

Summer 2026

Columbia VA Health Care System

Home Telehealth

Bringing Care Home to
Our Veterans



CONNECTIONS
IN HOME
TELEHEALTH

HOME TELEHEALTH CONNECTIONS

WELCOME MESSAGE

Dear Veterans, Caregivers, and Team Members,

Welcome to first edition of Home Telehealth Connections! At the Columbia VA Medical Center, our mission continues to focus on improving the lives of Veterans through accessible, compassionate, and technology-driven care.

Home Telehealth allows Veterans to receive support and monitoring from the comfort of their homes while staying connected to their healthcare team. Through education, daily monitoring, and personalized coaching, we are helping Veterans better manage chronic conditions, reduce hospital visits, and improve quality of life.

Thank you for allowing us to serve you.

With gratitude,
The Home Telehealth Team
U.S. Department of Veterans Affairs

WHAT IS HOME TELEHEALTH?

Home Telehealth uses technology to help Veterans manage chronic conditions from home while remaining connected to their VA healthcare providers.

Conditions Often Supported:

- High Blood Pressure/CAD
- Diabetes
- Heart Failure (CHF)
- COPD
- Weight Management
- Mental Health Support
- Chronic kidney disease
- Symptomatic Hypotension

Benefits of Home Telehealth:

- ✓ Improved disease management
- ✓ Increased independence
- ✓ Reduced emergency visits
- ✓ Convenient access to care
- ✓ Enhanced patient education
- ✓ Stronger connection with healthcare teams

PROGRAM HIGHLIGHTS

Did You Know?

Home Telehealth supports proactive care by identifying concerns early and connecting Veterans to assistance before conditions worsen. Program uses current technology that is user friendly and simple to operate in order to transmit vital signs and data. Program duration is usually 3-6 months.

HOME TELEHEALTH CONNECTIONS

❤️ HEALTHY LIVING CORNER

Patient Highlight

Veteran Thomas Busby, Orangeburg VA Clinic patient with Type 2 Diabetes collaborated with interdisciplinary team including Ojo Oladimeji MD, PCP, Laura Phillips PharmD, Jackie West PACT RN, Sarah Zeigler HT RN, and Przemyslaw K Niemczura, Dietitian. An individualized healthcare plan was created for management of medication and symptoms. Veteran followed medication recommendations. Veteran also implemented healthy lifestyle modifications including daily dietary changes and increasing exercise. Veteran lowered A1C from 9.1% to 6.9% in 3 months. Veteran continues to implement healthy lifestyle changes. Congratulations and thank you for your service!



Thomas Busby

👏 TEAM KUDOS

Orangeburg CBOC Team 3

#1 Home Telehealth Enrollment at Columbia VA Healthcare System
Ruth Vogt, NP, Lynn Whisenhunt, PACT RN, and Toni O'Cain, PACT RN

TeleMOVE! Team

A single TeleMOVE! Registered Dietitian Care Coordinator has assisted Veterans lose over 1000 lbs this far in the year through TeleMOVE!

HOME TELEHEALTH CONNECTIONS

About TeleMOVE!

TeleMOVE! is a 90-session Home Telehealth Weight Management and Clinical Lifestyle Intervention Program and we have the LARGEST TeleMOVE! team in the nation! Our team is currently made up of 4 registered dietitians. We offer rolling enrollments and serve hundreds of Veterans at a time. Veterans participate through daily in-home messaging on their smartphone app, computer, or VA-loaned device. Vitals are monitored through VA-provided weight scale and activity tracker. 1:1 counseling with a TeleMOVE registered dietitian is included. The program allows Veterans to stay enrolled for up to 6 months if meeting participation requirements. This gives them the changes to do the 90 sessions twice.

To qualify: Veterans must have primary care via VA, a BMI of 25 or greater, be willing to engage in weight management behavior change, and agree to daily participation and monitoring.

Veterans can self-schedule at ext. 56989 or be referred via TeleMOVE! consult.

TeleMOVE! Updates: GLP-1 Medications & Consults

The Columbia VA P&T Committee now aligns GLP-1 prescribing with the national CFU, no longer restricting GLP-1 prescriptions to those only meeting a particular "tier". To promote requests in alignment with CFU, a drug-specific PADR Consult has been developed for use in requesting semaglutide or tirzepatide for WMM and is linked on the updated Weight Management Medication order menu (Medication Quick Orders -> Weight Management Medications). For more, see [Columbia VA HCS GLP-1 For Weight Management medication Initial Treatment Decision Tree](#).

Clinical Lifestyle Interventions are essential for optimizing health outcomes with weight management medications. Included in the CFU, there still is a CLI requirement, though it has **changed to require just one CLI encounter in the past 12 months (e.g., MOVE, TeleMOVE, RD follow up)**.

To help Veterans meet this requirement, TeleMOVE has **deactivated the TeleMOVE alert in the LPN Note** (effective July 1, 2026), to reduce unnecessary consults and therefore have more availability for those needing to meet CLI criteria for GLP-1 therapy. Primary Care staff should continue to offer TeleMOVE (to non-GLP-1 seekers as well) and **enter consults manually** via the consult box **&/or distribute a [TeleMOVE!/MOVE! Flyer](#)** for Veteran to review all weight management support options and self-schedule.

NUTRITION SPOTLIGHT: Mediterranean Diet

Mediterranean Plate

One half: Colorful non-starchy vegetables such as asparagus, broccoli, peppers, onions, beets, carrots, and dark green leafy vegetables to provide vitamins, minerals, and fiber

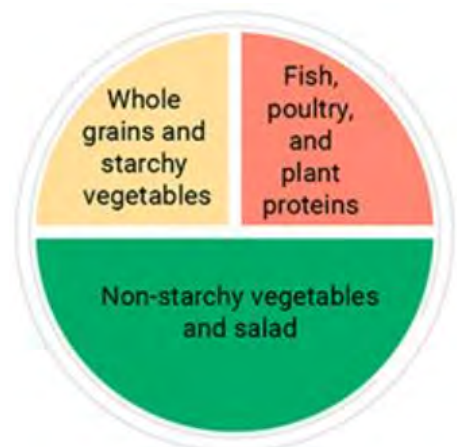
One quarter: About 1 cup of whole grains or starchy vegetables such as corn, potatoes, dried beans, and peas or even choose fruit here.

One quarter: 2-4 ounces of fish, seafood, poultry, or a plant protein

Add in health fats from olive oil, nuts, or avocado to increase balance and maximize nutrition.

For more information:

https://www.veteranshealthlibrary.va.gov/Search/142,71761_VA



MEET THE HOME TELEHEALTH/ TELEMOVE TEAM



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Remote Patient Monitoring – Home Telehealth

Continues on following page

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