

Osteoarthritis
Management
HWFL
HEALTHY WEIGHT FOR LIFE

100%
FUNDED

No additional
cost to eligible
members*

Supporting Orthopaedic Patient Care

How does the program work?

Remotely delivered, healthcare team guided, multidimensional program delivering the strong Knee and Hip Osteoarthritis treatment recommendations^{1,2}



5+% weight loss

Healthy Weight For Life portion planning and lifestyle modification system and phased use of KicStart™ VLCD meal replacements.



Strength and mobility

Targeted strength, balance and mobility exercises to help stabilise joints and improve mobility - using the complete at home kit.



Gentle exercise plan

Gentle exercise such as walking to help reduce joint stiffness and improve physical function.



Healthcare monitoring and support

A specialised healthcare team providing active support and guidance via phone, SMS, email, private online message board and post.



Digital member hub

A secure personal web portal for patients to track progress, access great resources and message the support team.



Pain management

Complementary pain management techniques and strategies.

Who is the program relevant to?

The program is FREE for most privately insured patients with joint replacement cover, symptomatic knee or hip osteoarthritis and BMI ≥ 28 who are either:

- ✓ Preparing for surgery and recovery, OR
- ✓ Already had surgery, OR
- ✓ Surgery not yet required

Knee replacement — there is an increased risk of revision for infection associated with increasing BMI category.³

Hip replacement — there is an increasing rate of revision for infection with increasing obesity classes.³

Does it deliver results?

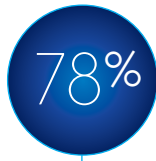
Published Outcomes – Arthritis Care and Research¹



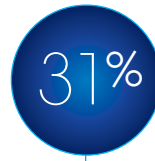
average
**weight
loss**



achieve
> 2.5%



achieve
> 5%



achieve
> 10%

WEIGHT REDUCTION

N = 1,304 **Knee OA with initial and final KOOS**

Mean age **64 ±8.7 years**; **82% obese** at baseline;
Mean baseline weight **95.1kg**.



≥ Average **30%**
improvement
in **pain**

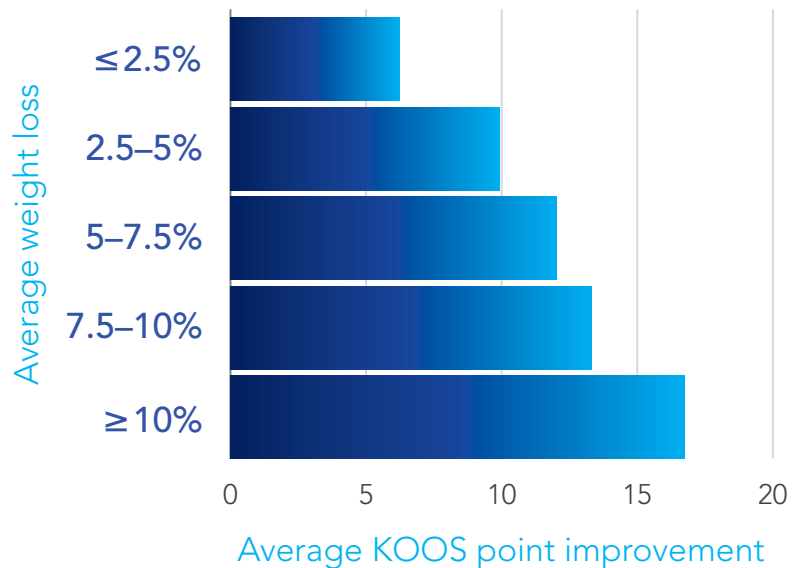
≥ Average **29%**
improvement
in **function**

≥ Average **46%**
improvement in
quality of life

Clear significant
relationship between
weight loss and
symptom improvement

**Higher weight loss,
higher symptom
improvement**

Pain improvement with weight loss



Simple referral process

Send the completed Specialist Referral Form to the HWFL team and they will follow up with your patient, answer their questions and liaise with their health fund.

For more info scan this QR code or visit healthyweightforlife.com.au/osteoarthritis-hwfl/

References: 1. Atukorala I, Makovey J, Lawler L, Messier SP, Bennell K, Hunter DJ. Is there a dose-response relationship between weight loss and symptom improvement in persons with knee osteoarthritis? *Arthritis Care Res* 2016;68(8):1106–14. 2. The Royal Australian College of General Practitioners. *Guideline for the management of knee and hip osteoarthritis*. 2nd edn. East Melbourne, Vic: RACGP, 2018. 3. Australian Orthopaedic Association National Joint Replacement Registry (AOANJRR). *Hip, Knee & Shoulder Arthroplasty: 2022 Annual Report*, Adelaide; AOA, 2022: 1-487.

