





PROGRAM OUTLINE



	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	6 MONTHS +
TIMING	Week 0-6	Week 8	Week 10	Week 12	Week 14	Week 26	
FORMAT	1:1 with facilitator 45-60min	Group session 120min	Group session 120min	Group session 120min	Group session 120min	Group session 120min	
CORE CONTENT	Introduction to MH4L Set intention for MH4L	Understanding risk & preventing chronic disease Finding your 'why'	Planning for success Moving more	Engaging support Eating well	Adjusting for change Alcohol and smoking	Maintaining healthy habits Program review and feedback	Tools and resources (coming soon!) Continued access to Health Helpline
	Regular contact (SMS/emails), Health Helpline, follow up support resources, reminder message etc.						
ADDITIONAL SUPPORT	Referral to other programs or services e.g. Quitline or Get Healthy, contact with facilitator outside of group sessions, Facebook group.						
DATA REQUIREMENTS	<ul style="list-style-type: none"> Evaluation survey (session 1) Attendance Catch up Non-attendance reason Participant consent GP consent required GP feedback Support person Height Weight Waist 	<ul style="list-style-type: none"> Attendance Catch up Non-attendance reason GP consent received Withdrawal 	<ul style="list-style-type: none"> Attendance Catch up Non-attendance reason Withdrawal MH4L goal and category Weight (optional) Waist (optional) 	<ul style="list-style-type: none"> Attendance Catch up Non-attendance reason Withdrawal from program 	<ul style="list-style-type: none"> Evaluation survey (session 5) Attendance Catch up Non-attendance reason Withdrawal Weight Waist 	<ul style="list-style-type: none"> Evaluation survey (session 6) Attendance GP feedback Catch up Non-attendance reason Withdrawal Weight Waist Progress towards goal New goal and category 	
PAYMENT	 Yes		 Yes		 Yes	 Yes	