Your family is an important part of your program and can provide support to you as you work on making permanent lifestyle changes.

What topics are covered in the program?

A variety of topics will be explored including:

- The basics of weight loss and weight control
- Positive behavior changes
- Maintaining motivation
- Healthy cooking techniques
- Physical activity
- Label reading made easy
- Menu planning
- Fast food alternatives
- Understanding the new food pyramid
- Fat, sodium and cholesterol guidelines

www.move.va.gov

How can I be referred to the *MOVE!* Program?

Your primary care provider or primary care nurse in Ann Arbor or at the Toledo, Jackson or Flint CBOC can refer you to the program. Enrollment begins when you complete the ***MOVE!*** 23 questionnaire. The results of the questionnaire help to design an individual program just for you. You may choose to try the ***MOVE!*** program on your own, join structured classes or ***TELEMOVE!***

Your healthcare team wants you to become healthy and fit. Don't delay…start ***MOVE!*** today!

For more information:
VA Ann Arbor contact:
Linda Millard, RD
734-769-7100 ext 56062

VA Toledo CBOC contact:
Jan Elwing, RN – 419-213-7560
Amanda Saldivar,RD-419-213-7558

VA Jackson CBOC contact:
Ashley Clark, MS, RD
734-769-7100 ext 52519

VA Flint CBOC contact:
Jamie Day, MS, RD
734-769-7100 ext 52624

PHEAC - January, 2008
Rev. August, 2010; Rev. Sept.2011

MOVE!℠
WEIGHT MANAGEMENT PROGRAM FOR VETERANS

VA Ann Arbor Healthcare System

Ann Arbor ♦ Flint ♦ Jackson ♦ Toledo

What is *MOVE!*?

MOVE! is a national VA program designed to help Veterans lose weight, keep it off and improve their health.

Program Features

- ❑ Emphasis on health and wellness through nutrition, physical activity and behavior modifications
- ❑ Positive lifestyle focus
- ❑ Patient-centered
- ❑ Individually tailored to meet your needs
- ❑ Regular follow-up and support
- ❑ Your Body Mass Index (BMI), which is a relationship between height and weight, will be measured. If your BMI is 25 or more and you have certain conditions, (hypertension, diabetes, sleep apnea, etc.) your provider may refer you to the ***MOVE!*** Program.
- ❑ You will need to complete a ***MOVE!*** questionnaire. This questionnaire will help us design a 'tailor-made' weight loss plan just for you. The ***MOVE!*** questionnaire can be completed in the PHE library (C-122F) at the VA Ann Arbor or ask for the ***MOVE!*** contact at the Toledo, Jackson or Flint VA CBOC's.
- ❑ A personalized plan, with all the materials you need to get started, can be completed within 45 minutes.

***MOVE!* Individual**

- ❑ You will be provided direction on establishing some beginning weight management goals and the tools to keep track of those goals with regular follow up.

TELEMOVE!

- ❑ Uses the Health Buddy in-home messaging device to learn self-management skills to lose weight. You will be in regular contact with a registered dietitian for ongoing support.

***MOVE!* Group Classes**

- ❑ You can participate in group sessions on nutrition, physical activity and tips for behavior/lifestyle change.
- ❑ The classes consist of 11 sessions. Weekly classes are scheduled every Tuesday morning or Wednesday afternoon. Veterans can join anytime in the series.
- ❑ You can share what you have learned, receive support, education, and benefit from the experience of others.

Can family attend?

Yes, if you'd like, please bring one adult guest, i.e. significant other, spouse, partner or friend are more than welcome and encouraged to attend.