

VA Mobile Discussion Series

July 2019 Webinar:

VA's Mobile Discussion Series is a monthly webinar featuring a variety of topics focused around app development and mobile health at VA.

Micah Azzano: Hello everyone. Welcome and thank you for attending our VA Mobile Discussion Series webinar. This month's discussion is on keeping veterans active this summer with MOVE! Coach. My name is Micah Azzano and I'm going to run through a few, brief technical reminders before we begin. Your phone lines are muted, so we'll be taking questions through the chat feature. The chat function is available to you at the right of your screen and if your screen is saying technical difficulties, please use the chat and someone will be with you to assist. If you'd like to download this presentation, please click on the filename below the chat screen. The full presentation will also be available at a later date on the VA Mobile Discussion Series webpage.

Today we welcome our presenter, Lynn Novorska RDN, LDN, MOVE! Coach dietitian program coordinator, VHA Office of Patient Care Service, National Center for Health Promotion and Disease Prevention. During the webinar today, we'll be discussing MOVE! Coach. Lynn will be taking us through the app features, and we will be taking questions periodically during the presentation. And again, at the end. At the end, there will be a survey that you can take to let us know how we're doing, and also to suggest topics for future webinars. Again, we are taking questions periodically throughout the webinar, so please type them into the chat feature at any time. With that, I will turn it over to Lynn.

Lynn Novorska: Great. Thank you, Micah. Hello everyone and thank you very much for joining today's discussion series. As Micah mentioned, my name is Lynn Novorska. I work for the National Center for Health Promotion and Disease Prevention. Over the past several years, I've been fortunate to be part of a team that created the MOVE! Coach apps. For those of you that may not be familiar with the MOVE! Coach apps, there is an iOS and an Android version. These apps provide a portable way for MOVE! Or actually veterans or anyone for that matter to participate in MOVE! The link that you see at the top of this slide takes you to a very important VA mobile page that offers training materials for both of the app versions. You'll find on that page a user manual and FAQs. And actually, even further down the screen, there is some slides that's available for the two versions. So, it also just shows you how to access the app by downloading the iOS app from the Apple App Store and downloading the Android app from the Google Play Store.

When we talk about the MOVE! Coach apps, we always like to give some background about the MOVE! weight management program since the apps were designed based on MOVE!. MOVE! is an evidence-based comprehensive lifestyle intervention that combines physical activity, dietary and behavioral elements. These are what we call the three core components or key components. And since 2006, MOVE! has reached over 850,000 veterans and has helped a substantial proportion to achieve clinically significant weight loss. MOVE! is available in a



number of different modalities and formats. These include group sessions or individual in-person sessions. MOVE! can be delivered to the community-based clinics via clinical video teleconferencing, CVT, or provided via telephone lifestyle coaching for the veteran that prefers the one-to-one contact with a designated weight management coach.

The tele MOVE! option includes daily interaction with in-home messaging technologies and offers clinician contact as it's needed. It is in an option for veterans who may benefit from frequent reminders to stay on track with their weight management goals.

You also see the Be Active and MOVE! or BAM is a structured physical activity component that's delivered at facilities and to the community-based outpatient clinics via clinical video teleconferencing also. And finally, there is MOVE! Coach, which is what's being talked about today of course. Along with MOVE! Coach, some VA facilities offer brief check-ins with a MOVE! clinician and that is called MOVE! Coach with Care, so you may hear about that as well.

The primary goal of MOVE! is to systematically address overweight and obesity by using the best medical evidence available. The main components of MOVE! include maintaining a healthy diet, increasing physical activity, and incorporating behavior changes where and when they're needed. These components are pretty easy to talk about, but as many of us have experienced, consistently eating a healthy diet and consistently maintaining a physical activity plan can be challenging. That's where MOVE! and the MOVE! Coach apps are designed to help by offering a self-guided program where you can set, track and achieve diet, physical activity and weight goals during the summer, but really all year round.

