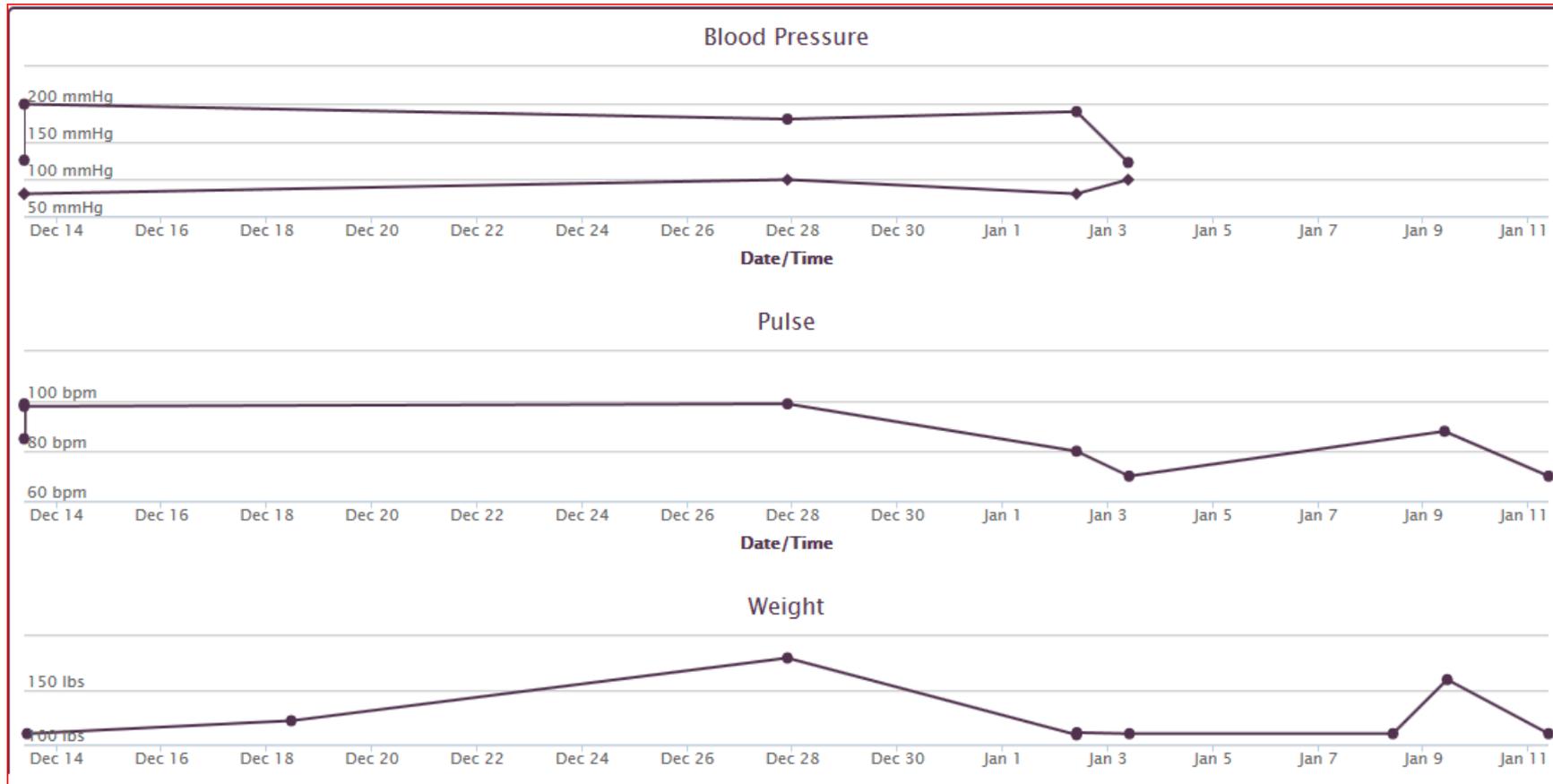


Nationally approved protocols

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

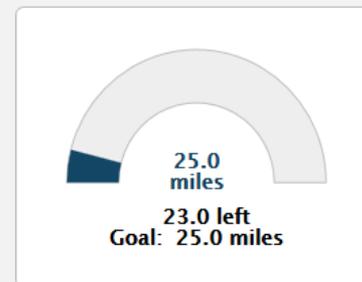
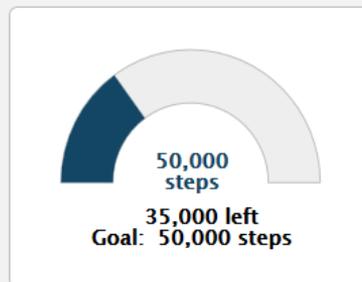
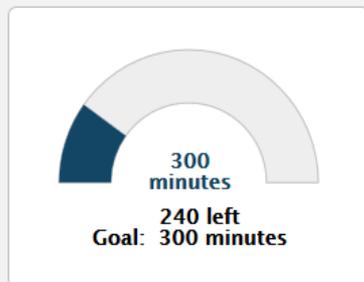


Welcome to VA FitHeart

June 24, 2019

Set Weekly Activity Goals

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



Notifications

30 Unread in last 30 days



VA FitHeart Cont.

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

June 20, 2019

Set Weekly Acti



Notifi
30



VA FitHeart Cont.

App Options



VA FitHeart

Home

Fitness Activity

Health

Notifications

Support

Learn More

Welcome to VA FitHeart

