



## I Received My Welcome Folder, NOW WHAT?

It is your responsibility to follow up **WEEKLY for the first 9 Weeks** with your Healthy Living Coach.

Q. How do I follow up **weekly** with my coach for the first 9 weeks?

A. You can follow up **weekly** with your coach in one of three ways:

➤ **Option 1.) Mail:**

Fill out & mail in your Follow Up sheets **weekly** (these sheets are provided in your welcome folder along with postage paid envelopes).

-OR -

➤ **Option 2.) Phone:**

Call your Healthy Living Coach **weekly** to report your goals and progress. BE SURE to use the Follow up sheets as a guide to report on your progress in a voicemail or directly to your Healthy Living Coach.

-OR -

➤ **Option 3.) Secure Email on MyHealhevet:**

For Information & Instruction Call 650-849-0393 – OR – 877-327-0022

### **MOVE Healthy Living Coaches**

**Cindy Bourdon: 650-493-5000 x 69326**

**Krista Thorne-Yocam: 831-883-3862**

**Sharon Moynihan: 650-493-5000 x69328**

**MOVE Hotline: 1-800-650-5000 x66777**

**[www.paloalto.va.gov/moveprogram.asp](http://www.paloalto.va.gov/moveprogram.asp)**