So, because today's discussion focus is on physical activity, I wanted to take a moment to point out the many benefits that are associated with physical activity. What you see here is a **wordle**, also called word art or word clouds. This word art shows by color the important benefits physical activity has on many diseases and conditions. It's something like this can really catch veterans' attention in, say, a waiting room or on a brochure in your facility.

These are the benefits that we actually just saw in that word art, except they're now listed in detail for short term, long term, and for disease management. As you take a minute to read through these three lists, do you see yourself or a family member or a veteran that you provide healthcare to, or maybe a coworker that has a problem, found on one of these lists? And are those individuals getting physical activity? Think of how you might be able to support them to become more physically active or maybe you can get started yourself.

Micah Azzano: Let me just jump in with a quick question right here. You talked about what are some of the ways people can maybe motivate others to be more physically active or even take a look at the MOVE! Coach app since there are so many benefits to reduce risks for specific diseases and conditions?

Lynn Novorska: I think the biggest way is to just talk about it and let them know what it has to offer. I think that a lot of people have heard about it, but they don't know that it is a self-management program and that they can work through at their own pace. And so, I think getting



the word out there and letting veterans make the decision that this is something they really want to try that's probably the best way to make it happen.

Micah Azzano: Yeah. We've talked about the thing is for veterans. So, as you mentioned earlier, anyone can really use the MOVE! Coach app, right?

Lynn Novorska: Yes, ma'am. Anybody can. Now, there are instances at facilities that might have, as I mentioned, something called MOVE! Coach with Care. At those facilities, it is designed to be focused on the veteran and they would have a contact back with the veteran. So, in that case, it's a little bit different, but anybody can use the app.

Micah Azzano: I agree. Thanks Lynn. I do see a question here about the PowerPoint being available. The PowerPoint is available for download below the chat screen, but it'll also be available on the discussion series webpage on the Connected Care site. So, please check that out. We also have all the other presentations available there too. I will turn back to you, Lynn, and move on with MOVE! Coach.

Lynn Novorska: Okay. Great. Thank you. So, now that we've talked about the benefits, we want to keep those in mind, but let's check out what the MOVE! Coach framework has to offer and see how the app can be used to support your efforts.

In both the iOS and the Android versions, the framework is the same. There are three main sections that are accessed off of the home screen and those sections are the self-management guides, how to solve problems, and my goals and problems. The "Self-Management Guide" section offers a series of 11 guides where the veterans learn how to set weight management goals and how to follow those goals using self-monitoring that are built in the app. And these guides make MOVE! Coach very unique in the wellness, weight loss categories of apps because the guides actually walk the user through a 19-week program using videos as the main teaching format. The "How to Solve Problems" section helps participants stay motivated and encourages them to continue making progress by using a variety of resources and support to overcome barriers. The "My Goals and Progress" section is the main section to generate reports and to review and enter data that you have. And the reports come from the information that individuals have entered in their diaries or entered as their goals.

So, the next two framework pieces are the diaries and resources. Both of these are woven throughout the entire app. The diaries allow the users to record their weight, diet, and physical activities. And the resources are provided for those who might be looking for additional information on a particular topic.

So, the self-management guides provide focus areas, as you can see by the guide topic listing on the screen capture that's on the left side of this slide. Within that list, you will find several topics that are specific to physical activity. You have to keep in mind that because diet, physical activity and behavior change are the key or core elements of MOVE! that you will find them interspersed throughout all of the guides really. But the physical activity focused guides are the guide one, Getting Started, is where the tracking of the activity begins. Guide three, Getting



Out, this guide shows ways to tip the weight balance by increasing the physical activity. Guide five, Fit for Life, discusses the kinds of physical activity, the barriers to physical activity, and the setting of physical activity goals. Guide seven, Play It Safe, reviews safety and increasing physical activity efforts. Guide eight is Plan for Success. This is a review of physical activity goals. Guide nine, You're the Boss, discusses internal and external cues that might be influencing your physical activity. And guide ten, Taking Control, shows how to correct mistakes that might be affecting your physical activity.

