



How do you get the MOVE!® Coach app?

- **Visit** <http://www.move.va.gov/movecoach.asp> for more information
- **Download** from the App Store or Google Play



How will VA help you succeed with MOVE!® Coach?

- Staff at participating local facilities will help you with the program—they will provide you with an orientation and periodic check-in for questions and answers.

Contact your local MOVE!® Team for more information.



Visit <http://www.move.va.gov/movecoach.asp> for more information

Your MOVE!® Coach Point of Contact:

VAHealth

MOVE!® Coach Mobile App



Go mobile and get MOVE!®-ing

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention



What is MOVE!® Coach?

MOVE!® Coach is a mobile app that offers a flexible way to participate in MOVE!®—VA's successful weight management program.

MOVE!® Coach is a portable way to manage your weight, your way.

This 19-week, self-guided program provides everything you need to set, track, and achieve your diet, physical activity, and weight goals.

It's easy to participate! All you need is a mobile device with

- iOS ver. 6.0 or higher
- Android ver. 5.1 or higher



MOVE!® Coach provides the following features and benefits:

- **11 specialized guides** to help you manage your weight and get healthier
- **Tools** to help you set and meet your personal goals for weight, diet, and physical activity
- **Personalized graphs** to help you track your long-term and daily weight loss, daily food intake, calories, and physical activity
- **42 educational videos**—including 11 on physical activity—and a variety of **games** and **worksheets** make it easier for you to succeed
- **Daily diary** to help you track how much you weigh, what you eat, and how much exercise you're getting
- **Calculators** to determine how many calories you consume and burn
- Progress and summary **reports** to help you keep track of your goals
- **Problem-solving tools** help guide you past common weight-management challenges
- Links to **additional handouts** that provide even more information to help you succeed



How MOVE!® Coach works

- The app walks you through a series of self-management guides. You will complete one guide each week for the first 3 weeks.
- Then, you complete one guide every other week for 9 more weeks—a total of 19 weeks of MOVE!®.
- If you need to, you can go back to any guide that you've already finished (however, you can't jump ahead to a future guide).
- Staff at participating local facilities are available to help you with the program.

