



MOVE! Orientation Guide

Session Overview

This orientation session uses skills from *TEACH for Success*, Motivational Interviewing and Whole Health coaching to facilitate a conversation about healthy living. Facilitators will use health coaching strategies to explore Veterans' Mission, Aspirations, or Purpose (MAP). Once Veterans have reflected on their current state and desired future state, facilitators will introduce key strategies for weight management, the MOVE! Program and its benefits. Veterans will either select a MOVE! option of care, begin a plan for working on weight management independently, or set a time to reconsider a weight management goal if now is not the right time.

Objectives for Session

1. Discuss Veterans' Mission, Aspiration, or Purpose for healthy living.
2. Review strategies for weight management success.
3. Describe the MOVE! Program and its benefits.
4. Provide information about how to participate in the various MOVE! options of care or begin self-management independently.

Session Preparation

- **Gather the following materials:**
 - [MOVE! Orientation Handout](#)
- **Additional helpful materials to plan your session:**
 - [Strive for a Healthy Weight YouTube video](#)
 - [Strive for a Healthy Weight](#) Healthy Living Message
 - [MOVE! Success Story](#) or [Video](#)
 - [MOVE! Brochure](#)
 - [TeleMOVE! Brochure](#)
 - [Annie Weight Management Brochure](#)

• Your role as facilitator:

- Facilitate discussion without lecturing and give advice only after evoking and with permission.
- Follow the Motivational Interviewing and TEACH techniques of using simple and complex reflections and asking open-ended questions. Use elicit, provide, elicit when you share information. It might help to review the RULE and OARS cards.
- Facilitate the session so that most of the talking is done by the participants.

Session Outline

Here are some example session plans for the orientation session. You can use this information and tailor it to a specific Veteran or group depending on their interests/needs.

60-Minute Session	30-Minute Session
Welcome and introductions (10 min)	Welcome and introduction (5 min)
Discussion #1 Mission, Aspirations, or Purpose (10 min)	Discussion #1 Mission, Aspirations, or Purpose (5 min)
Discussion #2 Vision and Strengths (10 min)	Discussion #2 Vision and Strengths (5 min)
Discussion #3 Why Choose MOVE!? (12 min)	Discussion #3 Why Choose MOVE!? (6 min)
Discussion #4 Decide What's Next (12 min)	Discussion #4 Decide What's Next (6 min)
Wrap Up (4 min)	Wrap Up (2 min)

Session Facilitation

Welcome and Introduction

- Welcome Veteran(s) to the session.
- Introduce yourself, your role with the VA, and why you are committed to helping Veterans live healthfully.
- Establish Group Guidelines. Offer a brief core set of guidelines (e.g., “please turn off cell phones, have one conversation at a time, keep everything shared by members confidential”). Ask group for any additions.
- Ask Veterans to begin answering the reflection and assessment questions on the MOVE! Orientation Handout.



MOVE! Health Coaching

To better prepare Veterans for participation in weight management services (e.g., Comprehensive Lifestyle Intervention, home telehealth, Annie text messaging, or MOVE! Coach), it is important to engage the Veteran in a patient-centered conversation that explores their values, needs and preferences - what matters most to them. Allowing the Veteran to reflect on and assess why weight management is important to them can increase engagement and retention in MOVE!.

Discussion #1: Mission, Aspirations, or Purpose (MAP)

Overview

Facilitators will begin the discussion by assisting Veterans with developing a vision of their optimal life, including how weight management can support their optimal life. Some Veterans may have a very clear idea of what is important, while others will need more time to assess what matters most to them. It can be helpful for the Veteran to articulate their MAP as this underlines the reasons and motivation for subsequent change initiatives. Additionally, it allows the facilitator to learn about the Veteran's values, relationships, and life and helps the Veteran to connect with the facilitator and to feel understood during the change process.

Choose 1-2 discussion questions depending on allotted time. Listen for and reflect the Veterans' *values, experiences, reasons, and needs* for living a healthy life.

Discussion Questions

- *(Open Question)* What matters most to you in your life?
- *(Open Question)* What brings you joy and happiness?
- *(Open Question)* How does your health (or weight management) relate to what matters most to you?

Veteran Engagement

Due to time constraints, it may not be possible or necessary to get a verbal response from every Veteran in the group for each discussion topic. Some Veterans may not be comfortable speaking to the group. Encourage Veterans to write down their responses on the handout.

Discussion #2: Exploring Vision and Strengths

Overview

Facilitators will continue the values conversation by exploring the Veterans' visions for their future selves and discussing how their strengths and prior experience will help them make their visions a reality. Link Veteran values in Discussion #1 to potential values conflicts, which will allow the Veteran to explore the discrepancy between their behaviors and their values. This can be an extremely important point of discussion for initiating change as Veterans recognize their current behaviors may not support their highest values.



Choose 1-2 discussion questions depending on allotted time. Listen for and reflect the Veterans *values*, *conflicts* and *strengths* for living a healthy life.

Discussion Questions

- (Open Question) Why is weight management important to you now?
- (Open Question) If you were to make no changes to your weight, and keep living your life as you are today, what would your health look like in 3-5 years from now?
- (Open Question) Consider your personal strengths, how do they support you in your health and well-being?
- (Open Question) If you are successful at better managing your weight, how will your life be different in 5 years?

