

FREQUENTLY ASKED QUESTIONS

AM I ELIGIBLE FOR THIS PROGRAM?

You will be eligible for the Osteoarthritis program if you:

- Have X-ray diagnosed osteoarthritis of the knee or hip
- Have a body mass index (BMI) \geq 28
- In the clinical opinion of your GP have at least one of the following:
 - a. Knee or hip osteoarthritis symptoms that have (or are likely to in the foreseeable future) necessitated referral to an orthopaedic surgeon for further investigation or evaluation for an initial or second joint replacement procedure
 - b. An existing knee or hip joint replacement that has developed symptoms such as pain, swelling, instability or warmth and could benefit from weight loss, improved fitness and muscle strength
 - c. A knee or hip joint replacement procedure is planned and weight loss, improved fitness and muscle strength prior to surgery is desirable.
- Have an active eligible HCF hospital product held for at least 12 months that does not restrict joint replacement
- Obtain approval from your medical practitioner (GP, rheumatologist or orthopaedic surgeon) to participate and maintain medical supervision for existing medical conditions
- Are willing to provide your progress data over the course of the program (including weight, waist circumference, physical functioning, quality of life, pain scores, blood pressure and cholesterol)
- Have not previously participated in any Healthy Weight for Life program offered by HCF.

WHAT IS THE COST?

It's part of your HCF membership and is provided as a fully covered service to eligible members. Participating members receive products and services worth over \$745 at no charge.

HOW DO I JOIN?

For more information, or to join:

 **CALL THE HEALTHY WEIGHT FOR LIFE TEAM
1800 226 180**

 **EMAIL US
oa@hwfl.com.au**

 **GO TO
hcf.com.au/hwfl**

YOUR PRIVACY

The program is run by Prima Health Solutions Pty Ltd (PRIMA) for and on behalf of HCF.

When you register your interest via hcf.com.au/hwfl or by calling us on **1800 226 180**, you will be requested to apply via the PRIMA website to enrol in the program which will collect some personal information (including health and other sensitive information) about you.

The personal information (including health and other sensitive information) that you provide to PRIMA is used and disclosed only for the purpose of delivering and evaluating the program. If you do not provide this information, PRIMA may not be able to provide you with the services which form the program.

As part of the enrolment process HCF will disclose to PRIMA your member number and customer number in order to confirm the validity of your membership with us. PRIMA will not disclose your personal information to HCF other than your name, address, date of participation in the program, member number and customer number in order to allow HCF to evaluate the service.

With your permission PRIMA may disclose your personal information (including health and other sensitive information) to your regular doctor or other health care provider.

For more information about how PRIMA or HCF handle your personal information, including how to access and correct your personal information or make a complaint and how PRIMA or HCF will deal with such a complaint, see their respective privacy policies hcf.com.au/privacy and oa.hwfl.com.au/privacy_policy

**The Hospitals Contribution Fund of Australia Limited.
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OSTEOARTHRITIS HEALTHY WEIGHT FOR LIFE PROGRAM



GET ON TOP OF YOUR JOINT PAIN

Ongoing knee or hip pain doesn't have to be an inevitable part of getting older. You can take action and get back to doing more of the things you enjoy.

THE OSTEOARTHRITIS HEALTHY WEIGHT FOR LIFE PROGRAM

This specialised osteoarthritis management program is only available to HCF members, as an added benefit of membership. The program is run by PRIMA Health Solutions, on behalf of HCF.

The program's aim is to improve your day-to-day living and associated quality of life by reducing joint pain, stiffness and swelling.

HOW WILL THE PROGRAM HELP ME?

The program carefully integrates the following strategies to reduce the load and stress on your joints, improve your joint movement and relieve pain:









- **Weight loss and improved nutrition** – reduces the physical load placed on joints and improves metabolism
- **Muscle strengthening** – helps stabilise joints and improves function
- **Range of motion exercises** – reduces joint stiffness and improves physical function
- **Pain management strategies** – understanding medication and complementary pain management strategies
- **Education** – helps build understanding of the issues and strategies
- **Monitoring and engagement strategies** – helps instil accountability and boosts motivation.

PROGRAM OVERVIEW

The program consists of three phases, run over 18 weeks.

Each six week phase of the Osteoarthritis program has its own:

- Portion control eating plan (including KicStart VLCD meal replacements)
- Activity plan and physiotherapist-developed exercise program
- Education and coaching plan
- Personalised online self-monitoring and tracking system (phone/mail alternative available if you don't have internet access)
- Personalised telephone motivation, support and advice.

OVERVIEW	KIT CONTENTS	BREAKFAST	LUNCH	DINNER
<p>PHASE 1 Weeks 1-6</p> <p>Motivate Reducing joint load and stress</p> <p>Primary goals are to improve knee and hip muscle tone, achieve a weight loss of 5-6%, get sore joints moving, reduce pressure and pain in the joints, and to improve understanding.</p>	<ul style="list-style-type: none"> • Phase 1 overview letter • Week by week guide • 84 sachets of KicStart™ VLCD shakes/soups - your choice of flavours to replace two meals per day • Shaker for mixing KicStart™ sachets • Portion control disc, tape measure, drink bottle, insulated snack bag • Mobility exercise kit. 	<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 some (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>PHASE 2 Weeks 7-12</p> <p>Consolidate Improving joint function and pain reduction</p> <p>Primary goals are to build knee and hip muscle strength, achieve and maintain a weight loss of 7% from your starting weight, feel more energetic, increase physical activity and joint movement, and a reduction in joint pain.</p>	<ul style="list-style-type: none"> • Phase 2 overview letter • 42 sachets of KicStart™ VLCD shakes/soups - your choice of flavours to replace one meal each day. 	<p>KicStart™ VLCD shake plus some (optional) 'free foods' such as a grilled tomato and mushrooms.</p> 	<p>Prepare 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>PHASE 3 Weeks 13 onwards</p> <p>Maintain Weight maintenance</p> <p>Primary goals are further improvements in knee and hip muscle strength, sustaining a stable weight, 30 minutes of physical activity a day, greatly reduced joint pain and a positive attitude for the long term.</p>	<ul style="list-style-type: none"> • Phase 3 overview letter • 21 sachets of KicStart™ VLCD shakes/soups - your choice of flavors to have when you don't have time to prepare a meal or when you feel the need to stay on track. 	<p>Portion controlled breakfast such as poached eggs on sourdough toast.</p> 	<p>Prepare 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> 