The screen capture on the right side of the slide shows the section "How to Solve Problems." This section was put together to help people at times when weight management becomes tough. It offers ways to avoid setbacks, ways to stay motivated, and ways to remain calm and in control.

There are two categories that are specific to weight management – pardon me – to physical activity. The first one is to starting exercise. When you select this category, you arrive at the resource list that you see on the right side of this slide. You can select the resource that best meets your needs, whatever interests you. Perhaps you're looking for information on what to look for in exercise shoes or maybe you'd like to review a sample physical activity plan or learn more about setting physical activity goals. You be the judge there. You can find many varied physical activity resources here in each of the listed items presented on the screen will take you to a full PDF that explains the topic.

Another category that might interest you is "Be Positive Be Strong." Once selected, you will arrive at the screen that's shown on the left. It offers interesting, interactive options such as take the time out, do a pleasant activity, plan a physical or social activity. You can find ideas for pleasant activities or to distract or reward yourself. You can read inspiring quotes; you can take a 10-minute timeout to regroup or do a relaxation exercise. If you select the option, plan a physical activity, you are taken to the screen that's on the right side of this slide where you can either scroll through a listing. This is actually a scroll wheel that moves. Or select a random type of activity. This is great to get new ideas to use when you might need a distraction from perhaps late-night eating or even over-eating.

The next major section that's located on the main screen is "My Goals and Progress." We will come back to that in this discussion to talk about it a little bit later. First, I'd like to talk about the daily diary entries. These entries are used to create the reports that are found in the "My Goals and Progress" section. And so, I think it's good to talk about them first, and then, we'll talk about the "My Goals and Progress" section.

The app provides daily diaries for the users to record their weight, diet and physical activity. On the right side of their slide, you're looking at the three main pages for weight entry, diet entry and physical activity entry. The diary entry screens are slightly different in iOS and Android, and the activity screen that you see here is an Android screen. We know this because it shows a fan menu, something that we call a fan menu, which is not found in the iOS version. But even though the screens might look slightly differently for information gathering purposes, all the



information that's logged in and the reports that are generated are the same for both apps. They just look slightly different in presentation.

So, the meat of the physical activity is actually getting entered in. What should someone enter as physical activity? Well, simple movements throughout the day, whether you're doing chores or walking upstairs, all of these contribute to your physical activity and it all burns calories. The MOVE! Coach app has a library of common physical activity to choose from, which show the average calorie burned for 10 minutes for each activity. To enter your movements throughout the day, what you want to look for is the plus sign that's in that green section on the far-left side of the slide. And that plus sign is used to add activities to your physical activity diary.

So, once you tap on that sign, you arrive at the select entry types screen, which is the center of this slide. And then, you can enter your physical activity in four different ways. So, you see listed search, favorite, custom, and steps. The first way you want to enter an activity is to search for an activity. You would select search and now we've moved over to the far-right screen capture. In that enter search text, you want to begin typing the activity in the search bar. And then, you want to take your time to choose an activity that matches and describes as closely as possible what your physical activity. This takes little work initially. You do have to check out what's available and so you have to do a little surfing about finding out what is listed in the physical activity listing.

But as you record the physical activity you do each day, you'll enter the duration of the activity in minutes and whether the activity was aerobic, strength training or flexibility improvement. The entry will appear under the date you completed it and the data will add to your total weekly physical activity track.

So, the next entry type is what is listed as "Favorite." So, whether you've searched for a physical activity that's already loaded in the MOVE! Coach database, or you have customized your own, you either way have the option to designate an item as your favorite or most common activities. This is helpful because these items will show up for you easily when you come back into search for a future activity.

