



PATIENT TESTIMONIAL

“After participating in Lighter Life, I’ve learnt to be more discipline in my food intake and started to enjoy working out in the gym.”



Mr Samuel Chew

Weight loss: 5kg

*Source: NHGP Lighter Life



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QUICK START IMPLEMENTATION GUIDE FOR HEALTHCARE PROVIDERS

Lighter Life Programme

What is Lighter Life?

Lighter Life is a structured 6-month, group weight management programme for patients with chronic conditions, anchored in primary care. It focuses interactive learning on nutrition, exercise & behaviour change.

- Multidisciplinary-led Group Education & Experience
- SMART Goal Setting
- Community Peer Support

Lighter Life OUTCOMES

Effective in ↓HbA1c ↓Weight/BMI ↑Patient Activation

- HbA1c: ↓ **0.5% in 12 months**
- Weight/BMI: **50% participants** ↓≥5% weight loss / ↓ ≥1 Unit BMI
- Patient activation: ↑ **Perception of Healthy Eating and Physical Activity Healthy**

IMPLEMENTATION PHASES

PHASE 1 REFERRAL

- IDENTIFICATION**
- Have chronic conditions (diabetes, hypertension, asthma, OA knee)
 - Overweight/ Obese (BMI≥23)
- ENROLLMENT PATHWAYS**
- Care Team (Drs/Nurse/AHPs) introduce & refer
 - Patient self-registers

PHASE 2 RECRUITMENT

- RECRUITMENT**
- LL Admin coordinators call patients for recruitment
- PATIENT PREPARATION**
- Lighter Life info guide/ packet
 - Completion of pre-programme questionnaire

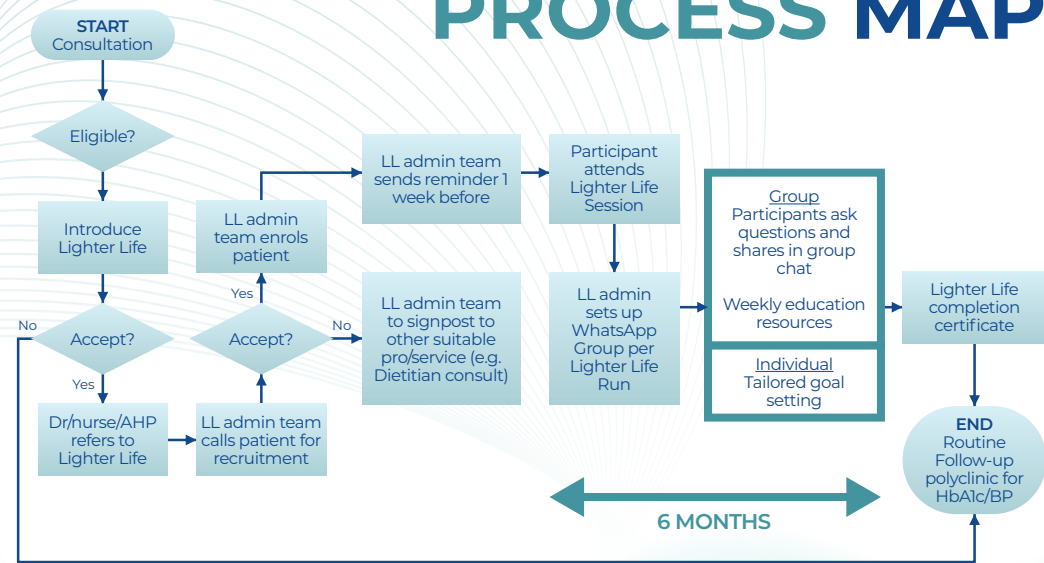
PHASE 3 SESSION DELIVERY

- SESSION FLOW (3 HOURS)**
- Welcome (10 min)
 - Lecture (1hr 30 min)
 - Exercise (20 min)
 - Goal Setting (1 hr)

PHASE 4 FOLLOW-THROUGH

- FOLLOW-UP**
- SMART goals & Action plans
 - Weekly measurements
 - Outcome tracking:
 - Reduced BMI, HbA1c, BP, PROMS
 - Sustainable weight loss
 - Peer Support
- QUALITY ASSURANCE**
- Post-session surveys

PROCESS MAP



ROLE

Care Team (Drs/CMs/AHPs)

Lecturers (AHPs, nurse)

Facilitators

Project Team



KEY TASKS

- Identify and refer eligible patients

- Conduct lectures and exercises
- Live Q&A

- Facilitation and Goal Setting
- Support WhatsApp chats

- Recruitment and logistics
- Data Management



RESOURCES

- NGEMR Smartlink
- Intranet resources

- Session notes
- Pre-recorded Zoom sessions

- Facilitation guide

- Playbooks