

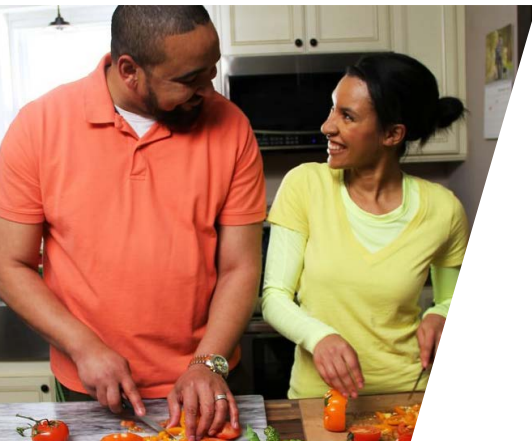


Take Charge of Your Health

Veterans who are empowered and equipped to manage their health conditions can improve their health and well-being.

In this session you will:

1. Consider what is important in your life and how your whole health affects it.
2. Learn how the MOVE! Program can support your health and weight management goals.
3. Decide whether now is the right time to work on weight management. If it is, choose what's next for you – participate in MOVE! or begin working on weight management independently.



Your Mission and Purpose

What matters most to you? What do you live for?

How is your health related to what matters most to you?

Your Health Vision

Why is weight management important to you now?

If you were to make no changes, and keep living your life as you are today, what would your life look like in 3-5 years from now?

If you are able to better manage your health and weight, how will your life be different in 3-5 years?

Your Focus

There are proven strategies to help you manage your weight and improve your health. In MOVE! you will learn more about how to use these strategies and which work best for you.

Strategies for Weight Management

Identify your reasons for wanting to manage weight.	Set goals that you can reach.
Eat wisely to reduce extra calories.	Be physically active.
Make lifestyle changes that you can maintain.	Weigh yourself at least weekly—daily is best.
Keep a daily record of what you eat and your physical activity.	Ask your family, friends, and MOVE! team for the support you need.
Make other changes that help you do what matters most to you.	Celebrate your progress!

Possible Concerns

Some people may have had times when they have gone to extremes to lose weight. For example, they may have severely limited their food intake, vomited, or used medications like laxatives. Others may have had times where they were frequently binge eating or excessively exercising. If you struggle with any of these or they are causing problems, let your MOVE! or health care team know. Support and additional services are available.

MOVE! Weight Management Program for Veterans

MOVE! partners with you to support your whole health and what matters most to you. Learn proven approaches for healthy eating and being active that will increase your ability and confidence to achieve your health goals.

The evidence is in...

Veterans who consistently participate in MOVE! sessions and stay committed from start to finish are more likely to lose weight and keep it off! Many Veterans also see improvements in other chronic conditions like high blood pressure, diabetes, and pain.

“If you need to lose weight and think you can’t do it, give MOVE! a try. Don’t go for a couple of times and quit. Stick with it and you will be happy with the results.” – Chuck, lost 40 pounds and improved his heart health

Flexible Program Options

There are options for how you communicate with a MOVE! clinician and the program materials that work best for you. Options may vary by facility.

Group

Most Veterans participate in MOVE! Group, finding it helps to hear from each other about what works. Clinician-led groups meet regularly and follow a structured discussion format. Virtual options may be available.

Individual

Some Veterans have one-on-one follow up with a clinician in person or by video, phone, or using secure messages.

TeleMOVE! and L2 Weight Management

TeleMOVE! and L2 Weight Management are 90-session in-home messaging programs for those who prefer to review materials on their own with periodic check-ins with a clinician to evaluate goals.

Support Tools

These are tools that may be used with the options above. When used alone they are not Program participation options.

MOVE! Coach App

The MOVE! Coach app provides weight management education and tools to monitor progress.

<https://mobile.va.gov/app/move-coach>

Annie Messages

Annie is a self-care tool that provides daily motivational text messages and prompts for independent goal tracking.

<https://mobile.va.gov/app/annie-veterans>



You may have been referred to MOVE! because you are considering weight management medications or bariatric/metabolic surgery. Healthy eating and physical activity support these treatment options. Talk to your health care provider and MOVE! team to learn more.

I will work on weight management on my own.

I will start by making these healthy eating and activity changes.

I can track my own progress with these tools. (examples: Annie, written log, My HealtheVet online logs, apps)

I will consider working on weight management in ____ month(s).

Location specific information