MOVE!® Coach
At A Glance

What is MOVE! Coach?

MOVE! Coach is an app that helps you manage your weight and set goals to improve your well-being. The app is a self-management tool to help you meet your weight, healthy eating, and physical activity goals. You will complete a new module every week over a 16-week period and track your progress along the way. You can set goals within the app and use the tracker feature to see how much progress you have made towards achieving them.

The MOVE! Coach app can be used by Veterans and civilians who are interested in weight management. It also features stress management tools and contains a variety of health and wellness resources.

Getting Started

Anyone with an Android device, iPhone or iPad can access MOVE! Coach by following these steps:

1. Go to the Google Play Store or the Apple App Store and search for MOVE! Coach.
2. Tap the name of the app in the search results.
3. On the app's page, tap **Install** (Android) or **Get** (iOS) to download the app.
4. From your device's home screen, tap the **MOVE! Coach** icon.
5. Read through the End User License Agreement (EULA) and tap **Accept** in the bottom right corner of the screen.
6. MOVE! Coach can update your height and weight data with Apple HealthKit or Google Fit. Read through the Health Access screen and choose whether you would like to allow MOVE! Coach to access and update your health data. Make your selections and tap **Allow** in the top right corner of the screen, otherwise tap **Don't Allow** in the top left corner.
7. Enter the required fields on the Basic Information screen, then tap **Done** in the top right corner.
8. Read through the "Before Starting" pages and tap on the handouts that you would like to review. Tap **Next** to continue onto the next page, then tap **Done** when you have reviewed all information. This will take you to the MOVE! Coach home screen.

Self-Management Modules

MOVE! Coach features 16 self-management modules to help you maintain a healthy eating pattern and stay active. You will complete one module per week over a 16-week period. Each module is made up of several chapters with information and activities followed by a summary at the end. Be sure to weigh yourself regularly and enter your weight into the MOVE! Coach app to help you track your progress over time. You can set or adjust your goals as you work through the modules.

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Trackers

There are two main types of tracking involved in the MOVE! Coach app: weight tracking and goal tracking. Your Weight Diary displays the date and time of each weight entry you have recorded. It also shows you whether you have gained or lost weight since your last entry and tracks your percentage towards achieving your weight loss goal. Tap the **+** icon in the top right corner of the screen to add a new entry to your weight diary. Tap **Weight Graph** in the Trackers section to view the information entered from your weight diary in graph form.

Goal tracking includes weight loss, physical activity, and dietary goals. Tap the section you would like to view and follow the prompts to set and manage your goals.

Tools

The Tools feature includes Calculation Tools to track your daily activities. You can check how many calories you have burned and how many steps you have taken. MOVE! Coach also supports stress management. This section includes a variety of tools that can help you relax, plan positive activities, get better sleep, and more.

Support and Resources

Use the Support and Resources features to access additional tools to help you on your wellness journey. The Support feature allows you to post your progress on social media or challenge your friends to a competition so you can build healthier habits together. The Resources feature includes links to weight management, nutrition and other health resources.

Help and Additional Information

For assistance with the MOVE! Coach app, dial 1-877-470-5947 to speak with a VA representative. More resources, such as a slideshow and FAQs, can be found on **mobile.va.gov/app/move-coach**.