June 20, 2019

Set Weekly Activity Goals

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



300 left
Goal: 300 minutes



50,000 left
Goal: 50,000 steps



25.0 left
Goal: 25.0 miles



Notifications

30 Unread in last 30 days



Add Fitness Activity

Save

Cancel

* required field

* Date:

* Time:

06/20/2019



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.

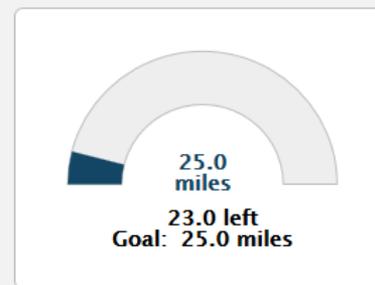
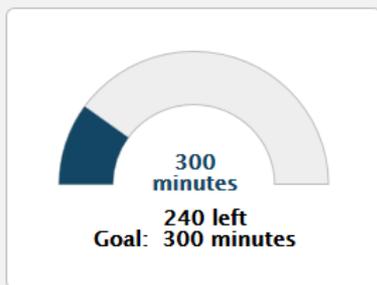
VA FitHeart



Fitness Activity

+ Add

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



Filter

Goal History

Graph

Notifications (Off)

* required field

Date Range:

* Start Date:

* End Date:

