

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

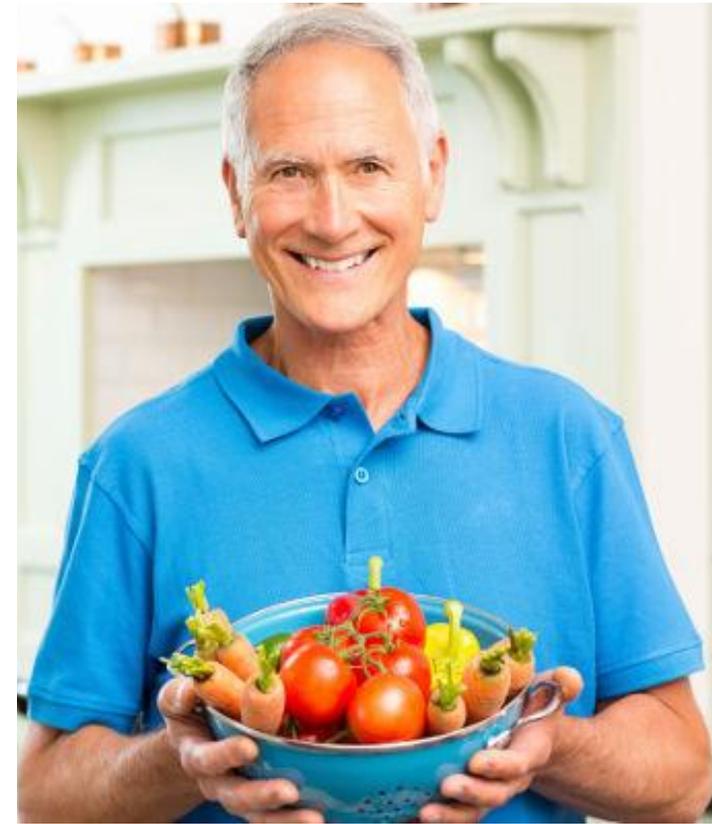
Your Body Mass Index (BMI), which is a relationship **between** height and weight, will be measured. If your BMI is 25 or more your primary care provider or nurse may refer you to the program.

You will need to complete the **MOVE!** 11 Questionnaire. It can be completed at www.move.va.gov. Please print your report or write down the retrieval code given at the end of the questionnaire. We can also provide you with a paper version at your first appointment.

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT CONTACT:

**734-845-5662 OR
1-800-361-8387 EXT. 55662**

MOVE! Program Website
www.move.va.gov



CONTACT

MOVE! Coordinator
VA Ann Arbor Healthcare System
2215 Fuller Road
Ann Arbor, Michigan 48105
(734) 769-7100 ext. 55662
TOLL FREE 1-800-361-8387
www.annarbor.va.gov

What is **MOVE!**?

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

The program is offered at VA Ann Arbor Healthcare System locations including Ann Arbor, Flint, Toledo, and Jackson.

What topics are covered in the program?

A variety of topics will be explored including:

- The basics of weight loss and weight control
- Eating wisely
- Dining out successfully
- Positive lifestyle behavior changes
- Setting “SMART” goals
- Maintaining motivation
- Managing stress
- Overcoming weight plateaus
- Being active to tip the balance
- Getting fit for life

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

Program Options

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.



TELE-MOVE!

- The Tele-**MOVE!** Program uses an in-home messaging device, telephone and/or computer program to guide you in establishing self-management skills to lose weight. You will be in regular contact with a registered dietitian or registered nurse for ongoing support.

MOVE! Coach

- **MOVE!** Coach is a phone app (application) that offers a new way to participate in **MOVE!** It is a portable way to manage your weight. **Apple iOS 6.0 or higher required (iPhone or iPad).**



- This 19 week self-guided program provides everything you need to set, track and achieve your diet, physical activity and weight goals.
- 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 and/or lifestyle change.
- The classes consist of 16 weekly sessions. Weekly classes are scheduled every Tuesday morning or Wednesday afternoon.
- 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.