



## Health e-Literacy for Prevention in General Practice (HeLP-GP) Study

We invite you and your practice to participate in a research project tailored to the needs of overweight or obese patients with low health literacy. The study will test whether access to a combination of a mobile lifestyle app and telephone counselling helps these patients improve their health literacy, diet, physical activity, and general health.

- **All practices will receive \$1,000 reimbursement for their participation**
- **In addition, intervention practices will receive \$40 per patient for initial health check and \$20 per patient for a follow up health check**
- **GPs will have the opportunity to receive 40 RACGP Cat 1 CPD points**

**We are looking for practices:**

- in the Local Government Areas (LGA) of the **Town of Gawler, Mount Barker District Council and the Rural City of Murray Bridge**
- using Best Practice, Medical Director or Medinet or and associated billing software Pracsoft or Best Practice Management
- keen to take part in a supported quality improvement activity
- which have at least one practice nurse

**If allocated to the intervention:**

- practices will participate in a supported quality improvement project
- participating GPs and practice nurses will have access to on-line education modules (including associated CPD points), to support health coaching and facilitate relevant interventions.
- practice nurses will deliver a structured health check to consenting patients (based on the 5As), support patient access to a lifestyle app (*my snapp*) and facilitate referral to *Get Healthy* telephone coaching.
- patients will be followed up at 6 weeks by the practice nurse and at 12 weeks and 12 months by the GP.

Control practices will be asked to provide usual clinical care to participating patients.

### Interested in hearing more?

**Please contact Carmel McNamara, Research Officer, Discipline of General Practice at University of Adelaide by calling (08) 8313 3654 or email [carmel.mcnamara@adelaide.edu.au](mailto:carmel.mcnamara@adelaide.edu.au)**