



Osteoarthritis Management

HWFL
HEALTHY WEIGHT FOR LIFE

Stand up to joint pain and get your life back.



Take action. Stand up to pain & discomfort. Enjoy life again.

Ongoing knee or hip pain doesn't have to be an inevitable part of getting older.

Researched and developed for over ten years, the **Osteoarthritis Healthy Weight for Life** program has helped over 10,000 people with osteoarthritis from all around Australia, with extensive outcome data and reviews published in international medical journals^{1, 2}.

Many report truly life changing improvements in their joint pain, stiffness and mobility, to the point where they have been able to avoid or delay undergoing joint surgery. Others have improved their fitness in preparation for planned surgery.

Participating private health funds

AAMI	Navy Health
ACA	nib
AIA Health	Nurses & Midwestst
Apia	Onemedifund
Bupa	Peoplecare
Defence Health	Phoenix Health Fund
Doctors' Health	Police Health Fund
Emergency Services	Queensland Country Health
Frank	RBHS
GMHBA	RT Health
HBF	Suncorp
HCF	Teachers Health†
Health Care Insurance	Transport Health
Health Partners	TUH
health.com.au	Westfund
HIF	

How will the program help me?

The specialised knee and hip Osteoarthritis Healthy Weight for Life program carefully integrates the following strategies to help you take action against some of the underlying causes of joint pain and reduced mobility. All in the comfort of your own home.

- **Weight loss and better nutrition** - 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 strategies** - to help boost your motivation and confidence.

This program does not replace the advice given by your own healthcare team. You will need to consult with your GP or supervising clinician before commencing the program and attend regular check-ups to keep them updated with your progress.

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

We support you all the way

We know how important it is to have ready access to a team of experts to help support you through the program and give you the confidence and accountability to achieve your goals.

So your Healthy Weight For Life healthcare and support team will be here for you every step of the way.

We will only be a phone call, email, SMS or personal message board away from you - easily contactable to help answer questions, to work through any difficulties, as well as to celebrate your successes along the way.



* 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) ≥ 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 may change from time. Hospital policy, waiting periods and minimum age criteria may also apply. Additional eligibility criteria apply for selected health funds.

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

†Additional eligibility criteria apply. Contact Healthy Weight for Life for further details.

100% FUNDED

No additional cost to eligible members*

Ph: 1800 226 180 (FREE CALL)

www.HealthyWeightForLife.com.au
Click on the Osteoarthritis (OA) Program link
















Program overview

The fully funded, step by step program consists of 3 phases, run over 18 weeks. Each 6 week phase incorporates:

- Complete portion control eating system (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, messageboard and mail.

Everything you need to do the program is personally packed up just for you and delivered directly to your home (or nominated delivery address). You don't need to go anywhere.

	Primary goals	Breakfast	Lunch	Dinner	Activity	Strengthening
Phase 1 Motivate Week 1-6	Start to break the cycle of pain and discomfort by improving knee and hip muscle tone and building confidence in your movement. Gently increase daily physical activity. Achieve weight loss of around 5-6% to reduce load on joints. Prepare portion planned dinners. Use 'free foods'	KicStart™ VLCD shake plus some (optional) 'free foods' such as a bowl of diced 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 or water based exercise. 	Level 1 strength, balance and mobility exercises. Aim for 3 x per week e.g. balanced sway, heel slide. 
Phase 2 Consolidate Week 7-12	Continue building knee and hip muscle strength to enhance mobility. Progressively increase physical activity and joint movement. Achieve and maintain a weight loss of around 7% of your starting weight (with a secondary goal of 10% loss if possible).	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. 	Level 2 strength, balance and mobility exercises. Aim for 3 x per week e.g. knee extension in sitting. 
Phase 3 Maintain Week 13-18 and beyond	Further enhance knee and hip muscle strength and get back to the things you enjoy. 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 10,000 steps per day. 	Level 3 strength, balance and mobility exercises. Aim for 3 x per week e.g. side kick with exercise tube. 

The program is available at no additional cost to eligible members.

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 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 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.

References

1. Atukorala, I., et al. Is There a Dose-Response Relationship Between Weight Loss and Symptom Improvement in Persons With Knee Osteoarthritis?. *Arthritis Care & Research* 2016, 68: 1106-1114.
2. Allen KD, et al. Osteoarthritis: models for appropriate care across the disease continuum. *Best Pract Res Clin Rheumatol*. 2016; 30: 503- 535.