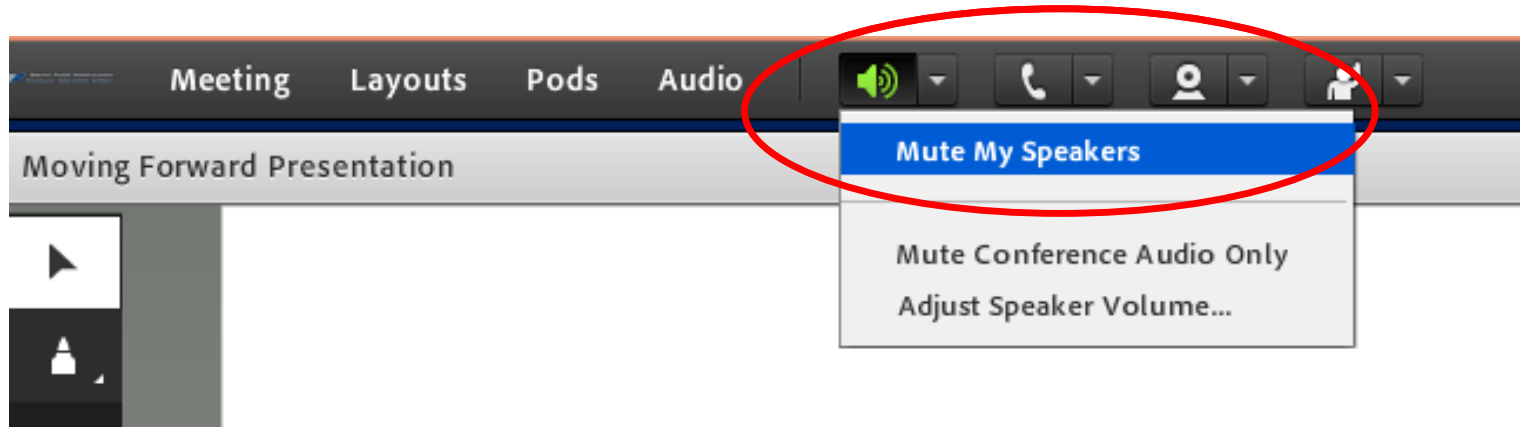


Please remember to mute your speakers.



## 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.



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
*Office of Connected Care*



U.S. Department  
of Veterans Affairs

# **Annie for Weight Management**

Presenter:

