Field of type ASK to set a variable ‘myVar’ and imput a value for it: Hello

Field of type REF to show the current value of ‘myVar’: Hello

Info for Word 2010:

To enter a new value by the ASK field, set the cursor behind the field and press F9.

To update the REF field, select it together with surrounding text and then press F9. To update all fields use Alt+Ctrl+I or AltGr+I to switch to print preview and Esc to switch back.

Alt+F9 toggles between field codes and values.