



What is MOVE!?

The MOVE! Program is a lifestyle change program designed to help Veterans:

- ✓ Manage & lose weight
- ✓ Connect with Fellow Veterans
- ✓ Increase physical activity
- ✓ Adopt a healthy lifestyle
- ✓ Improve quality of life
- ✓ Improve health

How Does MOVE! Work?

After an initial assessment appointment with MOVE! staff, Veterans decide how they want to participate in MOVE! and what lifestyle goals they want to work on. Veterans can participate in MOVE! by:

- Groups/Classes
- Phone
- Individual Appointments
- Telehealth Individual Appointments and Group Classes
- Secure Messaging – Contact your coach using MyHealtheVet. For information on how to enroll in MyHealtheVet call: 701-239-3700 ext. 9-4420.
- TeleMOVE – Eligible Veterans can get weight loss support with TeleMOVE, a home-based program that provides a free monitor device system that allows you to be self-guided. The device will ask you to answer a few questions each day and it will record your weight. The device captures this information and automatically sends it to a VA nurse who reviews your progress and who is available to help you.



How do I Enroll?

To Enroll in **MOVE!**:

- Please call us at
701-239-3700 ext. 9-3628 or
9-4428 for an initial MOVE!
appointment.

What can weight loss do for me?

- ✓ Losing 5 to 10 percent of your weight can lower your chances for developing heart disease, diabetes or having a stroke.
- ✓ If you weigh 200 pounds, this means losing as little as 10 pounds.
- ✓ Weight loss may improve blood pressure, triglyceride & cholesterol levels; it may also improve heart function & blood flow; and it may decrease inflammation in the body.

Ask us how we can help you 701-239-3700 ext. 9-3628



Information from the National Institutes of Health <http://www.nih.gov>