

What is TeleMOVE®?

The goal of the TeleMove!® program is to assist with weight management in the comfort and convenience of your home.

Who Can Enroll?

Veterans who have:

- A BMI greater than 30
- A VA primary care provider
- A landline phone
- A stable electrical source
- The ability to use technology
- The ability to participate by using the Health Buddy daily

Others who may benefit:

- Veterans already enrolled in the MOVE!® program seeking additional support.
- Veterans who have completed the MOVE!® group sessions but have not reached their goal weight.

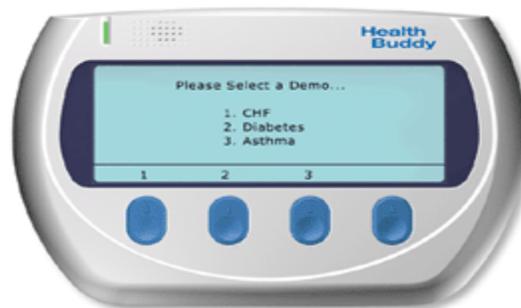
Technology

The TeleMOVE!® Program uses an in-home messaging device called the **Health Buddy**.

The **Health Buddy** is easy to use and only requires a telephone land line connection.

The **Health Buddy** system includes a scale that sends weekly weights to the dietitian.

The **Health Buddy** helps you learn self-management skills that can help you control your weight-related health problems.



The TeleMOVE® Program Provides:

- Daily education and reminders to help you stay on track with your weight loss plan.
- Guidance in making healthy lifestyle changes including physical activity, healthy eating as well as behavioral changes.
- Help identifying individual barriers to weight loss.
- Frequent contact by the **TeleMOVE!® dietitian** who will review your responses each day to identify the need for additional guidance and contact.