The third way to enter physical activity is called Custom or it's customizing an activity. If you were to tap on that custom in the center slide there, you would go to another screen that would be "Create new activity" or "Create custom workout." There is a slight difference. The new activity is a single activity that perhaps you couldn't find using the search function, so name it and create it. A custom workout allows you to create a routine workout that you might do on a regular basis, for example, Monday, Wednesday and Friday you do aerobics. Tuesday and Thursday, you do weight training. So, you can make a custom workout for your exact physical activity plan and you can save this so that entries are much easier on a daily basis.

Now, the fourth physical activity entry is "Steps" where you can record your steps for the day. It's pretty self-explanatory. Most people capture their steps using a pedometer. Some people want to document everything in steps. In that case, I will talk about a calculation tool that's



available under "My Goals and Progress" that can help you translate activity into steps is an activity steps converter that can be used.

So, I mentioned earlier that I would return to the "My Goals and Progress" section. Many reports found in this section are dependent on consistent entries being made in the daily diaries. The more entries, the better the reports are going to be. The items related to physical activity are pretty easily identified because they usually include the term "physical activity" or "exercise" in the title. So, if you look down the goals and progress list, you see under "My Diaries" there is a physical activity diary. This report shows by date all the physical activity that's been entered by the individual. And it shows calories earned and total steps. Moving down the list under "My Goals," there is an item titled "Physical Activity Goals." Here you can generate a list of your entered physical activity smart goals. And it also offers a link for you to be able to view a video about smart goals because sometimes people want to go back and see that smart goal video when they go to re-up or redo their goals again.

Under "Graphs" is a physical activity graph. That will plot your entries based on the type of activity you selected for each physical activity. So, the physical activity graph will be presented in a circular fashion showing percentages of flexibility, strength and aerobic activity that you entered. The duration of the graph can be printed anywhere from one day up to a full year for those items that have been entered in your physical activity diary.

The next section is called "Calculation Tools." The tools specific to physical activity are calorie burns, exercise intensity, and activity to steps. The calorie burn is a tool where you can enter an activity to calculate the calories burned over X period of time. The exercise intensity tool provides a clear description of the **Borg** scale and it teaches you how to rate how hard you're working out. The activity to steps tool is the one that I alluded to previously, provides a conversion tool for those who are interested in entering all of their activity as steps. It'll convert activities where you can't wear a pedometer, but you want credit in steps, such as things like water aerobics or yoga or skiing. Things like that.

Then under "My Summary" there is a report called "Pedometer Step Summary" which is exactly as it states. And under "My Reports" there is a full physical activity report based on the entries over periods of time. So, reports can be generated from one day to one year, and when the timeframe is selected, you can choose to share your reports through Twitter, Facebook or email, or you can simply print a copy for yourself.

Excuse me. Wrong direction. So, this is a screen that you would see if you had selected "Physical Activity Goals" in the "My Goals and Progress" section. And I wanted to point it out specifically because setting physical activity goals is very important. It isn't always easy, so we had included as I mentioned before that smart goals video here. It's a link that you can go directly to the video so you can learn how to create good goals that can guide you.

To technology can assist with goals. The use of technologies is becoming pervasive in everyday society. These technologies are effective to help people become more active. So, there are wearable devices that count steps, pedometers and activity trackers, that help people become



more active. Most studies show that participants who wear a device get about 2000 more steps than those that do not. But devices don't work by themselves. They need to be paired with behavior change strategies, such as goal setting to be even more effective. And the remote delivery of strategies, such as receiving telephone assistance, coaching through a virtual system, or receiving messages by text are also very effective technology strategies that we'd like to see incorporated even more for MOVE!.

I wanted to finish up with the key physical activity guidelines for adults should obviously move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate to vigorous physical activity gain some health benefits. For substantial health benefits, adults should do at least 150 minutes, that's 2 hours and 30 minutes, to 300 minutes, which is 5 hours, a week of moderate intensity. Or 75 minutes, 1 hour and 15 minutes, to 150 minutes, which equates to 2 hours and 30 minutes, a week of vigorous intensity aerobic physical activity. Or an equivalent combination of moderate and vigorous intensity activity.