Melissa Treinen, MS, RD, LN, CHC  
VA Telehealth Dietitian

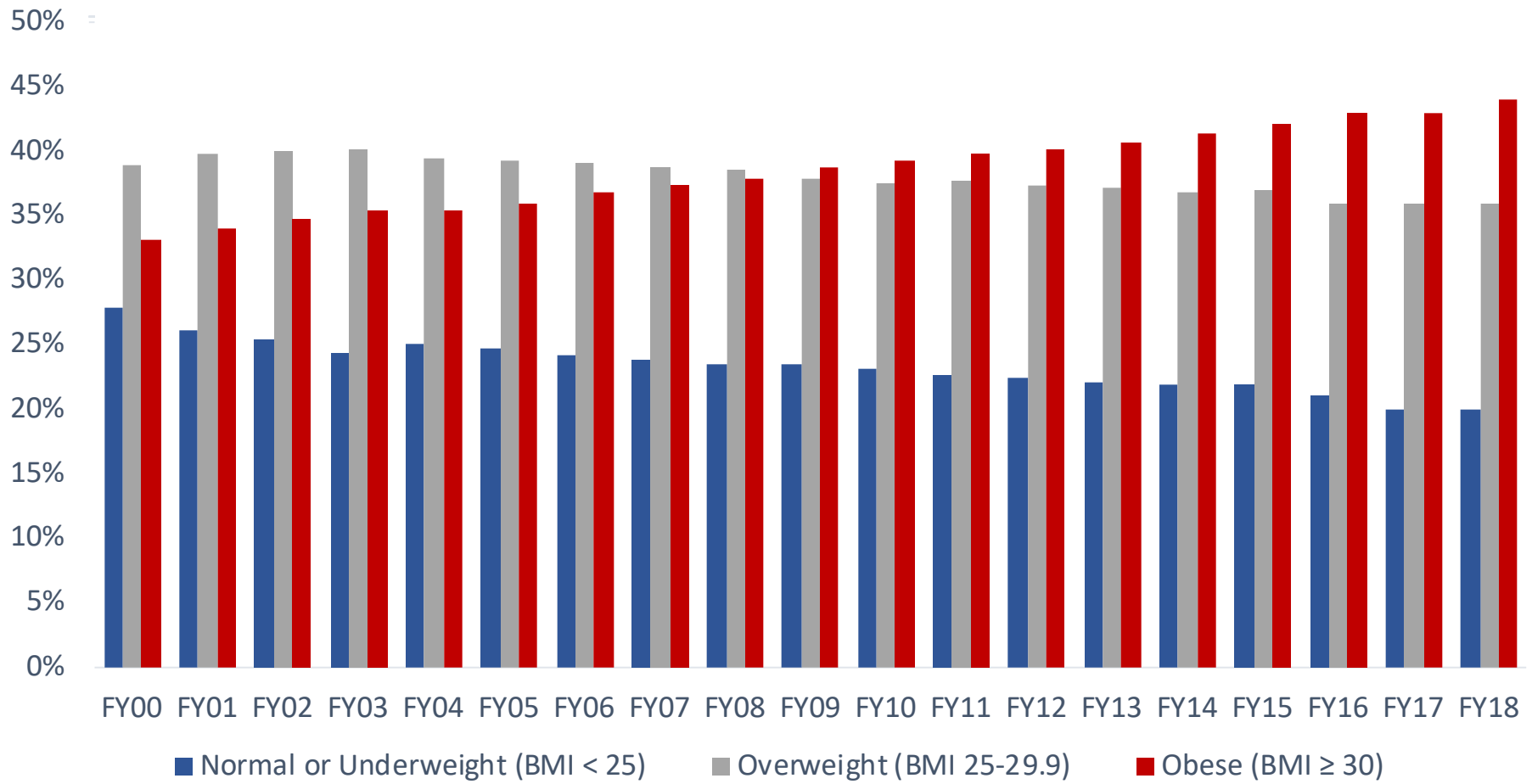


# Overview of the Discussion

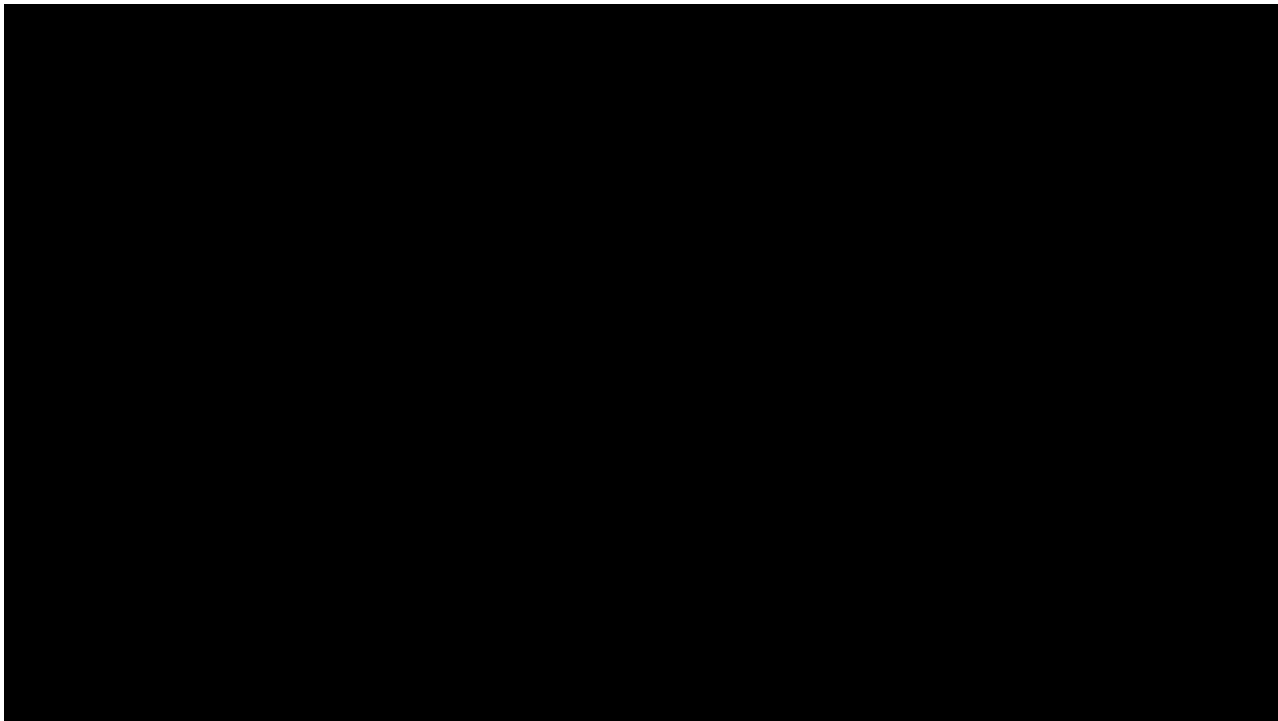
- Overview and Introductions
  - Rescheduled Event from October
- Annie Weight Management Protocol
- Questions
- Closing Remarks and Survey



