

# Stand up to joint pain. Live life.



- ✓ Proven to reduce knee and hip pain<sup>1,2</sup>
- ✓ Proven to improve mobility<sup>1</sup>
- ✓ Improve preparation for surgery and recovery (where surgery is planned)<sup>3</sup>

**100%  
FUNDED**

No additional cost to eligible members of participating private health funds\*

## How do I join?

**Option 1:** Go to [www.healthyweightforlife.com.au/osteoarthritis-hwfl](http://www.healthyweightforlife.com.au/osteoarthritis-hwfl) then click on the **Register Interest** button.

**Option 2:** Call the Healthy Weight For Life Team on **1800 226 180** (free call) and we will send you what you need.

### It's this easy...

**Self registration:** Take the Medical Approval Form (provided when you register) along to your doctor to discuss the suitability of the program for you.

### OR

**Direct medical referral and self registration:** Simply return your completed Medical Approval Form (instructions are on the form) so our team can continue processing your application.

The team is available to answer any questions you or your doctor may have about the program.

## \*Am I eligible?

- Diagnosed, symptomatic knee or hip osteoarthritis
- Body Mass Index (BMI) of 28kg/m<sup>2</sup> or higher
- An Australian Hospital product held for 12 months or longer that includes joint replacement cover
- Not previously participated in the program
- Approval from your GP or surgeon (form provided when you register your interest)

### Eligible Funds

AAMI | ACA Health Benefits Fund | AIA Health | Apia | Bupa | CBHS  
Defence Health | Doctors' Health Fund | Emergency Services Health  
Frank | GMHBA | HBF | HCF | Health Care Insurance | Health Partners  
HIF | Navy Health | nib | Nurses and Midwives Health | Onemedifund  
Peoplecare Health | Phoenix Health Fund | Police Health | Qantas  
Queensland Country Health Fund | RBHS | Suncorp | Teachers Health  
TUH | UniHealth | Westfund

Participating private health funds may change from time to time. Health fund specific clinical, hospital policy, waiting periods and minimum age criteria may apply.

A practical implementation of  
osteoarthritis treatment guidelines<sup>2</sup>,  
all in the comfort of your own home.

## We support you all the way

We know how important it is to have ready access to a team of experts so your Care Support Team will be here for you every step of the way.

The Care Support team includes staff from a range of healthcare disciplines (including nursing, dietetics, pharmacy, and occupational therapy) all working together to help customise, review and guide you through your treatment plan.



### FOR MORE INFORMATION

Scan this QR code or visit  
[healthyweightforlife.com.au/osteoarthritis-hwfl/](http://healthyweightforlife.com.au/osteoarthritis-hwfl/)

**References:** 1. Atukorala I, Makovey J, Lawler L, Messier SP, Bennell K, Hunter DJ. Is there a dose-response relationship between weight loss and symptom improvement in persons with knee osteoarthritis? Arthritis Care Res 2016;68(8):1106-14. 2. Data on file. 3. The Royal Australian College of General Practitioners. Guideline for the management of knee and hip osteoarthritis. 2nd edn. East Melbourne, Vic: RACGP, 2018.

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# PROGRAM OVERVIEW

Everything you need is packed to order and delivered directly to you

Breakfast

Lunch

Dinner

Activity

Strengthening

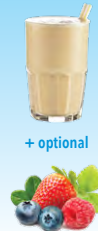
## PHASE 1: Motivate

Week 1-6

Primary goals:

- Improve knee and hip muscle tone and build confidence in movement.
- Gently increase daily physical activity.
- Weight loss of around 5-6% to reduce load on joints.

KicStart™ VLCD shake plus some (optional) 'free foods' such as a bowl of strawberries, blueberries and raspberries.



KicStart™ VLCD shake or soup plus optional 'free foods' such as leafy salad.



Prepare a portion planned dinner such as grilled steak with rosemary potato wedges and vegetable salad.



Aim for 3 x 10 minutes of gentle physical activity daily such as walking.



Level 1 strength, balance and mobility exercises (e.g. heel slide.)

Aim for 3 x per week.



## PHASE 2: Consolidate

Week 7-12

Primary goals:

- Continue building muscle strength to enhance mobility.
- Progressively increase physical activity and joint movement.
- Weight loss of around 7-10% of your starting weight.

KicStart™ VLCD shake plus some (optional) 'free foods' such as grilled tomato and mushrooms.



Prepare a portion planned lunch and snacks such as a turkey salad sandwich with fruit and yoghurt.



Prepare a portion planned dinner such as fresh tomato pasta with balsamic chicken.



30 minutes (or more) of physical activity daily such as walking or water exercise.



Level 2 strength, balance and mobility exercises (e.g. knee extension in sitting).

Aim for 3 x per week.



## PHASE 3: Maintain

Week 13-18 and beyond

Primary goals:

- Build muscle strengthening into daily routine.
- Sustain around 30 minutes of physical activity each day.
- Maintain a stable weight and a positive attitude for the long term.

Prepare a portion planned breakfast such as poached eggs on sourdough toast.



Prepare a portion planned lunch and snacks such as Thai beef noodle salad with fruit and milk coffee.



Prepare a portion planned dinner such as Atlantic salmon with potato and warm bean salad.



30 minutes (or more) of physical activity daily or use an activity tracker to target 7,500 steps per day.



Level 3 strength, balance and mobility exercises (e.g. side kick with exercise tube).

Aim for 3 x per week.



## How does the program work?

- **Weight loss** – to reduce joint load and pain
- **Muscle strengthening** – to help stabilise joints, improve mobility and reduce pain
- **Gentle physical activity** such as walking to improve mobility and reduce pain

## What does it include?

(No cost to eligible members\*)

- **Healthy Weight For Life** portion planning and lifestyle modification system (includes phased use of KicStart™ VLCD meal replacements)
- **Physiotherapist** developed in home **Strength, Mobility and Pain management** kit
- **Digital Member hub** – a secure personal web portal to track progress, access great resources and message your healthcare support team
- **Monitoring and support** – a specialised healthcare team on hand to provide support and guidance via phone, SMS, email and private online message board