Preferably aerobic activity should be spread throughout the week. Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes. That's the 5 hours of moderate intensity physical activity each week. Adults should also do muscle strengthening activities of moderate or greater intensity and that involves all major muscle groups on two or more days a week as these activities provide additional health benefits as well.

Micah Azzano: Thanks Lynn.

Lynn Novorska: Sure, sure.

Micah Azzano: We are now taking questions. So, if you have questions for our presenter, please enter them in the chat feature on the right. I'm going to actually start with a question that was posted earlier at Lynn. Where can more information on MOVE! Coach with Care be found.

Lynn Novorska: Well, and that's a good question. We do have on the regular MOVE! website ... I wish I could take you right through it ... the move.va.gov website. You can go to the "At Info" page about MOVE! Coach. So, there is some information there. There is also a slightly different set of information that's available on the MOVE! intranet site, which is the vaww.move.gov site. But we would like to update ... we're in need of updating actually ... additional guidance for the MOVE! Coach with Care. A number of places have implemented it, but everybody has sort of their own way of making it work at their facilities. So, it's a very good question and anyone that is specifically interested in having some information right now I would just suggest that you send me an email directly and I'll try to help you out the best that I can.

Micah Azzano: And we're going to post some of the links. I see someone posted one of those links already. We'll post some of those links in the chat feature as well. Moving on to the next



question, Lynn. This is kind of a multi-part question because it addresses several questions we've had come in. And you addressed a little bit of this earlier, but just be specific. Is this app compatible with other fitness apps and is there a pedometer function embedded in the app as well?

Lynn Novorska: Here is where I would say that we have some challenges ahead of us. We do not have a pedometer function embedded in the app. Frequently there are pedometer functions on phones themselves where you can download them separately, but the app itself does not have a pedometer function. And the other was specific to?

Micah Azzano: Is it compatible with any other fitness apps?

Lynn Novorska: No. It really is not. It is a standalone app at the current time. We have our work ahead of us in terms of what we're going to do for the database for MOVE! Coach because as those of you who know, our background database was the SuperTracker. We have an agreement with USVA. So, the SuperTracker database is our background database. We are now trying to work through – because the SuperTracker actually became defunct end of June of 2018 – we are trying to figure out what our next move will be with regard to the database. And will we have a database, or will we actually see a transformation of the app where it will connect to other potential even diaries that are out there that currently have databases. And then, the information will be brought into MOVE! Coach. So, we are at a point right now where we're having those discussions. We are trying to figure out what we might be able to do in the future, but we do know that we're going to have to do some things differently.

Micah Azzano: I'm going to jump to another question. Should veterans see a doctor before getting any physical activity or before they start using MOVE! Coach?

Lynn Novorska: So, this is a very common question. Our response is pretty much routine visits to your doctor is always a good idea. In an ideal world, everyone would discuss any proposed change in activity level with his or her doctor. Unfortunately, regular visits to physician are not always possible like that, but not seeing your doctor should not be an excuse for inactivity and sedentary living. The vast majority of Americans can find a safe and effective activity program that works for them. While there are some risks associated with participation in regular physical activity, the risks associated with a sedentary lifestyle far exceed those risks.

So, physical activity risks are related to the level of intensity. The lower intensity physical activity being associated with the lowest risk of course. Low intensity physical activity reduces risk of injury and muscle soreness. And maybe perceived as less threatening than moderate to high intensity routines. But while lower risk is associated with lower intensity exercise, the consensus is still that moderate physical activity has a better risk benefit ratio and moderate intensity physical activity should ultimately be the goal.

Micah Azzano: I know you talked a little bit about how using some of the different trackers to help with fitness and stuff like that, even if they're not compatible. For veterans, this is for



veterans, but how is tracking their activity with this app helpful to providers and should providers encourage veterans to track their progress and share with them?

