



**Osteoarthritis  
Management**  
**HWFL**  
HEALTHY WEIGHT FOR LIFE

Stand up to  
joint pain  
and get your  
life back.



## Stand up to joint pain today!

Join the Osteoarthritis Healthy Weight For Life™ program.

This specialised knee and hip osteoarthritis management program has been designed to help you stand up to joint pain and get back to living life. All in the comfort of your own home.

It's available at **no cost** to eligible members of participating health funds and includes over \$745 worth of products, service and support.

The program aims to improve your day-to-day living and associated quality of life by reducing joint pain and stiffness and improving the function of your affected joints. It can also improve your fitness for joint surgery (if relevant).

## Say goodbye to **pain and discomfort** and enjoy life again.

Osteoarthritis doesn't have to dominate your life. You can take action against the underlying causes of joint pain and reduced mobility.

With the help of the Osteoarthritis Healthy Weight For Life™ program you can break the cycle of pain and discomfort and get back to the things you enjoy.

Researched and developed for over ten years the program has helped well over 4,000 people. Many report truly life changing improvements in their symptoms and function, to the point where they have been able to avoid or significantly delay undergoing joint surgery. Others have improved their fitness prior to undergoing planned surgery.

## Ros changed her life by standing up to joint pain.

// I can now bend to tie up my shoe laces, put on socks/stockings, walk longer distances, and experience much less pain.

I am now confident that I won't have to go through another knee replacement for a long time - if ever - and have a spring in my step once again.

I will be 70 in November. I am now coping better than my 60 year old friend.

My sense of humour has returned with a vengeance too! //

**Ros WA, Australia.**



[www.HealthyWeightForLife.com.au](http://www.HealthyWeightForLife.com.au)

Click on the Osteoarthritis (OA) Program link 

**100%  
FUNDED**

No additional cost to eligible members of participating private health funds\* (Valued at over \$745)

**Ph: 1800 226 180 (FREE CALL)**



Stand up to joint pain and get your life back.



## How do I reduce joint pain?

**Weight:** For each additional kilogram of body weight a person carries there is an extra 4 kilograms of force exerted through the knee joint with every step taken during the day.<sup>1</sup>

A 5+% weight reduction for people carrying extra weight can have a dramatic impact on joint pain and ability to perform normal daily activities.<sup>2,3</sup>

**Strength:** Thigh, hamstring, calf and buttock muscles all play a critical role in doing everyday activities such as walking up and down stairs, or getting in and out of a chair.

When your muscles are strong and working effectively they help stabilise the joints and

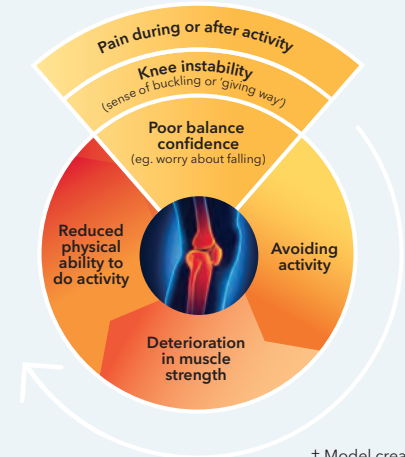
improve your balance, confidence and ability to be physically active.

**Activity:** Many people with osteoarthritis tend to avoid using their painful joints for fear of making their pain worse.

Being inactive can create a cycle of pain and deterioration.<sup>4</sup>

Gentle activity and range of motion exercises (with prior approval from a GP) can improve muscle strength, joint mobility and physical fitness which then improves physical functioning, reduces pain and helps break the cycle of deterioration.<sup>2</sup>

### BREAK THE CYCLE OF PAIN & DISCOMFORT†



† Model created based on ref 4 and 5

### The program does this by carefully combining:

**weight loss** - to reduce the load placed on joints

**muscle strengthening** - to help stabilise joints and improve mobility

**land based and range of motion exercises** - to reduce joint stiffness and improve physical function

**pain management strategies** - to help understand medication and complementary pain management strategies

**education** - to help build understanding and practical skills

**monitoring and engagement** - to help boost your motivation and confidence.

### WE SUPPORT YOU ALL THE WAY

Your Healthy Weight For Life™ team are on hand to help you to stand up to joint pain and achieve your goals

We want to ensure you feel confident as you progress through the 18 weeks of the program and beyond.

We use many methods of communication so we can easily stay in touch with each other- phone, email, SMS, online message board and mail.

We are available to help with any questions, to work through any difficulties, as well as to celebrate your successes along the way.



