

## Welcome Pack

Hello,

Welcome to your Morelife journey.

We have created this welcome pack to give you some more information about Morelife's programme. As well as to provide you with some guidelines so that you know what to expect. If you would like this pack to be emailed to you, please contact your practitioner (see details below).

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## Your Community Programme

**Venue:** Houghton Regis Memorial Hall, The Green, Houghton Regis, Bedfordshire, LU5 5DX

**Day & Time:** Thursday Mornings - 10:30-12:00

**Parking:** Parking is by the entrance to the building

**Practitioner:** Grace Miller

**Practitioner Contact Details:** 07776 691072 - [grace.miller@more-life.co.uk](mailto:grace.miller@more-life.co.uk)

Please note that your Morelife programme consists of 12 x weekly sessions of **Digital content (My Life Plan) + Community support group (1.5 hours)**.

Due to the rolling nature of our programmes, we accept clients to join at any session as soon as a space becomes available. Some people may join a group that existing clients have already been attending. Your practitioner will speak to you more about the format of this programme at your first session.

## GDPR Consent Form

Before attending your Morelife programme, please provide consent for us to process your data by clicking [here](#).

## Our Digital Programme - My Life Plan

You will have access to our full 12-week programme, delivered through a series of videos produced by our expert team of weight management dietitians. There are information sheets and activities to keep you engaged and on-track during and beyond the programme. Your attendance of My Life Plan will be monitored by your practitioner.

## Weekly Support Group

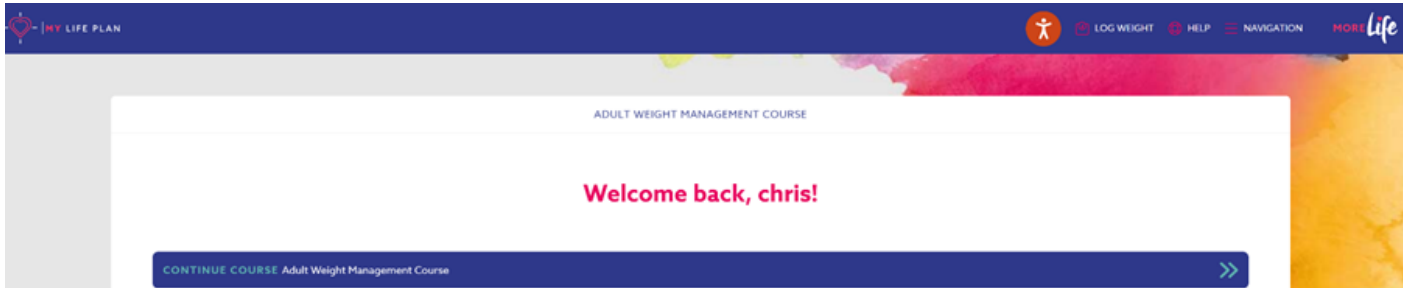
At Morelife, we understand the benefits of peer support and the value this adds to your weight management journey. Our support groups are designed to give you the opportunity to discuss what you have learnt from our digital sessions and share ideas with other clients as well as raise any questions with your practitioner.

Your weight will be monitored privately at each session. Please wear shoes that are easily removed as this is necessary for us to achieve an accurate weight reading for you.

## My Life Plan Start-Up Guide

1. Once you have attended your first group support session, you will be sent an email with a link to register onto My Life Plan (please check your junk mail)

2. The registration email will contain the following link [mylifeplan.more-life.co.uk/login](https://mylifeplan.more-life.co.uk/login) if you struggle to find your registration email you can use this link to take you to the set up page
3. On the set up page, you will be asked for your weight and height
4. You will then be taken to your dashboard



5. Along the top bar you will see a help section along with the log weight icon which you will use weekly to record your current weight
6. There is a navigation section which will help you navigate the course
7. You can start the course from the module you are on, which will require you to watch each video in full in order for that module to be marked as completed
8. Any other issues please click the ? icon and raise a ticket with the help desk

## Group Session Behaviour

For the comfort of everyone taking part, please follow these simple rules:

- Attend your group session on time
- Let your practitioner know if you cannot attend a session
- Think about your language, do not swear or use offensive language
- Be respectful of other people's opinions and feelings
- Try not to talk over someone else
- Let your practitioner know if you are going to be late or need to leave early
- Respect and maintain the confidentiality of the group

If you have any further questions, please email your Morelife practitioner.

Good luck on your journey!

The Bedfordshire and Milton Keynes Morelife Team