MOVE!
Algorithm

Patient visit

Measure height & weight: calculate BMI

BMI ≥ 25 ?

No → Monitor weight, reinforce weight maintenance

Yes

Does patient meet other *MOVE!* Eligibility Criteria?

No → Stop

Yes

Patient interested in *MOVE!*?

No → Precontemplative counseling and handout, continue to monitor weight

Yes

MOVE!23 Patient Questionnaire

Initial level of care determined by patient's interests and clinical needs

Level 1 *Self-management Support*

Level 1-*Self-management Support* **PLUS** Level 2- *Group Sessions and/or Individual Specialty Consultation*

Reinforce goals, monitor weight

Weight loss?

Yes

No

Weight loss goals met?

No → Revisit goals, assess and address barriers

Yes

Optional if medical criteria are met and always adjunctive to continued participation in Level 1 and Level 2. May not be available at all facilities.

Maintenance counseling, monitor weight

Level 3 *Weight Loss Medications*

Level 4 *Brief Residential Treatment*

Level 5 *Bariatric Surgery*