Lynn Novorska: Well, the tracking alone actually helps people be much more accountable for the goals that they establish for themselves. I will share with you ... not an error, but we set up the iOS version of the MOVE! Coach app where you have to work through the self-management guides in a timed fashion. Our thinking was that we want to teach people to do the entry of those diary pieces on a routine basis so that it's becoming a habit and it's that habit that makes them successful with the weight management.

What we did have happen is we get a lot of feedback saying, "I understand that what you are trying to do by setting those limits on the opening of the self-management guides because the self-management guides are timed and only open when you get to a certain point in the program." But people were interested in what they saw as the topics that were on, say, week eight and they couldn't get to it. So, now we're trying to figure out a way where we can go back and open up the iOS version in the same fashion that we now can open the Android version to go to something that maybe be of interest to you.

But all that being said, keeping the data allowed the veterans who used it to then share that with their clinicians who could give them very good feedback. Feedback on whatever their diet entries were, timing that they were eating, how they might adjust their physical activity programs based on how they're working. Were they seeing success with their actual weight loss? And if they weren't trying to find the reasons behind ... If they were really using the diaries. Trying to find the reasons that were keeping them from not being successful with their goals. So, it's very helpful for the clinicians to see that information because then they are not in the dark about what's going on with the veteran that they're treating.

Micah Azzano: Right. Thanks Lynn. I'm just going to read this. I love this comment, so I'm just going to read it off. "My dream is to have my patients use the tracking tool, and then, send the reports via secure messaging. I have one patient doing that." I just wanted to share that before I go into the next question. It kind of goes along with what we were just talking about. We have a question about "How much physical activity do I need?" That's when I know you get a lot. You addressed this earlier, but can you talk about those recommendations on the amount of physical activity people need?

Lynn Novorska: Sure. So, as I did show on the last slide, ideally you should aim to do at least 150 minutes of moderate intensity aerobic activity per week as well as two days per week of the resistance training, the resistance exercises. But that being said, you have to start by doing what you can and gradually look for ways to do more. So, if you haven't been active for a while, then you need to start out slowly. And then, after a few, maybe even several weeks, or a couple of months, build up your activities. Do them longer and more often. So, anybody can look back at the slide and see the recommendations on the very last slide that come from ... But I think some people get very intimidated when they see more than 300 minutes a week of moderate intensity aerobic activity. They're like, "What? I want to walk for 20 minutes?" So, you've got to



start somewhere, and I wouldn't want to discourage anybody from doing what they do and just gradually adding onto it.

Micah Azzano: Excellent. So, the next question is actually on some of the new MOVE! modules. Any timeline regarding updated handouts with the new MOVE! modules?

Lynn Novorska: I think that the question is because MOVE! just released some new workbook and new modules that they're interested in knowing will the app be updated to match. That is the plan. The plan is either MOVE! ... We like to keep our products telling the same story no matter what the option is. And so, yes, we are going to be taking a close look at the app while we're looking at these other potentials who are adding and changing our database. So, yeah, we're going to be looking at how we can make it more like the workbook sessions that we just released.

Micah Azzano: Okay. Thank you. Okay, so I'm not sure I totally understand the next question, but Lynn, I'm going to pose it to. And then, we can kind of maybe discuss and maybe we can get some clarification. "If veterans use this app and send you secure messages, can these secure messages contribute to MOVE! 12 data?" I'm guessing they're meaning future versions, but I'll hand it over to you.

Lynn Novorska: Right, right, right. That's someone that probably needs to send me an email or give me a phone call because what it sounds like they're actually [inaudible 00:39:04] is MOVE! Coach with Care, and then, in that instance, yes. It does count. You have to have the clinician contact and if you can establish that, then it is care. Otherwise folks can use the app whenever they want to, but it doesn't constitute a MOVE! program with care in certain instances. But if you have established this with MOVE! Coach with Care, you're good to go.

Micah Azzano: And you talked a little bit ... I see some other people typing in some questions. We'll give them just a minute. But you talked about some of the challenges with MOVE! Coach. Do you have any big success stories you can share?

