

What is Healthy Eating & Lifestyle Program?

The HELP program is a nurse delivered, GP assisted lifestyle program for adults in primary care.

- Designed to support you over a long period (2 years) so that the changes you make are sustainable and become second nature.
- The program focuses on nutrition, physical activity and strategies to support lifestyle changes.
- A lifestyle change that will continue for the rest of your life.

HELP Appointments Schedule

FIRST YEAR

Intensive Phase - first 3 months

Fortnightly appointments with Nurse and periodic appointments with a General Practitioner.

Intermediate Phase - second 3 months

4-6 visits with nurse and GP appointment as required.

Maintenance Phase - 3rd and 4th months

Relapse prevention

SECOND YEAR

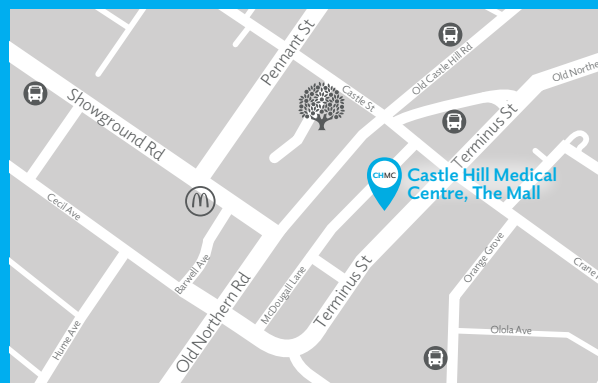
Visits every 2 months

Who We Are

At Castle Hill Medical Centre we strive to implement new initiatives that can enhance our patients health and wellbeing.

HELP is a structured approach to improved health outcomes that is managed within our General Practice.

HELP is coordinated and run through our Preventative Health Nurse Department in partnership with General Practitioners.



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CASTLE HILL MEDICAL CENTRE THE MALL



HELP

HEALTHY EATING & LIFESTYLE PROGRAM

Healthy Eating & Lifestyle Program

Castle Hill Medical Centre is excited to offer patients a structured lifestyle program to promote optimal health and wellbeing, and reducing risk factors associated with being overweight.

HELP focuses on a holistic and individually customised program. We are all individuals and as such need a tailored healthy lifestyle program to ensure long term health benefits.

HELP is a nurse led clinic with regular GP visits that incorporate healthy diet and exercise education. It provides food and exercise diaries, goal setting techniques, behavioural interventions, relapse prevention, measurements including blood pressure, waist circumference, weight/body composition analysis and appropriate blood tests. We can also assist with possible medication reviews and referrals to Dietitians and/or Exercise Physiologists as required.

Fees Explained

FIRST YEAR

Initial sign up to Program & 1 st quarter payment	\$200
Upfront 2 nd quarter fee	\$100
Upfront 3 rd – 4 th quarter	\$150

SECOND YEAR

Upfront fee	\$150
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Weight Loss Benefits

Even small reductions in weight can aid in:

- Reduction of systolic blood pressure
- Reduction in risk of heart disease
- Improvement in symptoms of reflux
- Improved pain control from osteoarthritis
- Improved glycaemic control
- Reduced symptoms of obstructive sleep apnoea
- Improvement in self-reported quality of life, self-esteem and depression.

Patients will have access to periodic Body Composition Analysis Technology which is a superior analysis method over measuring weight or Body Mass Index (BMI).

It will analyse:

- BMI
- Body Fat %
- Body Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water %
- Total Body Water
- Bone Mass
- Visceral Fat Rating
- Metabolic Age
- Basal Metabolic Rate
- Physique Rating

Did you know...



2 in 3 (67%) adults were overweight or obese in 2017-18. 36% were overweight but not obese and 31% were obese.



60% of men and **66%** of women in 2017-18 had a waist circumference that indicated a high risk of metabolic complications.

<https://www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity-an-interactive-insight/contents/what-is-overweight-and-obesity>