05/20/2019



06/20/2019



Monday

Thursday

Apply Date Range

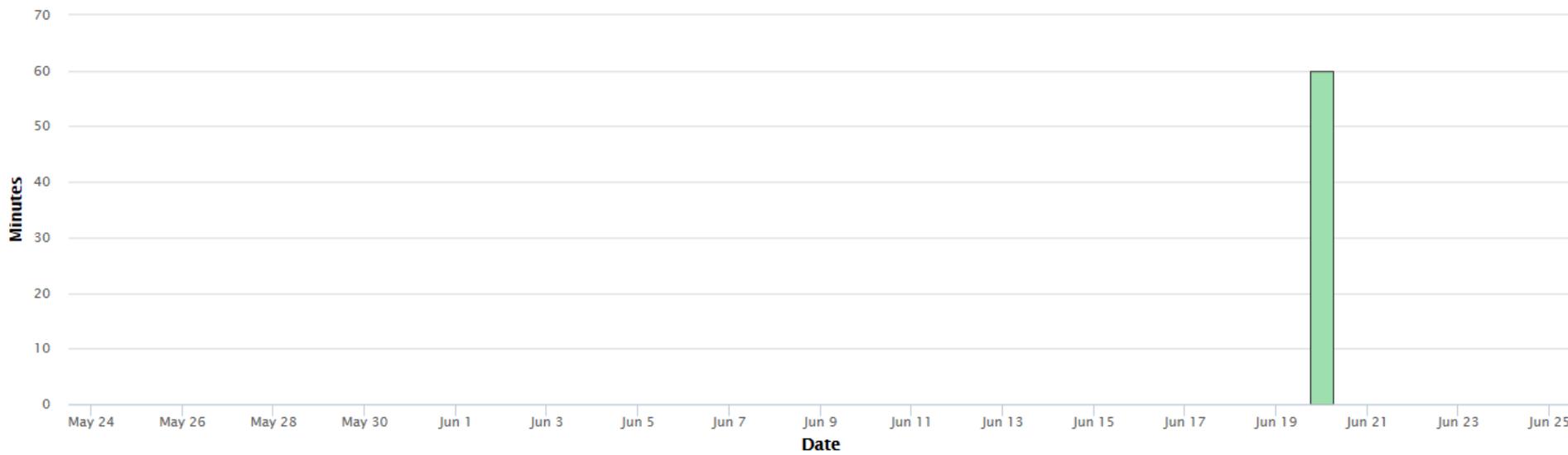
Reset

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

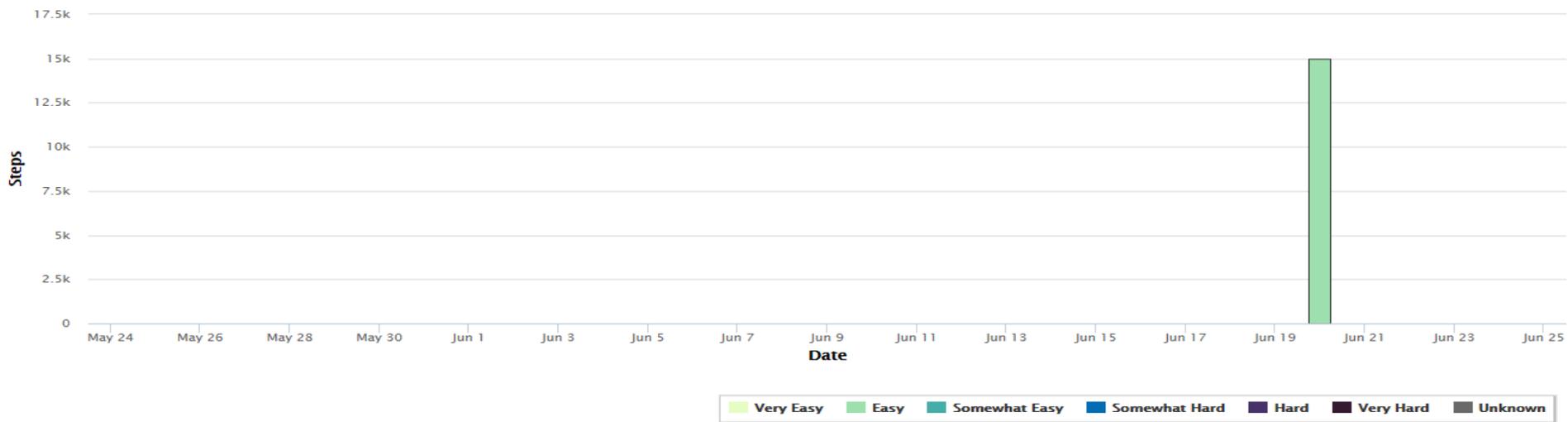


Very Easy Easy Somewhat Easy Somewhat Hard Hard Very Hard Unknown

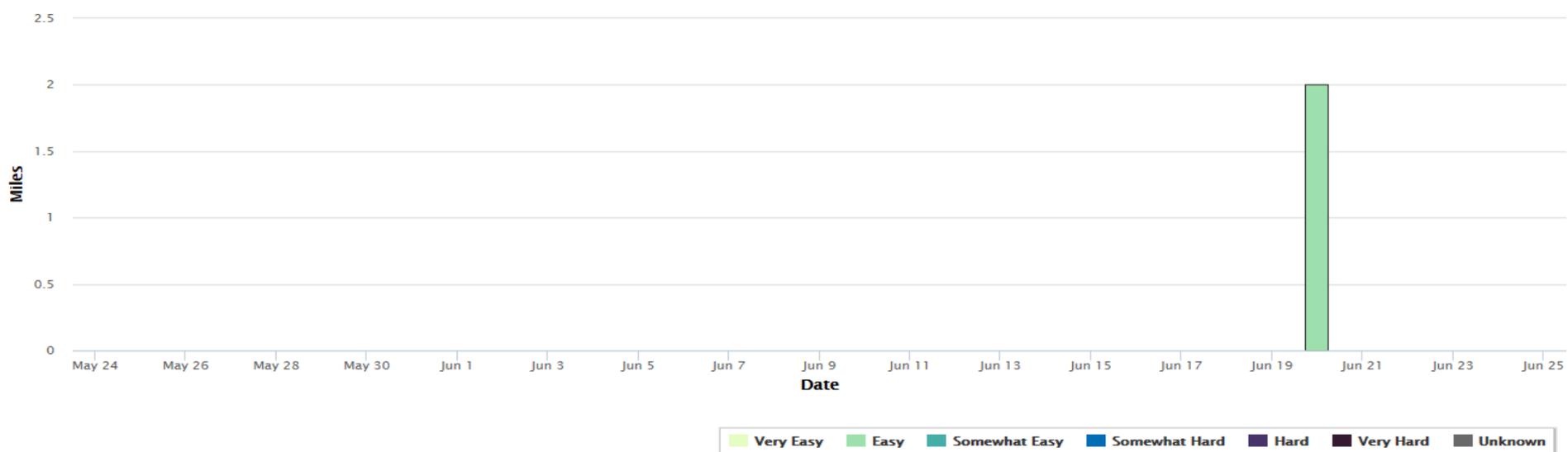


VA FitHeart Cont.

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



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





VA FitHeart Cont.