## VHA Obesity Prevalence FY00-FY18



Data Source: VHA Corporate Data Warehouse





# Annie

## 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



Weekly Weight Custom (At 9:01 AM)	> 
Daily Physical Activity Specified Days (At 8:00 PM)	> 
Daily Caloric Intake Specified Days (At 7:00 PM)	> 





# Annie Weight Management Protocol

## Weight Settings

- View weight history in graph or table format

The screenshot displays a web interface for the Annie Weight Management Protocol. The main heading is 'Template(s)' with a subtext 'Select a template(s) to customize.' and a note '\* indicates a required field'. A template named 'Weekly Weight' is selected, with a subtext 'Custom (At 9:01 AM)' and icons for expand/collapse and delete. The 'Schedule Settings' section is expanded, showing the following fields:

- Schedule \***: A dropdown menu with 'Custom' selected.
- Service Message Start Time \***: Three input fields for the time, showing '9', '01', and 'AM'.
- Time Between Each Cycle \***: Two input fields, showing '1' and 'Week'.



# Annie Weight Management Protocol

## Exercise Settings

– Sent daily

The screenshot shows a web interface for 'Daily Physical Activity' settings. At the top, it says 'Specified Days (At 8:00 PM)' with a dropdown arrow and a trash icon. Below this is a section titled 'Schedule Settings' with a minus sign icon. Inside this section, there are two main fields: 'Schedule \*' and 'Service Message Start Time \*'. The 'Schedule \*' field has a dropdown menu currently showing 'Specified Days'. The 'Service Message Start Time \*' field is split into three parts: a number field showing '8', a time field showing '00', and a dropdown menu showing 'PM'. Below these fields is a purple 'Add Time' button. At the bottom of the section is a label 'Select Days that Apply \*' followed by a row of checkboxes for each day of the week: Mon., Tues., Wed., Thurs., Fri., Sat., and Sun. All checkboxes are checked.

Daily Physical Activity

Specified Days (At 8:00 PM)

– Schedule Settings

Schedule \*

Specified Days

Service Message Start Time \*

8 00 PM

Add Time

Select Days that Apply \*

☒ Mon. ☒ Tues. ☒ Wed. ☒ Thurs. ☒ Fri. ☒ Sat. ☒ Sun.



# Annie Weight Management Protocol

## Caloric Intake Settings

- Sent daily

The screenshot displays a web interface for configuring caloric intake settings. At the top, the title "Daily Caloric Intake" is shown with a sub-label "Specified Days (At 7:00 PM)" and icons for expand/collapse and delete. Below this is a section titled "Schedule Settings" with a minus icon. The "Schedule \*" field is a dropdown menu currently set to "Specified Days". The "Service Message Start Time \*" is configured with a time of 7:00 PM, using three separate dropdowns for the hour (7), minute (00), and period (PM). An "Add Time" button is positioned below the time fields. At the bottom, the "Select Days that Apply \*" section includes checkboxes for each day of the week, all of which are checked: Mon., Tues., Wed., Thurs., Fri., Sat., and Sun.



# Annie Weight Management Protocol

## 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



# Annie Weight Management Protocol

## Goal Settings

- Sent weekly
- SMART Goals

The screenshot shows a web interface for 'Weekly Goal Setting (Yes/No)'. At the top, it says 'Custom (At 10:00 AM)' and has a dropdown arrow and a trash icon. Below this are three main sections: 'Schedule Settings', 'Message Settings', and 'Readings/Alerts Settings'. The 'Readings/Alerts Settings' section is expanded and contains three sub-sections: 'Measurement \*' with a 'Yes/No' button, 'Keywords \*' with a text input field containing 'GOAL', 'Yes Response \*' with a text area containing 'Write down your goal & put it somewhere you'll see it daily. For example, I will eat breakfast 3 days this week. For more tools, go to [www.move.va.gov](http://www.move.va.gov). -Annie' and a '2 characters remaining' indicator, and 'No Response \*' with a text area containing 'That's ok, I'm here to help. Setting a weekly goal can keep you on track. When you're ready, write down your goal and put it where you'll see it often. -Annie' and a '2 characters remaining' indicator.

