

# **WEIGHT MANAGEMENT PROGRAM**

**Now Accepting Self-Referrals!!!!**  
**Call 858-552-8585 X 4360 for an Orientation Appointment**

National Comprehensive Weight Management Program established for veterans with a body mass index (BMI) of 25 or greater (ask primary care provider for confirmation). Eligible veterans seeking assistance with weight loss and/or improving their health status may benefit from:

## **NEW PATIENT ORIENTATION**

- Required for new or patients who have not participated for 2 years
- La Jolla, Mission Valley, Oceanside, Chula Vista, El Centro & Escondido

## **EDUCATION OPTIONS (after completion of orientation)**

- 8-week MOVE classes (*La Jolla, Mission Valley & Oceanside*) or
- Diabetes MOVE classes (*La Jolla*) or
- Flexible once/month Weight Control Education (*Chula Vista only*) or
- 90-day TeleMOVE At-Home Weight Loss Program (*Telehealth services*)

## **PROGRAM FOCUS-**

- Health and wellness for healthy eating, physical activity and behavior change
- Self-management tools provided
- Setting SMART achievable goals

## **PRIMARY CARE PROVIDER REFERRAL REQUIRED FOR ANY OF FOLLOWING:**

- Requesting onsite **El Centro** orientation via TeleConferencing
- Active or recent history of alcohol or substance use
- Hospitalization within last 30 days
- History of weight loss surgery

## **ADDITIONAL RESOURCES**

- **MOVE! Website for (Success Stories, Handouts, Videos & MOVE 11 Questionnaire)**  
[www.move.va.gov](http://www.move.va.gov)
- **Aim for a Healthy Weight**  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/aim\\_hwt.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf)\*
- **Healthfinder: Watch Your Weight**  
<http://healthfinder.gov/prevention/ViewTopic.asp?topicID=25>\*
- **National Center for Health Promotion & Disease Prevention**  
<http://www.prevention.va.gov>

### *CONTACT INFO*

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The program is a product of the [VA NATIONAL CENTER FOR HEALTH PROMOTION AND DISEASE PREVENTION \(NCP\)](#), a part of [THE OFFICE OF PATIENT CARE SERVICES](#).