VA FitHeart



Goal History

← Fitness Activity

Filter

Graph

* required field

Date Range:

* Start Date:

* End Date:

05/20/2019



06/20/2019



Monday

Thursday

Apply Date Range

Reset

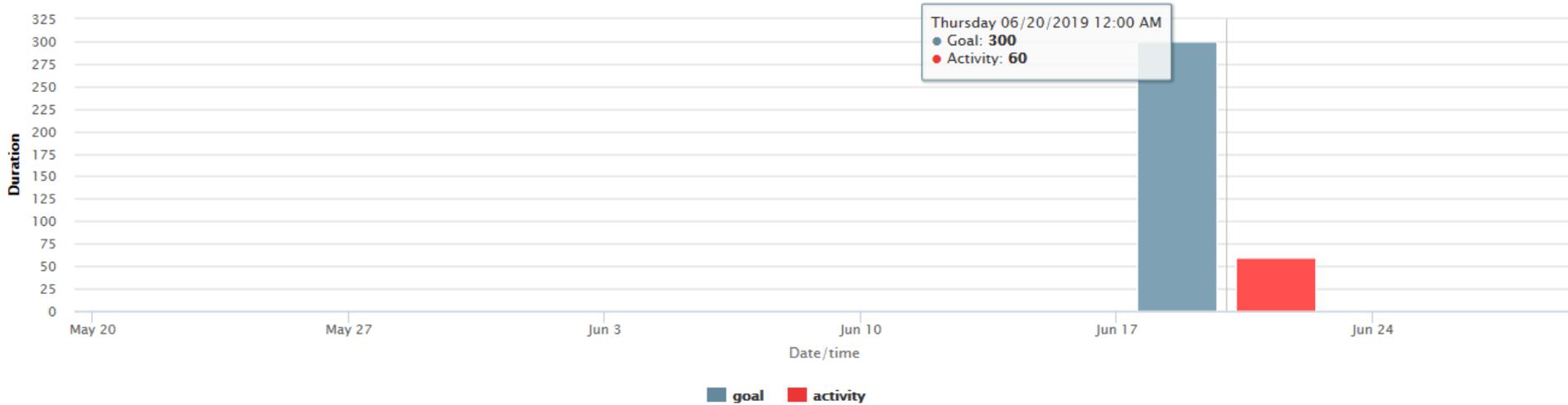
Date	Progress/Goal	Goal Met?	Active Goal?
06/20/2019	Miles: 2/25, Minutes: 60/300, Steps: 15000/50000	No	Yes
03/28/2019	Miles: 0/2, Minutes: 0/30, Steps: 0/300	No	No
03/19/2019	Miles: 0/2, Minutes: 0/155, Steps: 0/200	No	No