The program is easy to manage and we're with you every step of the way.

This step by step program consists of 3 phases, run over 18 weeks. Each 6 week phase includes:

- Portion control eating plan (including KicStart™ VLCD meal replacements)
- Activity plan and physiotherapist-developed strength, balance and mobility exercises
- Personalised online symptom, progress and satisfaction tracking (phone and mail alternatives also available)
- 2 way personal motivation, support and advice via phone, SMS, email, message board and mail.

Here are the tools to help you stand up to joint pain.

All inclusive in your 18 week Healthy Weight For Life™ program at no cost to you.

Strength, Mobility & Pain Management Kit

















Portion Planning eating system



KicStart™ VLCD shakes and soups



	Primary goals	Educational focus	Kit contents	Breakfast	Lunch	Dinner	Activity	Strengthening
<b>Phase 1</b> <b>Motivate</b> Week 1-6	<p>Start to break the cycle of pain and discomfort by improving knee and hip muscle tone and building confidence in your movement.</p> <p>Gently increase daily physical activity.</p> <p>Achieve weight loss of around 5-6% to reduce load on joints.</p> <p>Prepare portion planned dinners.</p> <p>Use 'free foods.'</p>	<p>Goal setting.</p> <p>Fundamentals of weight gain and weight loss.</p> <p>Benefits of regular physical activity.</p> <p>Understanding and practicing complementary pain management strategies.</p>	<p><b>Delivery 1</b>            Strength, Mobility and Pain Management Kit.</p> <p>Portion Planning eating system and tools.</p> <p>84 sachets of KicStart™ VLCD shakes or soup (your choice of flavours).</p> <p>HWFL Shaker.</p>	<p>KicStart™ VLCD shake plus some (optional) 'free foods' such as a bowl of diced strawberries, blueberries and raspberries.</p> 	<p>KicStart™ VLCD shake or soup plus optional 'free foods' such as leafy salad.</p> 	<p>Prepare a portion planned dinner such as grilled steak with rosemary potato wedges and vegetable salad.</p> 	<p>Aim for 3 x 10 minutes of gentle physical activity daily such as walking or water based exercise.</p> 	<p>Level 1 strength, balance and mobility exercises. Aim for 3 x per week e.g. balanced sway, heel slide.</p> 
<b>Phase 2</b> <b>Consolidate</b> Week 7-12	<p>Continue building knee and hip muscle strength to enhance mobility.</p> <p>Progressively increase physical activity and joint movement.</p> <p>Achieve and maintain a weight loss of around 7% of your starting weight (with a secondary goal of 10% loss if possible).</p>	<p>Mindful eating and drinking.</p> <p>Healthy habits.</p> <p>Importance of stress management and a support network.</p>	<p><b>Delivery 2</b>            42 sachets of KicStart™ VLCD shakes or soup (your choice of flavours).</p>	<p>KicStart™ VLCD shake plus some (optional) 'free foods' such as grilled tomato and mushrooms.</p> 	<p>Prepare a portion planned lunch and snacks such as a turkey salad sandwich with fruit and yoghurt.</p> 	<p>Prepare a portion planned dinner such as fresh tomato pasta with balsamic chicken.</p> 	<p>30 minutes (or more) of physical activity daily.</p> 	<p>Level 2 strength, balance and mobility exercises. Aim for 3 x per week e.g. knee extension in sitting.</p> 
<b>Phase 3</b> <b>Maintain</b> Week 13-18 and beyond	<p>Further enhance knee and hip muscle strength and get back to the things you enjoy.</p> <p>Sustain around 30 minutes of physical activity each day.</p> <p>Maintain a stable weight and a positive attitude for the long term.</p>	<p>Importance of having breakfast.</p> <p>Mastering motivation.</p> <p>Secrets of successful weight maintenance.</p>	<p><b>Delivery 3</b>            21 sachets of KicStart™ VLCD shakes or soup (your choice of flavours).</p>	<p>Prepare a portion planned breakfast such as poached eggs on sourdough toast.</p> 	<p>Prepare a portion planned lunch and snacks such as Thai beef noodle salad with fruit and milk coffee.</p> 	<p>Prepare a portion planned dinner such as Atlantic salmon with potato and warm bean salad.</p> 	<p>30 minutes (or more) of physical activity daily or use an activity tracker to target 10,000 steps per day.</p> 	<p>Level 3 strength, balance and mobility exercises. Aim for 3 x per week e.g. side kick with exercise tube.</p> 



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## So, how do I stand up to joint pain?

