



**Heart Health**  
**H&L**  
HEALTHY WEIGHT FOR LIFE



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

**100%**  
**FUNDED**

No additional cost to eligible members of participating health funds

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

Click on the Heart Health Program link 

# Eat Better. Move Better. Sleep Better. Be Better.

## Why take action today?

According to the World Health Organisation, a weight loss of up to 10%, for people carrying extra weight, improves blood glucose control, reduces both blood pressure and cholesterol levels, improves lung function and breathlessness, reduces the frequency of sleep apnoea, improves sleep quality, and reduces daytime drowsiness. And can also alleviate osteoarthritis, back and joint pain.<sup>1</sup>

## How will the program help me?

The **Healthy Weight for Life Heart Health** program has been designed to assist you manage a range of modifiable weight related risk factors to help improve your day-to-day living and reduce your overall cardiac risk.

Consistent with the Australian government guidelines for intensive weight management<sup>2</sup>, the program carefully integrates the following strategies to maximise your overall health, vitality and quality of life.

- **Weight loss and better nutrition** – improves metabolism, energy levels and other health markers.
- **Regular physical activity** – improves fitness and assists with weight loss and general wellbeing.
- **Education** – helps build understanding of the issues and strategies.
- **Monitoring and engagement strategies** – helps instil accountability and boosts motivation.

<sup>1</sup>WHO Consultation on Obesity (1999: Geneva, Switzerland) Obesity: preventing and managing the global epidemic: report of a WHO consultation. (WHO technical report series; 894).

<sup>2</sup>National Health and Medical Research Council (2013) Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia. Melbourne: National Health and Medical Research Council

## Am I eligible?

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

- ✓ Body mass index (BMI) ≥ 28

### AND

Being treated for, or have a history of, at **least one** of the following:

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Angioplasty or stent
- ✓ Heart attack / stroke
- ✓ Coronary bypass surgery
- ✓ Cardiac arrhythmia / angina
- ✓ Obstructive sleep apnoea

### AND

- ✓ A hospital policy that has been held for at least 12 months.
- ✓ Willingness to provide progress data over the course of the 18 week program – in particular weight and waist measurement.
- ✓ Having not previously participated in a Healthy Weight for Life program funded by your health fund.

## Participating health funds

ACA Health Benefits Fund  
AIA Health  
Defence Health  
Doctors' Health Fund  
Emergency Services Health  
GMHBA  
Health Care Insurance  
Health Partners  
health.com.au  
HCF  
HIF

Navy Health  
Onemedifund  
Peoplecare Health  
Phoenix Health Fund  
Police Health  
Queensland Country Health  
RBHS  
RT Health Fund  
TUH  
Transport Health  
Westfund

Program eligibility criteria and participating health funds may change from time to time. Health fund specific clinical, hospital policy, waiting periods and minimum age criteria may apply. Please contact the Healthy Weight for Life team for further details.

This program does not replace the advice given by your own healthcare team. Please consult with your GP 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.

# PROGRAM OVERVIEW

The program consists of three phases, run over 18 weeks. Each six week phase of the Heart Health program has its own:

- Portion control eating plan (including KicStart™ VLCD meal replacements)
- Activity plan
- Education and coaching plan

- Personalised online self-monitoring and tracking system (phone/mail alternative available if you don't have internet access)
- 2-way personal motivation, support and guidance through phone, SMS, email, message board and posted communication.

	Overview	Kit contents	Activity	Breakfast	Lunch	Dinner
<b>PHASE 1</b> <b>Weeks 1-6</b> 	Primary goals are to achieve a weight loss of 5-6% and build up towards an average of 30 minutes of physical activity each day.	<b>Delivery 1</b> Portion Planning eating system and tools.  84 sachets of KicStart™ VLCD shakes or soup (your choice of flavours).  HWFL Shaker.	Aim for 3 x 10 minutes of gentle physical activity daily such as walking, swimming or cycling.  	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.  
<b>PHASE 2</b> <b>Weeks 7-12</b> 	Primary goals are to achieve and maintain a weight loss of 7% from your starting weight, feel more energetic and increase planned physical activity where possible.	<b>Delivery 2</b> 42 sachets of KicStart™ VLCD shakes or soup (your choice of flavours).	30 minutes (or more) of physical activity daily.  	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.  
<b>PHASE 3</b> <b>Weeks 13 onwards</b> 	Primary goals are to sustain a stable weight, 30 minutes or more of planned physical activity each day and a positive attitude for the long term.	<b>Delivery 3</b> 21 sachets of KicStart™ VLCD shakes or soup (your choice of flavours).	30 minutes (or more) of physical activity daily or use an activity tracker to target 10,000 steps per day.  	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.  

The program is run by Prima Health Solutions on behalf of participating health funds.



## 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 Heart Health 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 [hwflheart@hwfl.com.au](mailto:hwflheart@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.

### Privacy

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