Logged in as MORENO, RUBEN



VA FitHeart Cont.

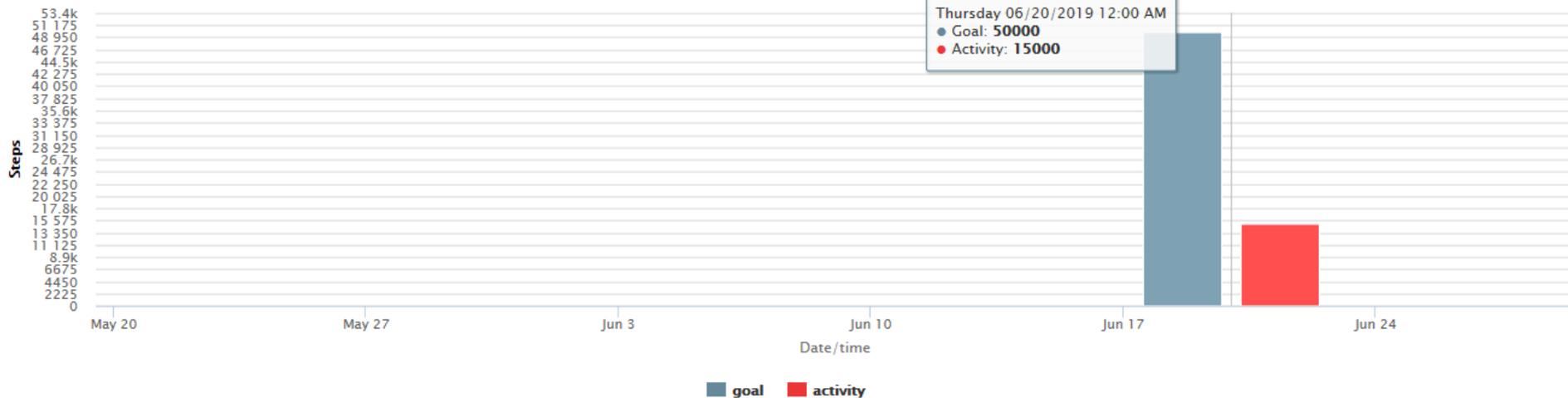
Minutes Activity And Goals From 05/24/2019 To 06/24/2019



