

**Follow the directions below to complete the weight management assessment and receive a summary to help you identify your specific needs.**

1. Go to [www.move.va.gov/move11.asp](http://www.move.va.gov/move11.asp).
2. Click on the link to begin the MOVE! 11 questionnaire.
3. Answer all the questions and then click the link to end the questionnaire.
4. Type your retrieval code listed at the top of the screen in the field below:  
  
\_\_\_\_\_
5. Select option 1 to read your Individualized Profile report with links to helpful handouts tailored just for you.
6. Call the Miami VA MOVE! Program message line at 305-575-7000, ext. 7162.
7. Speaking slowly and clearly, leave your:
  - Full Name
  - Last 4 of SSN
  - VA Clinic Location
  - Your Retrieval Code
8. A Miami VA MOVE! team member will call you within one week to schedule you into a group orientation class.