



MOVE!® Coach App Android

Quick Start Guide



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Connected Care

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Overview

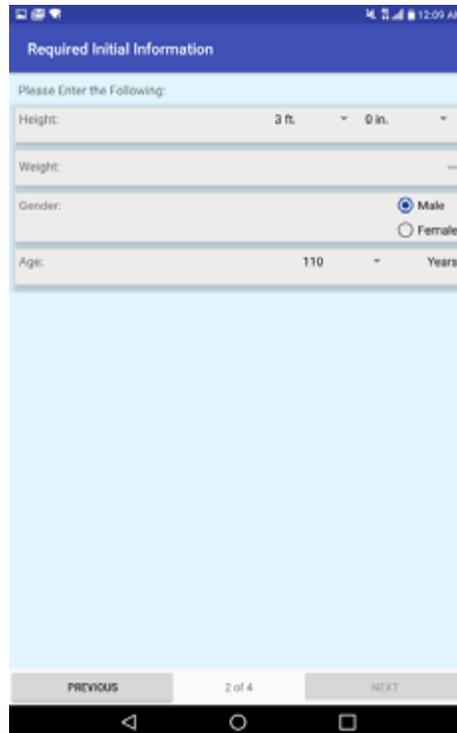
MOVE!® Coach is a 19-week Department of Veterans Affairs (VA) weight management mobile application (app) for Veterans. It combines self-management tools and information from VA's MOVE! Weight Management Program with guidance from the VA MOVE! team.

The app was designed with Veterans in mind and addresses Veterans' most common weight-loss challenges, but the educational resources and tracking features available on the app can be used by anyone. Veterans can use the app independently, or if they are receiving health care from VA, they can partner with their clinicians during MOVE! program participation.

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Setting Up and Logging Into Your App

Before you can use the MOVE! Coach App, you must “accept” the End User License Agreement (EULA). The app then will take you to a screen where you will complete basic information about yourself (age, gender, etc.). Once you save your basic information, you will be able to begin using the app. All the information you enter will be safely stored on your device and will not be shared.



Required Initial Information

Please Enter the Following:

Height: 3 ft. 0 in.

Weight: ---

Gender: Male Female

Age: 110 Years

PREVIOUS 2 of 4 NEXT

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Information Included in the MOVE! Coach App

The MOVE! Coach App provides:

- Self-Management Guides – Focus areas for all 19 weeks of MOVE!
- Diary Entries – Daily tracking of weight, diet and physical activity.
- My Goals & Progress – Resources for self-monitoring, setting goals, graphing change, calculating your health statistics and reviewing progress summaries and reports.
- How To Solve Problems – Tips and ideas for coping with challenging situations.



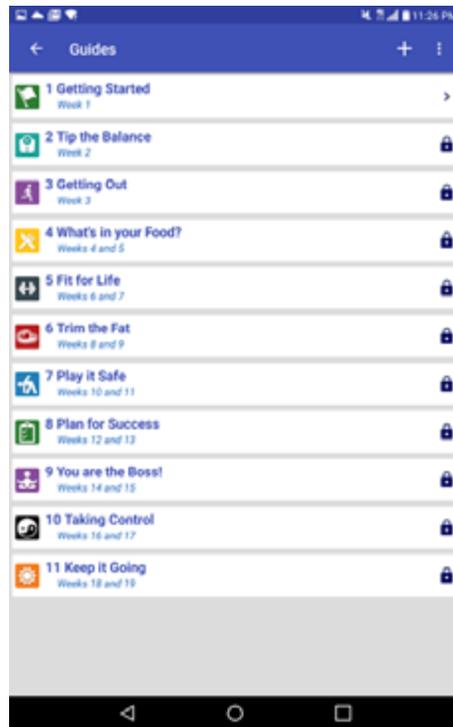
In addition, you can share your progress on social media or with friends and supporters.

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Using the Self-Management Guides

Each self-management guide includes the following sections:

- Objectives – Goals for how each guide can help you manage your weight.
- Coursework – Activities to help you achieve each week's goals.
- Chapters – Topics covered in each guide.
- Summary – Puts everything you have learned together.
- Get Ready for the Next Guide – A questionnaire to prepare you for the next guide.
- Related Handouts – Links to supplemental materials that support your week's focus.



To access the guides, tap **Self-Management Guides** from the MOVE! Coach home screen.

If this is your first time accessing this feature, you will see a blinking icon (blue key in a yellow circle). Tap the icon to proceed. You will be presented with four screens of important introductory information about the app and the use of self-management guides. (**NOTE:** in the future, if you would like to re-read the four intro pages, access is under the options menu (three-vertical stacked dots) on the upper right area of the self-management guide main screen). After tapping **Done** at the end of those four pages, you will be taken to the list of 11 self-management guide topics. Guide 1 “Getting Started” will be open for you to begin (shown by > symbol). All other guides (2-11) will be locked as indicated by the lock icon after the guide title. You should complete the previous guide in order to unlock the next guide. Guides 2 and 3 will unlock a week after completing the previous guide and guides 4 thru 11 will unlock two weeks after completing the previous guide. Once you have completed all sections of a guide, a check-mark will appear after the guide title. All check-marks must be present in order to open the next guide. You will always be able to go back to any self-management guide you have completed.