Weekly Goal Setting (Yes/No)  
Custom (At 10:00 AM)

+ Schedule Settings

+ Message Settings

– Readings/Alerts Settings

Measurement \*  
Yes/No

Keywords \*  
GOAL

Yes Response \*  
Write down your goal & put it somewhere you'll see it daily. For example, I will eat breakfast 3 days this week. For more tools, go to [www.move.va.gov](http://www.move.va.gov).  
-Annie  
2 characters remaining

No Response \*  
That's ok, I'm here to help. Setting a weekly goal can keep you on track. When you're ready, write down your goal and put it where you'll see it often.  
-Annie  
2 characters remaining



# Annie Weight Management Protocol

## Message History

Ⓢ	Weight Management	02/04/2018	20:00:00 (CST)	–	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	Sent
Ⓢ	Weight Management	02/04/2018	19:00:01 (CST)	–	Hi Annie here. Please send your total calories for the day in the format of Calories1800	Sent
Ⓢ	Weight Management	02/03/2018	20:00:00 (CST)	–	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	Sent
Ⓢ	Weight Management	02/03/2018	19:00:00 (CST)	–	Hi Annie here. Please send your total calories for the day in the format of Calories1800	Sent
Ⓢ	Weight Management	02/02/2018	20:15:00 (CST)	–	TEXT KEYWORD Exercise and the number of minutes of exercise you did today. For example, if you exercised 30 minutes, TEXT Exercise 30. -Annie	Sent
Ⓢ	Weight Management	02/02/2018	20:00:01 (CST)	–	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	Sent
Ⓢ	Weight Management	02/02/2018	20:00:01 (CST)	–	TEXT KEYWORD Exercise and the number of minutes of exercise you did today. For example, if you exercised 30 minutes, TEXT Exercise 30. -Annie	Sent
Ⓢ	Weight Management	02/02/2018	19:00:01 (CST)	–	Hi Annie here. Please send your total calories for the day in the format of Calories1800	Sent
Ⓢ	Weight Management	02/02/2018	15:00:00 (CST)	–	Please send me today's weight when you have a minute. For example, if your weight is 220 please enter it like this: Weight220. Thanks, Annie	Sent
Ⓢ	Weight Management	02/02/2018	14:00:00 (CST)	–	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	Sent



# 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





# Annie Supports Weight Management

- **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





# 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 Mobile

## VA Mobile

- VA App Store
- Veteran apps – self management, resources, access
- Provider apps – clinical care, improving access to resources





# My HealtheVet

## My HealtheVet



- Pharmacy
- Appointments
- Secure Messaging
- Health Records





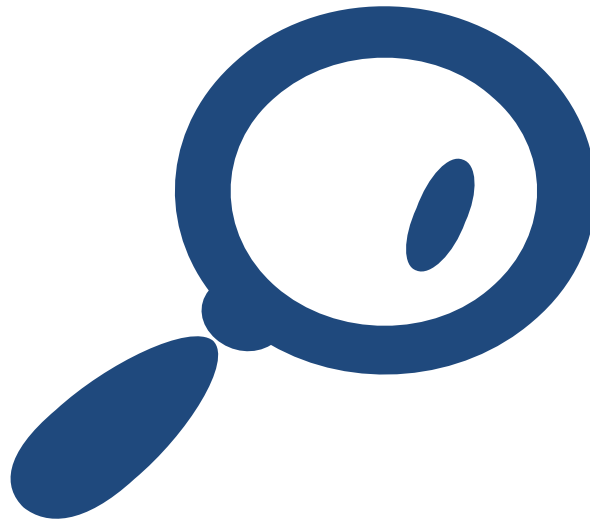


# Additional Resources

- <https://vaww.infoshare.va.gov/sites/telehealth/docs/th-mnl.pdf>  
Connected Care/Telehealth Manual
- <https://vaww.telehealth.va.gov/pgm/vvc/index.asp#> What is VA Video Connect (CVT)
- <https://vaww.telehealth.va.gov/pgm/ht/index.asp>  
RPM-HT
- <https://vaww.telehealth.va.gov/pgm/async/index.asp> Asynchronous Telehealth (SFT)
- <https://www.myhealth.va.gov/mhv-portal-web/home> My HealtheVet
- <https://www.move.va.gov/> MOVE! Weight Management Program
- <https://mobile.va.gov/app/move-coach> MOVE! Coach App



# Questions



## QUESTIONS?

Please use the chat feature on the right to submit your questions.



# Survey

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>