### \*Am I eligible?

The general clinical eligibility criteria for a fully funded program are:

- ✓ Current or historical diagnosis of knee or hip osteoarthritis
- AND**
- ✓ Body mass index (BMI)  $\geq$  28
- AND**
- ✓ According to medical opinion, AT LEAST ONE of the following:
    - ▶ Knee or hip symptoms that have (or are likely to in the foreseeable future) necessitated referral to an orthopaedic surgeon for investigation or evaluation for a joint replacement procedure
- OR**
- ▶ An existing knee or hip joint replacement that has developed symptoms that could benefit from weight loss, improved fitness and muscle strength
- OR**
- ▶ A knee or hip joint replacement procedure is planned and weight loss, improved fitness and muscle strength prior to surgery is desirable.

**Program eligibility criteria and participating health funds may change from time to time. Hospital policy, waiting periods and minimum age criteria may also apply, please contact the Healthy Weight ofr Life Team for further details.**

†Additional eligibility criteria apply for TUH members. All applications need to be processed and approved by TUH Health Care Services.

To find out more - call TUH on 1300 360 701 or care@tuh.com.au.

††Additional eligibility criteria apply for Teachers Health Fund and UniHealth Insurance members. All applications need to be processed and approved by Teachers Healthcare Services.

To find out more - call Teachers Healthcare Services on 1300 728 578.

## How do I join?

The first step is to register your interest in taking part in the program via one of these options.

### Option 1



Go to [www.HealthyWeightForLife.com.au](http://www.HealthyWeightForLife.com.au) and click on the Osteoarthritis Program link. Then click on the Enrol to Participate button.

### Option 2



Call the Healthy Weight For Life Team on 1800 226 180 (free call) and we will send you a complete reply paid registration pack.

### Option 3



Email the Healthy Weight For Life Team on [oa@hwfl.com.au](mailto:oa@hwfl.com.au) and we will email you the registration forms.

### It's this easy...

The next step will involve taking the GP Approval Form (provided when you register your interest) along to your doctor to discuss the suitability of the program for you. The team is available to answer any questions you or your doctor may have about the program. Then simply return your completed forms via any of the methods listed so our team can continue processing your application.

#### Participating private health funds

Medibank	Frank	Peoplecare Health
Bupa	GMHBA	Phoenix Health Fund
HCF	Health Care Insurance	Police Health
nib	Health Partners	Queensland Country Health Fund
ACA Health Benefits Fund	health.com.au	RT Health Fund
Apia	HIF	Teachers Health <sup>††</sup>
Doctors' Health Fund	Navy Health	Transport Health
Emergency Services Health	Onemedifund	TUH <sup>†</sup>
		UniHealth <sup>††</sup>

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

[www.HealthyWeightForLife.com.au](http://www.HealthyWeightForLife.com.au) 1800 226 180

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# Osteoarthritis Management

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## Safety Information

This program has been designed to assist you manage a range of modifiable osteoarthritis risk factors.

It does not replace the advice given by your own healthcare team. Please consult your GP before commencing the program and attend regular check-ups to keep them updated with your progress.

## Pre-existing Health Conditions and Medications

Close medical monitoring is necessary for patients taking regular medication such as warfarin, insulin, oral diabetes and blood pressure medication.

Those with pre-existing health conditions including gout, gall stones, impaired kidney or liver function should discuss the appropriateness of the program with their GP before commencing.

## Exercise Precautions

It is important that you only do exercises within your physical capabilities. Please check with your GP before you start any new exercises or increase your level of physical activity.

## KicStart™ VLCD and Dietary Precautions

**Lactose:** shakes and soup contain naturally occurring lactose.

**Gluten:** soups contain gluten. Shakes are gluten free (no gluten detected to a sensitivity of 5ppm).

Complete nutritional information sheets are available on the website or from the Healthy Weight For Life™ team.

The program is run by the Prima Health Solutions Pty Ltd Team on behalf of participating health funds.

### Disclaimer

The information contained in this brochure is provided by Prima Health Solutions Pty Ltd (Prima) in good faith. Prima makes no warranties or representations about the accuracy or completeness of the information presented. The information does not supersede or replace advice from a healthcare professional. Prima recommends that you seek advice from a suitably qualified healthcare professional before acting on any information contained in this brochure.

### Privacy

The full Prima Health Privacy Policy can be found on the program website or by contacting the Healthy Weight For Life™ team.

### References

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2. Guideline for the Non-surgical Management of Hip and Knee Osteoarthritis (2009). Approved by NHMRC 23 February 2009. Published by The Royal Australian College of General Practitioners
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