
















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
PHASE 1 Weeks 1-6  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.	Delivery 1 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.  + OPTIONAL	KicStart™ VLCD shake or soup plus optional 'free foods' such as leafy salad.  OR + OPTIONAL	Prepare a portion planned dinner such as grilled steak with rosemary potato wedges and vegetable salad. 
PHASE 2 Weeks 7-12  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.	Delivery 2 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.  + OPTIONAL	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. 
PHASE 3 Weeks 13 onwards  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.	Delivery 3 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 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 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.