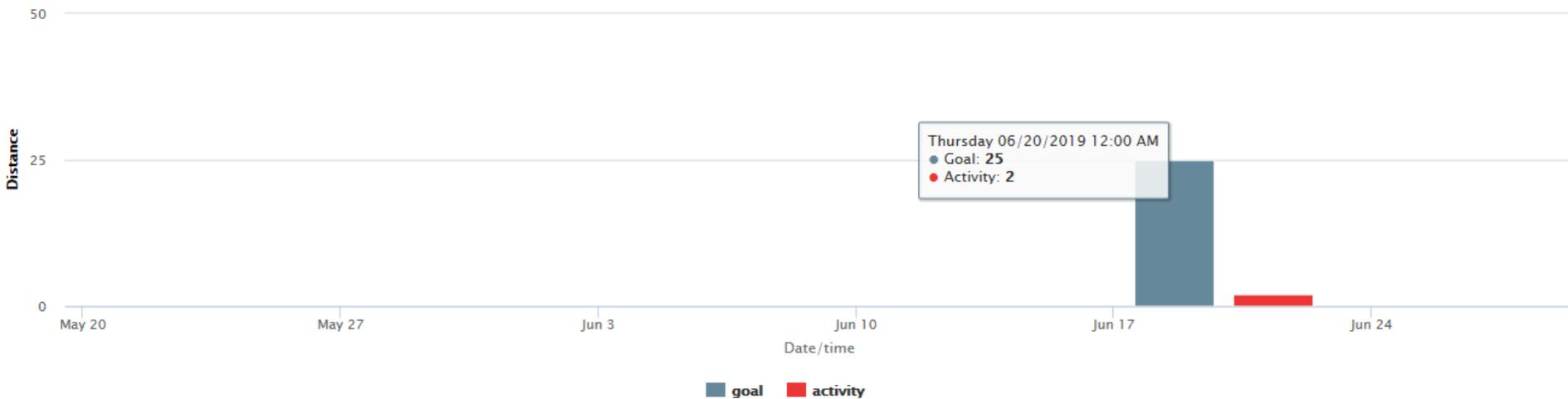


VA FitHeart Cont.

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.

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

VA FitHeart

Blood Pressure and Pulse

+ Add an Entry

Filter
 Graph
 Notification (Off)

* required field

Date Range:

* Start Date:

Wednesday

* End Date:

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	



VA FitHeart Cont.

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

VA FitHeart



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:



VA FitHeart Cont.

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

VA FitHeart

[+ Add an Entry](#)

Filter
 Graph Notification (On)

* required field

Date Range:

* Start Date:

* End Date:

Wednesday
Thursday

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.

Health		
	Blood Pressure	100/80 mmHg
	Pulse Today	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

VA FitHeart



Add Weight Entry

Save Cancel

* required field

* Date:

* Time:

06/20/2019



05:21 PM



Thursday

* Weight (lbs):

Between 0.0 and 999.9

Note:

250 characters left

Notification:

Status: On



VA FitHeart Cont.

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

VA FitHeart

Glucose

[+ Add an Entry](#)

Filter Graph Notification (Off)

* required field

Date Range:

* Start Date: * End Date:

Wednesday Thursday

Tested:

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	



VA FitHeart Cont.

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

VA FitHeart



Add Glucose Entry

* required field

* Date:

06/20/2019



* Time:

05:23 PM



Thursday

Glucose Reading:

Numeric value (mg/dl)

* Glucose Level (mg/dl):

Between 0 and 600

Non-Numeric value

* Tested:

Select



Note:



VA FitHeart Cont.

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

VA FitHeart



Cholesterol

[+ 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](#)

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	



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.

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

VA FitHeart



[+ Add an Entry](#)

Mood

 Filter  Graph  Notification (Off)

* required field

Date Range:

* Start Date:  * End Date: 

Wednesday Thursday

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	



VA FitHeart Cont.

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

VA FitHeart



Add Mood Entry

* required field

* **Date:**

06/20/2019



* **Time:**

05:28 PM



Thursday

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

VA FitHeart

All Notifications

Filter

Date Range: * required field

* Start Date: Tuesday

* End Date: Thursday

Source:

Status:

Unread Read All

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



VA FitHeart Cont.

- ☰
- Notifications
- All Notifications
- VA FitHeart App Notices**
- VA Health Messages

VA FitHeart

VA FitHeart App Notices

Filter

Date Range: * required field

* Start Date: Tuesday

* End Date: Thursday

Source: VA FitHeart App Notices

Status:

Unread Read All

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



VA FitHeart Cont.

- ☰
- VA FitHeart
- VA Health Messages
- Notifications
- All Notifications
- VA FitHeart App Notices
- VA Health Messages

VA FitHeart

VA Health Messages

Filter

Date Range: * required field

* Start Date: Tuesday

* End Date: Thursday

Source: VA Health Messages

Status:

Unread Read All

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](#)

* 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

People Like You

Family and Friends

Health Providers

What is Mindfulness?

