

Move Coach Mobile (MCM) is an iOS mobile application that will run on Apple iOS devices (iPhone and iPad). MCM will provide self-managed, weight management allowing Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Bringing this care “to the patient” in a mobile format, has a series of advantages, such as easy access for daily data input and retrieval, involvement of patients in their individual goal setting, instant problem solving feedback to help manage weight loss set-backs, and a change from hospital-centered to home-centered care.