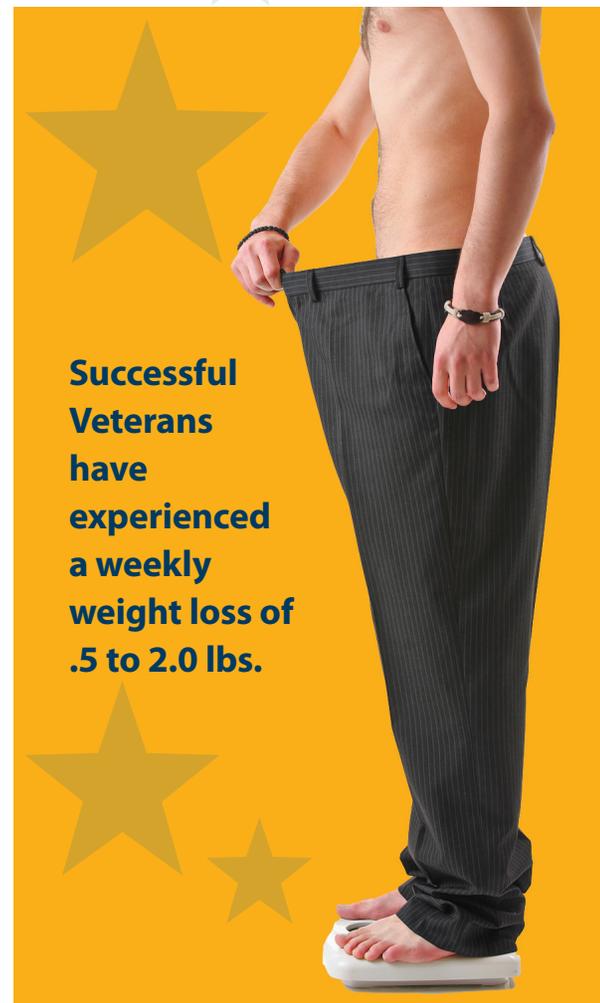


TeleMOVE! is a service of VA Butler's Care Coordination Home Telehealth Program. It helps Veterans to use a **messaging device right from the convenience and comfort of their home** to support self-management of weight. It is the result of a research project showing that **VA support plays a key role** in helping Veterans control weight and maintain a healthy lifestyle through **guidance, assistance, and ongoing support.**



Successful Veterans have experienced a weekly weight loss of .5 to 2.0 lbs.

VA Butler Healthcare

...providing quality health care to our nation's Veterans

ARMSTRONG COUNTY VA OUTPATIENT CLINIC

Klingensmith Building
313 Ford Street, Suite 2B
Ford City, PA 16226
724.763.4090

CLARION COUNTY VA OUTPATIENT CLINIC

AC Valley Medical Center
855 Route 58, Suite One
Parker, PA 16049
724.659.5601

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

Freedom Square
1183 Freedom Road, Suite A101
Cranberry Township, PA 16066
724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

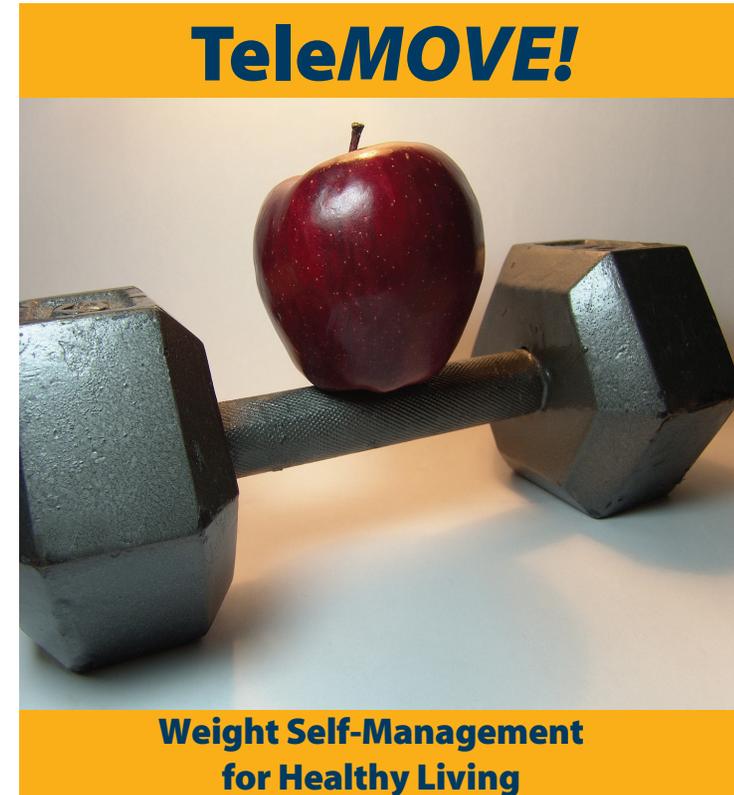
MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569



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TeleMOVE!

Weight Self-Management for Healthy Living

VA Butler Healthcare
325 New Castle Road
Butler, PA 16001
800.362.8262
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www.butler.va.gov
Making Lives Better®

TeleMOVE!... weight self-management through technology

VA Butler Healthcare's TeleMOVE!

program is a **90 day cycle** of dialogue, communication, and education about weight management, nutrition and healthy lifestyle promotion.

The TeleMOVE! program uses an **in-home messaging device** to deliver 82 daily communications or interactive dialogues **to help Veterans manage their weight.** You weigh-in once a week through an attached electronic scale and report your progress with personal weight loss, dietary changes, physical activity, and behavioral goals.

A Care Coordinator (Registered Dietitian) for TeleMOVE! and other members of the MOVE! team will monitor your weight and health status. They are also available to help you adjust your goals and **coach you every step of the way!**

To participate in TeleMOVE! you need

- A landline telephone
- Ability to use technology
- Ability to follow treatment for 3 to 6 months
- To not be enrolled in another Care Coordination Home Telehealth program



Choose TeleMOVE!

The TeleMOVE! program helps Veterans **learn new skills** and control their weight to reduce health-related risk factors such as high blood pressure, type 2 diabetes, high cholesterol, sleep apnea, osteoarthritis, gallbladder disease, and some forms of cancer.

The program targets Veterans with a body mass index (BMI) greater than 25 and less than 30 who have a health risk factor, or those with BMI greater than 30.

What the TeleMOVE! program provides

- Daily communication with Veterans
- Guidance for healthy lifestyle changes involving physical activity, healthy eating, and necessary behavior changes
- Help identifying barriers to weight management
- Ongoing support
- Frequent contact with weight management team to help lead you to improved outcomes



Get started today!

It is never too late to take control of your weight management and health. The VA is **here to help and support you.**

To learn more about TeleMOVE!

- Ask your health care provider today about enrolling in TeleMOVE!
- Call the VA Butler MOVE! team today at 800.362.8262, ext. 5504

Other MOVE! options

Self-Management Group Class – a one-time class for diet, exercise, and behavior change for a kickstart to weight management

Eight-week Group Program – a more comprehensive plan with information on diet, exercise, and behavior change to promote self-management of weight with an emphasis on healthy lifestyle changes

VA Butler Healthcare is Making Lives Better.®