

Clinician's Guide: Virtual Weight Management

Helping Clinicians Choose Virtual Tools for Veterans

● iOS ▲ Android ■ Web
 ⓘ Requires login



**My HealthVet
Secure
Messaging**



**VA Video
Connect**



**Annie
(Weight Management
Protocol)**



**MOVE!
Coach**

**Low Acuity Low
Intensity (L2)
(Weight Management
Protocol)**

**TeleMOVE!
Home Telehealth**

	Where to access virtual care tool and training materials	Local Consult: myhealth.va.gov	mobile.va.gov/app/va-video-connect	For Clinicians: mobile.va.gov/app/annie-app-clinicians	mobile.va.gov/app/move-coach	Local Consult: vawww.telehealth.va.gov/	
		■	● ▲ ■	■	● ▲	■	
Participant Characteristics	Thinking about losing weight	✓	✓	✓	✓	✓	
	Ready to participate in weight management program	✓	✓	✓	✓	✓	
	Working on weight maintenance	✓	✓	✓	✓	✓	
	Desires independent learning			✓	✓		
	Co-participating in another weight management intervention	✓	✓	✓	✓	✓	
	Interested in weight management medications	✓	✓		With clinician care	✓	✓
	Interested in metabolic & bariatric surgery	✓	✓		With clinician care	✓	✓
Technology Features	Approximate duration	4 months	4 months	4 months	4 months	4 months	
	Daily Veteran use recommended			✓	✓	✓	
	Weight tracker			✓	✓	✓	
	Activity tracking			✓	Coming 2025	✓	✓
	Personalized feedback	✓	✓	✓		✓	✓
	Veterans can self-assign and use without clinician contact*			✓	✓		

*Clinician contact required to be considered active MOVE! participation.


Video into the clinic or home and My HealthVet are modes of communication that may be used singularly or in combination with prescribed virtual care.

The Track Health section of My HealthVet includes weight tracking and food and activity journals.

Need help accessing these virtual health tools or setting them up?

Office of Connected Care Help Desk:
 866-651-3180
 24/7

My HealthVet Help Desk:
 877-327-0022 | 800-877-8339 (TTY)
 Monday to Friday: 7 a.m. – 7 p.m. CT.

 Requires Login
Veterans: VA.gov using Login.gov or ID.me
VA staff: PIV, PIV exemption, or Vista login credentials

MOVE! Webiste:
www.move.va.gov

