

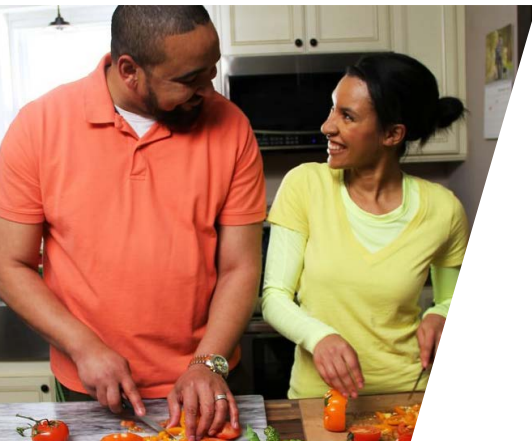


Take Charge of Your Health

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 successful at managing your 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 Success

Identify your reasons for wanting to lose weight.	Set goals that you can reach.
Eat wisely to cut extra calories.	Be physically active to improve your health.
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 life changes to help reach and maintain your desired weight.	Celebrate your success!

“It doesn’t matter if you have 10 pounds to lose or 100; the MOVE! Program is a great resource for improving your life.” – Linda, lost 108 pounds

MOVE! Weight Management Program for Veterans

MOVE! partners with Veterans to support their whole health and what matters most to them. Evidence-based weight management tools and strategies help Veterans make changes related to eating, physical activity, and behavior.

The evidence is in...

Veterans who consistently 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 other chronic conditions like hypertension, 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 30 pounds

Flexible Program Options

You can choose to participate in MOVE! in the way that best fits your lifestyle and helps you meet your health goals.

Group

Most Veterans participate in MOVE! Group, finding it helps to hear from each other about what works. Virtual options may be available.

Individual

Individual visits in-person, by phone, or video can be beneficial for those with busy schedules.

TeleMOVE!

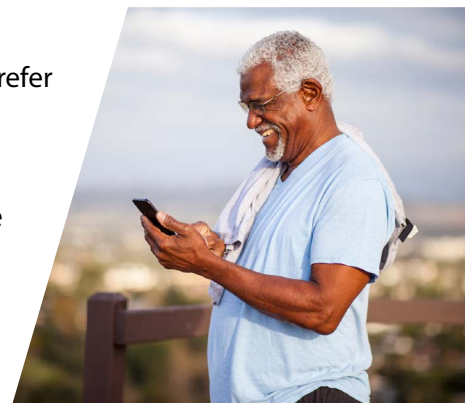
TeleMOVE! home telehealth is a 90-session in-home messaging program for those who prefer to review materials independently with periodic phone calls to evaluate goals.

MOVE! Coach App

The MOVE! Coach app is an option for Veterans who want to set their own pace. It may be used independently or with clinician support. Download from the app store today!

Annie Text Messaging

The Annie text messaging app is another self-care option that provides daily motivational messages and prompts for independently tracking food and activity.



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

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: written log, My HealtheVet online log, apps)

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

Location specific information