Please remember to mute your speakers.

Connected Care Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750  pc: 43950#

Thank you for joining. We will begin shortly.
Annie for Weight Management
Presenter:

Melissa Treinen, MS, RD, LN, CHC
VA Telehealth Dietitian
Overview of the Discussion

• Overview and Introductions
  – Rescheduled Event from October
• Annie Weight Management Protocol
• Questions
• Closing Remarks and Survey
VHA Obesity Prevalence FY00-FY18

Data Source: VHA Corporate Data Warehouse
Features:

• Automated texting for self-care
• Track and submit health information
• Sends motivational and educational messages
• Tailored to individual

Annie for Clinicians:
https://mobile.va.gov/app/annie-app-clinicians

Annie Implementation:
https://vaww.connectedhealth.va.gov/mhd/VAMR/Annie/Lists/Annie%20Implementation%20POCs/AllItems.aspx

Annie G. Fox
Chief Nurse at Pearl Harbor, first woman to receive Purple Heart
Annie Weight Management Protocol

• Veterans working on weight management independently
• Veterans participating in a MOVE! program option
• Veterans who have ‘graduated’ from MOVE! and are working on maintenance
Annie Weight Management Protocol

• Provides educational messages
• Veterans can track:
  – Weight
  – Physical Activity
  – Nutrition
Weight Settings

– View weight history in graph or table format
Exercise Settings

– Sent daily
Caloric Intake Settings

– Sent daily
Motivational Messages

– Sent daily

You can make positive changes at any time. Logging food & exercise in an app or on paper will help with weight loss. Give it a try! -Annie

Achieving & maintaining a healthy weight takes planning. One of the first steps is to determine why you want to lose weight. Write down your reasons. -Annie

Sometimes we run into challenges when trying to lose weight and be healthy. Write down your challenges and how you can manage them. -Annie

Make a grocery list and stick to it. Avoid shopping when hungry, don’t go down the tempting aisles, and fill your shopping cart with healthy food. -Annie

Did you know the first 3 ingredients on the food label are the most abundant in that food? Go to your kitchen, get a box or can, and take a look. -Annie
Goal Settings

- Sent weekly
- SMART Goals
## Message History

<table>
<thead>
<tr>
<th>Time</th>
<th>Your Name</th>
<th>Message</th>
<th>Sent</th>
</tr>
</thead>
<tbody>
<tr>
<td>20:00:00</td>
<td>Weight Management</td>
<td>Hi, Annie here, the day is almost over and I haven’t received your total calories yet. Please take a minute to send them to me, in the format of Calories1800</td>
<td>02/04/2018</td>
</tr>
<tr>
<td>19:00:01</td>
<td>Weight Management</td>
<td>Hi Annie here. Please send your total calories for the day in the format of Calories1800</td>
<td>02/04/2018</td>
</tr>
<tr>
<td>20:00:00</td>
<td>Weight Management</td>
<td>Hi Annie here, the day is almost over and I haven’t received your total calories yet. Please take a minute to send them to me, in the format of Calories1800</td>
<td>02/03/2018</td>
</tr>
<tr>
<td>19:00:00</td>
<td>Weight Management</td>
<td>Hi Annie here. Please send your total calories for the day in the format of Calories1800</td>
<td>02/03/2018</td>
</tr>
<tr>
<td>20:15:00</td>
<td>Weight Management</td>
<td>TEXT KEYWORD Exercise and the number of minutes of exercise you did today. For example, if you exercised 30 minutes, TEXT Exercise 30. --Annie</td>
<td>02/02/2018</td>
</tr>
<tr>
<td>20:00:01</td>
<td>Weight Management</td>
<td>Hi, Annie here, the day is almost over and I haven’t received your total calories yet. Please take a minute to send them to me, in the format of Calories1800</td>
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<td>02/02/2018</td>
</tr>
<tr>
<td>15:00:00</td>
<td>Weight Management</td>
<td>Please send me today’s weight when you have a minute. For example, if your weight is 250 please enter it like this: Weight250. Thanks, Annie</td>
<td>02/02/2018</td>
</tr>
<tr>
<td>14:00:00</td>
<td>Weight Management</td>
<td>If you feel hungry between meals, consider eating several small meals (instead of a few large ones) each day to keep your body fueled. --Annie</td>
<td>02/02/2018</td>
</tr>
</tbody>
</table>
Implementing Annie

• **Support after graduating TeleMOVE!**
• **Combine with MOVE! program option**
  – Individual
  – Telephone
  – VVC

• **Benefits to Veterans**
  – Personalized
  – Ease of use
  – Promotes self-care
  – Empowers the Veteran
• **Veteran Success Stories**
  
  – Joe
    
    • 54 year old Veteran with Type 2 Diabetes
    • Lost 32 lbs. and reduced A1C from 6.5% to 6.1%
  
  – Bill
    
    • 67 year old Veteran
    • Maintained 15% weight loss
Interdisciplinary Team Approach

MOVE! Team

Admin. Staff

Healthy Living Team

Primary Care Clinician

MOVE! Coordinator

Health Psychol.

MOVE! Provider Champion

Exercise Physiologist

Registered Dietitian Nutritionist

Rehab. Specialist

Registered Dietitian

Nutritionist

Rehab. Specialist

Exercise Physiologist

Primary Care Clinician

Admin. Staff

Healthy Living Team

MOVE! Team

VETERANS HEALTH ADMINISTRATION
Flexible Options

Comprehensive Lifestyle Intervention

• MOVE! Group Sessions
• MOVE! Individual Sessions
• MOVE! Telephone Lifestyle Coaching
• MOVE! Clinical Video Teleconferencing

Other MOVE! Interventions

• TeleMOVE! – Home Telehealth
• MOVE! Coach Mobile App
• MOVE! Coach with Care (app + clinical contacts)
• Annie Text Message App
• Be Active and MOVE! (physical activity)
Telehealth

VHA Telehealth

• Clinical Video Telehealth (CVT) VA Video Connect (VVC)-Synchronous
• Remote Patient Monitoring-Home Telehealth (RPM-HT) and L2 and
• Store and Forward Telehealth (SFT)-Asynchronous
• VA App Store
• Veteran apps – self management, resources, access
• Provider apps – clinical care, improving access to resources
My Health eVet

- Pharmacy
- Appointments
- Secure Messaging
- Health Records
Additional Resources

• [https://vaww.telehealth.va.gov/pgm/vvc/index.asp#](https://vaww.telehealth.va.gov/pgm/vvc/index.asp#) What is VA Video Connect (CVT)
• [https://www.move.va.gov/](https://www.move.va.gov/) MOVE! Weight Management Program
• [https://mobile.va.gov/app/move-coach](https://mobile.va.gov/app/move-coach) MOVE! Coach App
QUESTIONS?

Please use the chat feature on the right to submit your questions.
Have an idea you want to share on how we can improve the discussion?

Let us know by providing feedback at this link:

https://www.surveymonkey.com/r/BDQKF2T