Welcome to 2022. Let’s MOVE!

Lori Carlson, MS, RDN, CSOWM, LDN
MOVE! Program Analyst
Learning Objectives

At the conclusion of this training, VA clinicians should be able to:

• Know about the VA’s MOVE! Weight Management Program for Veterans
• Recall key features of MOVE! Coach App
• Be familiar with the My App List tool at the VA App Store
MOVE! Weight Management Programs for Veterans

- Evidence-based, population-focused behavioral weight management
- Assists Veterans in achieving clinically significant weight loss
- Guided by national policy, aligned with VA/DoD Obesity Clinical Practice Guideline
- Interdisciplinary team led by facility MOVE! Coordinators and Provider Champions, VISN MOVE! Coordinators

Since 2005, MOVE! has reached over 975,000 Veterans, helping many achieve clinically significant weight loss.
Success Stories - MOVE! Weight Management Program (va.gov)

YouTube Video - #VADidThat: A Weight Management Program That’s So Much More
MOVE! Promotes Proactive Health and Well-being

Comprehensive Lifestyle Intervention supports the 8 components of self-care

MOVE! Promotes
- Healthy eating
- Being physically active
- Building/maintaining social support
- Skill building
- Mindful awareness & stress reduction
- Building/maintaining a healthy environment
A critical risk factor in the COVID-19 pandemic

Veterans can MOVE! their own way

MOVE! with a Health Care Team

**MOVE! Comprehensive Lifestyle Intervention** offers a variety of flexible options. MOVE! Groups have the greatest evidence of success and are the most common way Veterans participate. One-on-one sessions are also available. This format includes:

- Consultation with a MOVE! clinician.
- Support from a team of health care professionals.
- Customized weight management plan based on the Veteran’s health conditions and personal health goals.
- Structured discussion about weight management tools and strategies.
- In-person, phone, or video participation options.
- Long-term support for weight maintenance.

MOVE! on Your Own

**MOVE! Coach** is a mobile app for Veterans who prefer to manage their weight on their own. It is available on all iOS and Android devices. It includes:

- 16 specialized modules to help Veterans manage weight and get healthier.
- Educational videos, games, and worksheets.
- Tools to help set and meet your personal health goals.
- Progress and summary reports to help keep track of your goals.
- Problem-solving tools to help guide Veterans through common challenges.
Veterans can MOVE! their own way

Independent App User
- Available on the Apple and Google Play App Stores

MOVE! Coach with Care
- Veterans can schedule coaching sessions with a MOVE! clinician at participating facilities
MOVE! Coach

Weight management tool to help Veterans reach healthy living and weight loss goals.

• Includes 16 self-management modules on diet, exercise, and behavior change aligned with the MOVE! Veteran Workbook
• Track weight, exercise, and dietary goals
• Provides stress management tools
Ch 1: Video, activity, and enter reasons for joining MOVE!

Ch 2: Video

Ch 3: Enter weight loss goal, take starting photo

Ch 4: Enter exercise and healthy eating goals

Summary: Link to MOVE! Veteran Workbook, summary of entries
MOVE! Coach App

**Tracker**

- **Weight Tracking**
  - Weight Diary
  - Weight Graph
  - Weight Report
- **Goal Tracking**
  - Weight Loss Goals
  - Physical Activity Goals
  - Dietary Goals
- **My Summaries**
  - Module Summaries

**Support**

- **Support Resources**
  - Social Support
  - Challenge my Friends
  - MOVE! Success Stories
  - Veterans Crisis Line
  - Veteran Combat Call Center
MOVE! Coach App

**Tools**

- **Calculation Tools**
  - Body Mass Index (BMI)
  - Calorie Burn
  - Exercise Intensity
  - Activity to Steps

- **Manage Stress Tools**
  - Take A Time Out
  - Do A Pleasant Activity
  - Plan An Activity
  - Change Your Perspective
  - Distract Yourself
  - Calm Yourself
  - Sleep Tips
  - Inspiring Quotes
  - Do A Relaxation Exercise

**Do A Pleasant Activity**

Here are some ideas on how to "be positive" so you can "be strong." Tap the selected item for details.

- Listen to the radio
- Make a gift for someone
- Make something healthy
- Meditate
- Paint or draw

**Visualize: Beach**
MOVE! Coach App

Resources

VA Resources
- MOVE! Weight Management Program for Veterans
- National Center for Health Promotion and Disease Prevention
- Nutrition and Food Services
- Veterans Health Library

Other Resources
- USDA ChooseMyPlate
- NIH Weight Management
- CDC Healthy Weight, Nutrition, and Physical Activity
My App List

2 ways to access

1. Access it directly at: https://mobile.va.gov/my-app-list
2. Find it on the dropdown menu in the VA App Store:
My App List

How does it work?

- Find apps you like and click **Add to List**
- Apps are added to your 'cart'

Add the Apps You'd Like To Share
Share your app list
What does the sent list look like?

**Printed app list**

**Emailed app list**
MOVE! Coach Resources

MOVE! Website
MOVE! Coach Learn More page to learn more about the app: https://www.move.va.gov/movecoach.asp

VA Mobile Website
Training materials including a user manual, quick start guide, slideshow, and FAQs are available via: https://mobile.va.gov/app/move-coach
## Clinician’s Guide: Virtual Weight Management

**Helping Clinicians Choose Virtual Tools for Veterans**

<table>
<thead>
<tr>
<th>Participant Characteristics</th>
<th>Clinical Video Telehealth</th>
<th>VA Video Connect</th>
<th>Annie (Weight Management Protocol)</th>
<th>MOVE! Coach</th>
<th>Low Acuity Low Intensity (L2) (Weight Management Protocol)</th>
<th>TeleMOVE! Home Telehealth</th>
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**Clinical Video Telehealth (CVT), VA Video Connect (VVC), and My HealtheVet are not virtual weight management intervention protocols, but are modes of communication that may be used singularly or in combination with prescribed virtual care.**

**Additional Resources**

https://dvagov.sharepoint.com/sites/vhanclp/move/Virtual Care Training/NCP-MOVE-OnlineHealthResources.pdf
Questions