Dancing with Discord

Engaging in any kind of behavior change program can be challenging and people will vary in their motivation and commitment to make changes, and that's OKAY! Ambivalence is a natural part of the change process. Emphasize the Veteran's autonomy to choose what is the best course of action when it comes to healthy living.

While this is a MOVE! Program orientation, it is okay for a Veteran to choose another area of healthy living or self-care to focus on before addressing weight management. Not every Veteran will be motivated by the same factors (reduced weight, better mobility, improved body image, etc.). It is important to emphasize what is individually motivating for each Veteran and help connect them to the program that interests them most, as they are more likely to stay engaged and sustain change over time.

Discussion #3: Why Choose Weight Management/MOVE!?

Overview

This discussion will introduce the MOVE! Program for improving health and wellbeing with self-management. It is the facilitator's role to link Veteran values to the MOVE! Program and share the benefits of participation.

Use *elicit*, *provide*, *elicit* to share information about the MOVE! Program in a patient-centered approach. Listen for and reflect Veteran *values*, *experiences*, *reasons*, and *needs* for participating in a weight management program.

Discussion Questions

- (Elicit) Ask participants what they know about the MOVE! Weight Management Program for Veterans (MOVE!).
- (Provide) MOVE! is a weight management program designed to help Veterans self-manage their weight using evidence-based tools and strategies, discussion, reflection,



and support from others. Sessions will focus on three core aspects of weight management: nutrition, physical activity, and behavioral strategies.

- The *Strategies for Weight Management Success* listed on the MOVE! Orientation Handout are important for anyone considering weight management. Veterans who decide to participate in a MOVE! option of care will learn more details about each strategy and participation in MOVE! will help them determine which strategies may be most helpful for them.
- We want Veterans to set personalized goals that are meaningful and that will help achieve at least a 5% weight loss because we know this has important health benefits. For a person who weighs 200 pounds, this is a 10-pound loss. To accomplish this goal, a healthy weight loss of ½ to 2 pounds per week is recommended. Losing weight gradually gives Veterans time to make small incremental changes and form new habits.
 - The evidence is in! Veterans who regularly participate in MOVE! sessions and stay committed from start to finish are more likely to be successful in losing weight and keeping it off.
 - Many Veterans also see improvements in managing other conditions like hypertension and diabetes, improved function, or enhanced wellbeing.
 - *Tip:* Share a MOVE! Success Story and outcomes such as 900,000+ Veterans have participated, total pounds lost, or video of a Success Story.
- (*Elicit*) Ask participants what kinds of things they would like to gain from participating in the MOVE! Program.

Align Values to MOVE! Program Goals

During this discussion, facilitators will want to connect MOVE! Program goals and benefits to the Veteran’s values. Reinforce for the Veteran how the MOVE! Program can support them towards achieving their MAP. Also, discuss how their values relate to weight self-management.

Discussion #4: Whether and How to Participate in MOVE!?

Overview

Now that Veterans have been introduced to the MOVE! Program, it is time to discuss their prior experiences with weight management. It will be important to highlight their previous successes (what made them successful) and address barriers (how can they mitigate barriers) to help set Veterans up for success. Discuss the different MOVE! Program options of care so Veterans can decide how they would like to participate (e.g., in-person versus technology-based) and the time-intensity (e.g., 16-week program versus 30-day Annie text messages), if they want to work independently or set a time to reconsider a weight management goal if now is not the right time. Provide program contact information or assist the Veteran with enrollment after the orientation session.



Use *elicit*, *provide*, *elicit* to share information about the MOVE! Program in a patient-centered approach. Listen for and reflect *values* and *strengths* for weight self-management.

Discussion Questions

- (*Elicit*) Ask participants about their experience with previous weight loss attempts. What things worked well for them and what were their biggest barriers?
- (*Provide*) MOVE! can be adapted to fit your lifestyle and help you meet your health goals whether you want a more intense or less intense program.
 - Review local program options using the MOVE! Orientation Handout.
- (*Elicit*) Ask participants what program option sounds like the best fit for their motivation-level and availability?
 - Provide next steps on how to connect with their desired program option.
 - For those that want to work on weight management independently, allow them to identify initial healthy eating and activity changes and tools they can use to track their own progress (written log, My HealthVet online logs, apps).
 - Others may not be ready to make a change. Encourage them to set a timeframe for when they may reconsider working on weight management in the future.
 - Remind Veterans that the MOVE! Program is always available to them when they are ready and can offer their desired level of support.

Autonomy Support

According to the MOVE! Satisfaction Survey, Veterans who were aware of all program options at their facility were more satisfied with their experience in MOVE!. Veterans also had high satisfaction when participating in MOVE! Group. Discuss program options to support shared decision-making.

It may be that a Veteran decides now is not the right time to engage in weight management treatment or they wish to focus on a different area health. Facilitators should be prepared to refer Veterans to other local healthy living program options. It may help to put together a contact sheet with healthy living program options and contact information for getting started, so when the Veteran is ready to make changes, the information is at their fingertips!

Summary and Wrap-Up

- **Session Summary:**
 - Thank Veterans for participating and sharing their mission and aspirations.
 - Summarize key themes discussed during today's session (values, values conflicts, strengths, and MOVE! information).
- **Session To-Do:**
 - Provide contact information to get involved with the MOVE! Program.
 - Assist the Veteran with enrollment/scheduling as time permits.

