

FREQUENTLY ASKED QUESTIONS

AM I ELIGIBLE TO TAKE PART?

You'll be eligible for the program if you:

- have diagnosed osteoarthritis of the knee or hip
- have a body mass index (BMI) \geq 28
- have, in your GP's clinical opinion, at least 1 of the following:
 - knee or hip osteoarthritis symptoms that have (or are likely to in the foreseeable future) prompted a referral to an orthopaedic surgeon for further investigation or evaluation for an initial or second joint replacement procedure
 - an existing knee or hip joint replacement that has developed pain, swelling, instability or warmth and could benefit from weight loss, improved fitness and muscle strength
 - you have a knee or hip joint replacement planned and weight loss, improved fitness and muscle strength before your surgery would be beneficial.
- have held an eligible hospital cover for at least 2 months that includes joint replacement
- have approval from your medical practitioner to participate and plan to update them on your progress
- are willing to provide your progress data throughout the program (including weight, waist circumference, physical functioning, quality of life, pain scores, blood pressure and cholesterol)
- have no allergies or intolerances to KicStart™ meal replacements
- are not pregnant or breastfeeding, or intending to become pregnant during the 18-week program
- haven't participated in any Healthy Weight for Life program with us before.

WHAT DOES THE PROGRAM COST?

- Your invitation comes with no strings attached and no charge.
- We fund the program for eligible members because, as Australia's largest not-for-profit health fund, we put people before profit.
- The program includes providing eligible members with products and services worth over \$900.

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) and their Healthy Weight For Life team for and on our behalf.

When you register your interest via hcf.com.au/hwfl or by calling the Healthy Weight For Life team on **1800 226 180**, you'll be asked to enrol in the program via the program website (or have the forms mailed to you) where some of your personal information (including health and other sensitive information) will be collected.

The personal information (including health and other sensitive information) you give is used and disclosed only for the purpose of HCF and the Healthy Weight for Life team confirming your eligibility and delivering and evaluating the program. If you don't give this information, PRIMA may not be able to provide you with the services which form the program.

As part of this process we will disclose to PRIMA your member number and customer number to confirm your membership with us. PRIMA won't share your personal information with us, other than the information needed to allow HCF to evaluate the service. This information includes your name, address, date of participation in the program, member number and customer number.

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 your personal information is handled, including how to access and correct your personal information and the complaints process, see the respective privacy policies at hcf.com.au/privacy and oa.hwfl.com.au

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

Help to live your healthiest life,
that's Uncommon Care.



GET ON TOP OF JOINT PAIN

Painful hips and knees don't have to be part of getting older. Get on top of joint pain so you can do more of the things you enjoy.

THE OSTEOARTHRITIS HEALTHY WEIGHT FOR LIFE™ PROGRAM

We're always looking for new ways to help you be your healthiest self. That's Uncommon Care.

Brought to you by our partner, Prima Health Solutions, and their Healthy Weight for Life team, in collaboration with leading medical and physiotherapy experts. It's designed to reduce joint pain, stiffness and swelling and help you achieve a healthier weight, boost your vitality and improve your overall health and quality of life.

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** to reduce the load on your joints and improve your metabolism
- **Muscle strengthening** to help stabilise your joints and improve function
- **Range of motion exercises** to reduce stiffness and improve function
- **Pain management strategies** so you understand your choices when it comes to managing pain
- **Education** so you can know more about joint pain and ways to tackle it
- **Monitoring and engagement strategies** to help you stay accountable and motivated.

This program doesn't replace advice from your own healthcare team. You'll need to consult your GP before starting on the program and you may need to attend regular check-ups so they can stay updated on your progress.

WHAT THE PROGRAM LOOKS LIKE

The program runs for 18 weeks. It has 3 phases of 6 weeks each. Each phase features:

- portion-controlled eating plan, including KicStart™ VLCD (very low calorie diet) meal replacements
- activity plan and physiotherapist-backed exercise program
- education and coaching
- progress tracking
- two-way 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 your understanding of joint pain and its causes.</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>+ OPTIONAL</p>	<p>KicStart™ VLCD shake or soup plus some (optional) 'free foods' such as leafy salad.</p>  <p>OR</p> <p>+ OPTIONAL</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>+ OPTIONAL</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 flavours 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> 