MOVE! recommends completing the guides in order and over the allotted time (e.g., Guide 1 over one week, Guide 4 over two weeks). This time is needed for you to learn weight-management concepts, use the Weight, Physical Activity, and Diet Diaries, and build weight management skills in a progressive fashion. However, if you wish to unlock a guide sooner, you can ‘tap and hold’ or ‘long press’ on the guide to unlock it. **NOTE:** Unlocking a guide early will also turn off ‘Guide Notifications.’ To turn notifications back on, tap the options menu (three-vertical stacked dots in the upper right corner), tap **Settings**, and tap the circle next to Guide Notifications.

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Making Diary Entries

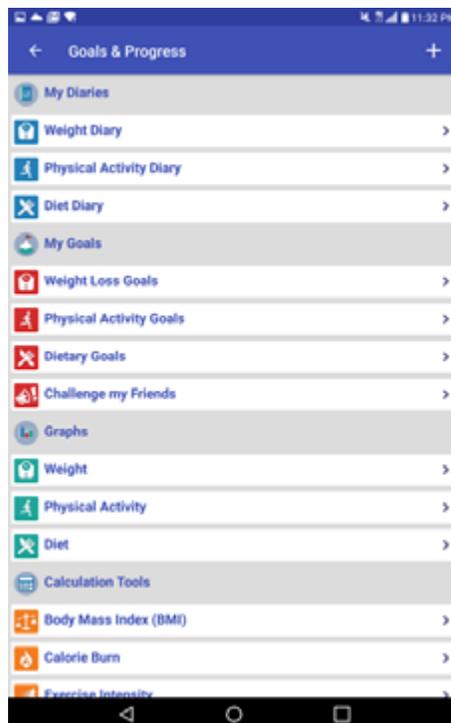
With the MOVE! Coach App, you can enter your weight and information about what you eat and how you exercise. Making regular entries is important because the app relies on the data you enter to graph results and run reports. To use the app most effectively – and achieve the best results with your MOVE! Weight Management Program – make sure you add entries routinely. To create an entry, tap the **+** icon that appears on most MOVE! Coach screens, and enter information about your weight, diet, activity, steps and water intake. For more detailed diary entry information see the Diary Entries section of the MOVE! Coach App for Android User Manual.

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My Goals & Progress

Setting goals, recording your behavior and tracking your outcomes will increase your chances of weight-loss success. To access tools for setting goals and tracking progress, tap **My Goals & Progress** from the MOVE! Coach home screen, and then tap the tool you would like to use.

The app includes six categories of tools: My Diaries, My Goals, Graphs, Calculation Tools, My Summaries and My Reports. To return to the My Goals & Progress screen, tap the back arrow **←** in the upper left corner.



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Graphing Your Progress

You can see your progress by graphing the information you entered in the app. Although you can find basic graphs on the MOVE! Coach home screen, more details and graphing options are available in the Goals & Progress section.

Tap **My Goals & Progress**, then under the Graphs section, tap on one of the types of graphs listed: **Weight Graph**, **Physical Activity Graph** or **Diet Graph**. To change the date range when on the graph screen, tap the options menu (three-vertical stacked dots in the upper right corner). Tap **Graph**, and adjust the date by tapping the circle next to the desired time period or by entering a date range. Tap **Graph** to view the updated graph.

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How to Solve Problems

Certain days, specific circumstances or phases of MOVE! can be challenging. Avoid setbacks, stay motivated and keep making progress by using resources that can help you overcome obstacles.

To access these resources, tap **How To Solve Problems** from the MOVE! Coach home screen, and then tap one of the 10 available categories. Most of these categories explain how the topic affects your health and include a list of helpful handouts and resources. Tap on the name of a resource you would like to view to access a document with more information.



Sharing Your Results

The MOVE! Coach App lets you share PDFs of your self-management guides, summaries and reports. By sharing your results, you can check in with your care team and celebrate your progress with your supporters.

Help and Additional Information

Additional Training Materials for the MOVE! Coach App

Built into the app there is helpful guidance for MOVE! Coach features. Tap the **?** question mark with a circle around it in the top right corner of the screen and read over the available help information. More resources such as a User Manual, FAQs and an introductory Slideshow can be found on **mobile.va.gov/appstore**. Simply enter the app name into the search bar to access these resources.

Help Desk Information

If you need assistance with the MOVE! Coach App, dial 1-877-470-5947 to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.

Emergencies

You should never use this app in an emergency situation. If you encounter an emergency, dial 911 or call your local medical center. To locate your local VA facility, visit VA's Facility Locator: **<http://www.va.gov/directory/guide/home.asp?isflash=1>**.