Mindfulness Meditation

Compassion Meditation

Logged in as MORENO, RUBEN



VA FitHeart Cont.



VA FitHeart



Support

Support Options

Mindfulness

People Like You

Family and Friends

Health Providers

People Like You

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

[Mended Hearts – Heart Disease Support Community*](#)

* link will open in a new tab

Logged in as MORENO, RUBEN



VA FitHeart Cont.



VA FitHeart



Support

Support Options

Mindfulness

People Like You

Family and Friends

Health Providers

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.

Logged in as MORENO, RUBEN



Support

Support Options

Mindfulness

People Like You

Family and Friends

Health Providers

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



VA FitHeart Cont.



VA FitHeart



Learn More

Fitness



Fitness



Health



Nutrition



Mood

▶ Safety First

▶ Be Active

▶ Cardiac Rehab

▶ How-To

▶ Rate Intensity

▶ Examples

▶ Benefits

▶ Counting Steps



VA FitHeart Cont.



VA FitHeart



Learn More

Health

-  Fitness
-  Health
-  Nutrition
-  Mood

-  Quick Tips
-  Blood Pressure
-  Cholesterol
-  Smoking
-  Quit Smoking Apps
-  Diabetes
-  Diabetes Apps
-  Medications



VA FitHeart Cont.



VA FitHeart



Learn More

Nutrition



Fitness



Health



Nutrition



Mood



Quick Tips



Weight



Calories



Weight Apps



Links



VA FitHeart Cont.



VA FitHeart



Learn More

Mood

-  Fitness
-  Health
-  Nutrition
-  **Mood**

-  **Quick Tips**
-  **Breathing**
-  **Positive Events**
-  **Gratitude**
-  **Silver Lining**
-  **Personal Strengths**
-  **Acts of Kindness**
-  **Video**



VA FitHeart Cont.

VA FitHeart



User Menu

About

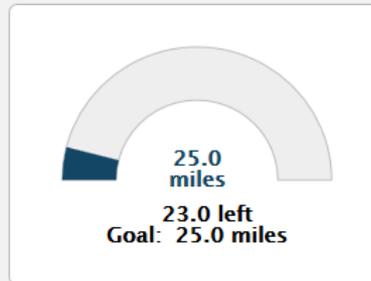
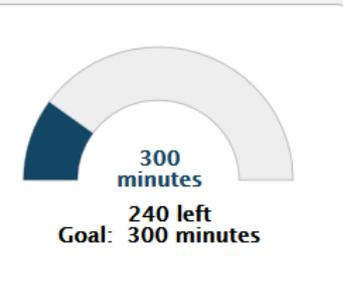
Help

Welcome to VA FitHeart

June 21, 2019

[Set Weekly Activity Goals](#)

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



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300 minutes

240 left

Goal: 300 minutes

300 minutes

Goal: 300 minutes

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OK



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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](#)

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OK

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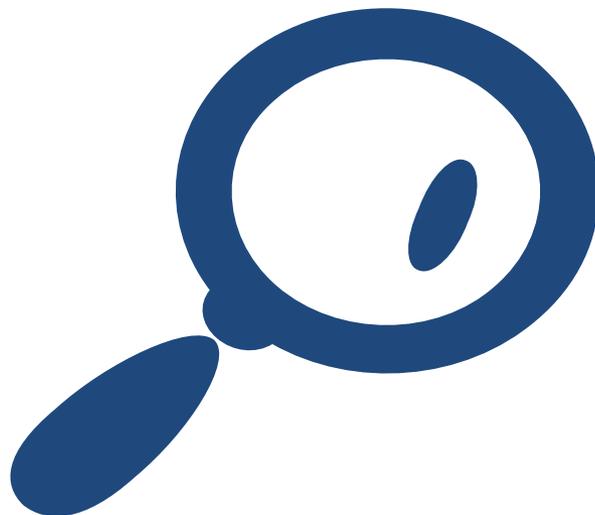
300
minutes

240 left
Goal: 300 minutes

Notifications



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>