

TeleMOVE!
Home Telehealth Weight Management
Program



TELEMOVE!
CARE COORDINATOR

FLORENCE OGUNLESI MA, RDN, LDN

**technologies
that gather and
store clinical
information**



What is TeleMOVE?



- TeleMOVE! is a Home-Based Weight Management Program implemented by the VAMHCS in 2010
- Program staffed by 3 Registered Dietitians/Care Coordinators

Vision & Initial Goals of TeleMOVE!



- Vision of TeleMOVE!:
 - Empower Veterans to self manage their weight from home with the support of an interactive disease management curriculum and a TeleMOVE! Care Coordinator

80% of Veterans are overweight or obese!



- Nearly 80% of Veterans receiving care in VHA have a body mass index (BMI) of 25 or greater, potentially increasing their risk for obesity-associated conditions (e.g., diabetes, heart disease, hypertension, degenerative joint disease, certain types of cancer, sleep apnea) and diminished quality of life.
- Veterans treated in VHA already demonstrate significant weight-related health consequences, with 24% being treated for diabetes.

Who does TeleMOVE! Target?



- Working Veterans and those unable to attend onsite MOVE groups
- Veterans with geographic or transportation challenges
- Eligibility requirement to pursue weight loss pharmacotherapy and/or Bariatric Surgery
- Veterans uncomfortable in group settings

TeleMOVE! Program Requirements



- Cell phone or landline
- 8th grade reading level
- Commit to DAILY weighing and answering educational phone call for 12 weeks
- Consult from healthcare provider
- Stable blood pressure
- HgbA1c < 9.0
- BMI (Body Mass Index) ≥ 25.0 with co-morbidities or BMI ≥ 30

TeleMOVE! Program



- 12 week program cycle.
- Can re-enroll for additional cycles if compliance requirements are met and making progress towards healthy lifestyle goals.
- Six months of participation is encouraged for behavior change.

TeleMOVE Platforms



- IVR- (Interactive Voice Response) Veterans use phone system to listen to daily program messaging and transmit weight.
- Netresponse-Veteran will complete daily health check online via web browser or mobile app.
- Linkview Hub Device-Tablet sent to Veteran, uses Wi-Fi connection or modem to transmit information. It also allows for virtual video visits between the coordinator and Veteran.
- Commander Flex-in home monitoring device that uses cellular connection or toll-free numbers to send data.

Commander Flex Device



Devices (*Medtronic*)

Linkview Hub Device



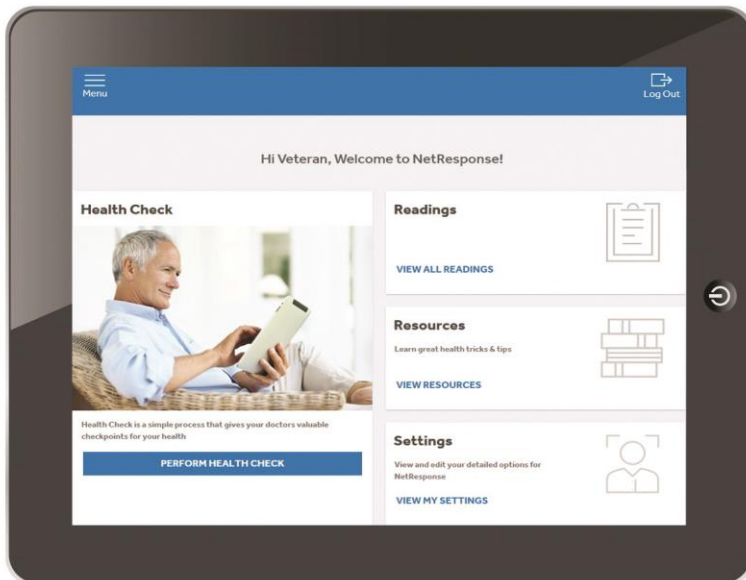
Modem



Devices



Netresponse Tablet



Activity Tracker



Devices (*Cognosante*)



Tablet



Modem



Peripheral Device



TeleMOVE! Consults



2019-**480** TeleMOVE! consults received

2020-**377** TeleMOVE! consults received

- Not all consults were enrolled for various reasons:
 - Did not meet eligibility requirements and/or were forwarded to Telehealth for Chronic Care Management
 - Declined participation or No Show for scheduled appointment
 - Staff unable to reach or contact veteran. No return contact received from veteran.

TeleMOVE! Enrollments



- **220+** veterans were newly enrolled
 - ✦ ~20-80 years of age
- **>500** veterans participated (either enrolled or graduated from program annually)

BMI

Participant BMI classification at enrollment



Category	BMI	Percent
Overweight	25 – 29.9	3 %
Obese 1	30 – 34.9	31 %
Obese 2	35 – 39.9	29 %
Obese 3	40 + (68)	34 %

TeleMOVE! Weight Management Data



TOTAL POUNDS LOST

(this represents ALL participants including non-responders & those who dis-enrolled prior to 12 week cycle completion)

382 participants lost a total of = **3156 pounds**

Average weight loss per veteran = **8 pounds**

<50% of total veterans who enrolled lost 5 or more pounds.

Questions

