

MOVE!

Weight Management Program for Veterans



This is not a diet. It's a *change* in the way **YOU** live.

What is MOVE!?

A national VA program designed to help Veterans lose weight, keep it off and improve their health.

Why Start MOVE!?

If you are overweight or obese you are at increased risk for a number of health conditions including heart disease, stroke, diabetes, some cancers, sleep apnea, osteoarthritis, and gall bladder disease. The best way to manage your weight is to keep a balance between what you eat and drink and how active you are.

The MOVE! Program has been designed to meet the individual needs of each Veteran. MOVE! provides guidance on nutrition and physical activity and allows you to set the pace through goal setting. The VA Butler Healthcare MOVE! Team is ready to assist you in your self management of weight. Call today to get started!

Key Features of MOVE!

- Emphasis on health and wellness through nutrition and physical activity behavior change
- Lifetime and lifestyle focus
- Patient-centered
- Individual tailoring to meet your needs
- On-going support for self management weight

Get Started Today!

Contact your Butler MOVE! team for more program information at:
1-800-362-8262, ext. 5504

Please visit the MOVE! website for more information at: www.move.va.gov.

We look forward to assisting you on your journey to improved health!

MOVE! Program Options

VA Butler Healthcare's MOVE! Program offers many options to best meet your needs.

Individual

Through completion of the MOVE! 11 Questionnaire, Educational materials will be mailed to assist participants in making healthy lifestyle changes.

Individual appointments: Participants have the option of meeting individually with one or more MOVE! team members (Dietitian, Physical Therapist, and/or Behavioral Health Specialist) for individual guidance and support.

MOVE! Telephone Lifestyle Coaching (TLC) offers Veterans 1:1 care with a health coach via scheduled phone appointments to receive individualized encouragement and support. Each participant receives a scale, program workbook, and personal health coach to support you every step of the way!

TeleMOVE! is a program linking home Telehealth technology to support self management of weight right at home. The program is a 90 day cycle of dialogue, communication, and education about weight management and healthy lifestyle promotion. Each participant receives a scale and a care coordinator who is there to help you with encouragement and support.



Group

MOVE! Group is a comprehensive 16-week program, providing education on eating right, getting more active, and getting in the right frame of mind to make healthy lifestyle changes. (***MOST EFFECTIVE METHOD OF WEIGHT MANAGEMENT***)

Be Active and MOVE! is the group activity class offered to complement all forms of your MOVE! Program participation.