Lynn Novorska: So, I knew you mentioned that. Here's the scoop on success stories. We get lots of them. And so, what I do encourage people to go to the move.va.gov site and they can actually pull up the hundreds of success stories that we get. What we do not do is identify necessarily what option they chose to use. So, I can't tell you that Mr. George Smith ... by looking at the stories, we don't keep track of which portion or which option of MOVE! they were successful with. Part of that is because a lot of programs have started using the app as sort of an adjunct to their group sessions. And so, they're crossing over. You don't want to give credit to the MOVE! Coach app as being what made them successful, when in fact they were also attending group sessions for MOVE!. **And so, it's a little bit dicey when ...**

Now, what you can do with the success stories is you can **filter by a variety of ... most of them are disease states**. So, if you have, for example, diabetes or heart issues or cholesterol or



arthritis or those kinds of things, you can filter stories that might match, but we don't filter by the option of MOVE! that they've used.

Micah Azzano: I see someone actually posted the link to some of the MOVE! success stories, so that's available on the chat. The next question is, "Who can do MOVE! Coach with Care? Example, LPN, RN, SW, RD, MP, MD."

Lynn Novorska: It would be like any other MOVE! option that you have set up. Different places have the ability to use different staffs in different ways. I'm not going to say that one way is the answer, so it's an interesting question because it might have some other cases that I have to think through a little bit, but I would ... MOVE! Coach with Care should be mirrored after the ways that you're offering your other MOVE! options at your facility. And anybody can build MOVE! Coach with Care. It's just that they've got to make it available and do the marketing piece on their end. It's not from a national level.

Micah Azzano: That kind of ... and you kind of answered that a little bit, but how do you get trained to provide MOVE! Coach with Care? Is the next question that came in.

Lynn Novorska: Say that one more time.

Micah Azzano: They're asking is how do you get trained to provide MOVE! Coach with Care.

Lynn Novorska: I'm not sure what specific training you might be looking for. Would it be for actual weight management or for the setting up of the actual how to do MOVE! Coach with Care? The online training that we have for MOVE! right now, which is for weight management, is certainly going to be something that would be required as it is with all of the MOVE! staff.

Micah Azzano: Thanks Lynn. That kind of brings us to the end of the questions. I don't see anyone typing any additional questions. So, I'm going to wrap this up with that being our last question of the webinar today. Is there anything else, Lynn, that you want to add before I do some closing out here?

Lynn Novorska: Well, you know what? I almost always get asked this question and I didn't, so I will just go ahead and say that. Frequently people will call me and say that they're trying to enter activities or they're trying to enter a diet or they're trying to enter ... It's the diary piece. So, the diaries seem complicated. They want to know, "What can I do if I need additional information or help?" And so, I would just like to let everyone know that built into the app, there is helpful guidance for the MOVE! Coach features. If you look for the question mark with a circle around it in the top right-hand corner of the screen, you can read over the available health information. Of course, there are those other resources that I mentioned, the user manual and the introductory slide set that can be found on the VA mobile site. And I did provide that link on the ... I think it was the fourth slide that's in this deck, so if folks were looking for it again.



Also, if you need assistance with MOVE! Coach, there is a one ... And I'll give it to you now. But it's 1-877-470-5947 where you can speak with a VA representative. This is a help desk. It's open weekdays from 7 am to 7 pm Central Time. It's been great to have it because they do ... If it's a clinical type of question, then they forward it to me. If they for whatever reason can't come up with the answer, then we actually try to get back to people. But it is a help desk number that we are hoping is being used.

Micah Azzano: Thank you so much for that information, Lynn.

On the screen right now is a link to tell us how we're doing and to submit other topics you would like us to cover in the future. We really appreciate your input and hope that you will join us next month for another VA Mobile Discussion Series webinar. We will leave this up for just a few minutes after the webinar has ended for those interested in providing feedback. Again, I want to thank Lynn for presenting, and thank you everyone for joining us today. Please join us next month for another VA Mobile Discussion Series webinar. Thank you and have a great day.



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