MOVE!® Benefit Chart
Determination of Benefit from Weight Management Services

Screening Criteria	Offer MOVE!	Offer MOVE! Optional	Do Not Offer MOVE!	Comments
Age < 70 and BMI > 40 or >35 with co-morbid/weight-related disorder*	X			This is one of the main target groups. Once a patient has received risk counseling and is not interested, offer support and advise to consider treatment options when ready to work on weight. (*diabetes, hypertension, dyslipidemia, degenerative joint disease, sleep apnea, or metabolic syndrome)
Age < 70 and BMI > 30 or ≥ 25 with co-morbid/weight related disorder*	X			This is one of the main target groups. Once a patient has received risk counseling and is not interested, offer support and advise to consider treatment options when ready to work on weight.
Age < 70 and BMI 25-29.9 without co-morbid conditions*		X		This group is advised to consider treatment. Once a patient has received risk counseling and is not interested, offer support and advise to consider treatment options when ready to work on weight.
Age ≥ 70 and BMI ≥ 25		X		Veterans over age 70 require mandatory medical evaluation prior to beginning new physical activity and need closer nutritional supervision to minimize protein, vitamin, and mineral deficiencies. Goals of treatment in the elderly should focus on improvement or preservation of functional status.
Any age and BMI <25			X	Weight management treatment is not indicated for this group with normal weight at the current time. Focus should be on maintaining current weight or stopping weight gain. Praise and encourage Veteran to continue healthy lifestyle practices and refer Veteran to 9 Healthy Living Messages. Patients who had a prior weight loss and are struggling with maintenance may also be referred to MOVE!.
Veterans deemed unlikely to benefit from weight management services			X	Veteran is unlikely to benefit from a weight management program; Likely to be harmed from a weight management program; Incremental benefit from weight loss is likely to be small relative to the current morbidity; Weight loss is contraindicated; Veteran's status limits self-management participation; Long-term care facility resident (not a medical condition).
Medical conditions unlikely to benefit from weight management services			X	Veterans with the following medical diagnosis most likely would not benefit from weight management services; however each Veteran should be offered the choice and the individualized plan should reflect the goals set by the Veteran: • Active cancer other than non-melanoma skin cancer • End stage COPD • Congestive heart failure • End-stage neurologic disorders (such as Parkinson's, ALS, MS, etc.) • End-stage renal disease • Moderate to severe cognitive impairment (dementia) that would prevent the Veteran from being able to benefit from self-management of weight at this time • Acute psychosis that would prevent the Veteran from being able to benefit from self-management of weight at this time • Acute substance abuse that would prevent the Veteran from being able to benefit from self-management of weight at this time • Acute AIDS related complex • Anorexia