



Hello!

Let us introduce you to the MOVE! Weight Management Program. In the MOVE program you will be paired with a healthy living coach who will help you manage your weight and live a healthier life!

**To ENROLL in the MOVE Program,
Please Read the Instructions below:**

Online Version: *(filling out the online version will allow us to process your enrollment faster!)*

- a.) GO to www.move.va.gov
- b.) Click on MOVE! 23 Questionnaire & answer the questions.
- c.) **It is VERY IMPORTANT that you call with the Retrieval Code!**
- d.) **Leave a message on our confidential voicemail with:**
 - ▶ **Your Name**
 - ▶ **Your SS #**
 - ▶ **Your Retrieval Code**

Please Call 650-493-5000 Ext. 69215 with ALL of this information!

Paper & Pencil Version:

- a.) Answer every question
- b.) Choose only one answer per question
- b.) Send back the completed questionnaire in the postage-paid envelope

What to expect:

- ✓ Once we have your retrieval code or the paper questionnaire, we will assign you to a healthy living coach.
- ✓ You will receive a letter in the mail with the name and contact number of your healthy living coach.
- ✓ When you receive that letter, it is your responsibility to contact your healthy living coach (their contact info will be on that letter).
- ✓ Please allow 7-10 days for us to process your enrollment.

We look forward to helping you live a healthier life!

Sincerely,

**The MOVE! Team
650.493.5000 x69215**