



Morelife

The power to be more you

Camden & Islington **Welcome Pack**

Hello,

Welcome to the start of your Morelife journey!

We have created this welcome pack to give you some more information about the Morelife Adult Weight Management programme, as well as to provide you with some guidelines so that you know what to expect now that you have joined Morelife.



Your Community Programme

Please note that your Morelife programme consists of 12x weekly sessions of **Digital content (My Life Plan) + Community support group (1.5 hours for face-to-face groups and 1 hour for online groups).**

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.

We encourage you to visit our social platforms for regular updates, tips and more! We also have a [private group](#) for those from Morelife Camden and Islington to join, connect and share advice with others in your area. Click [here](#) to visit our Facebook page.

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

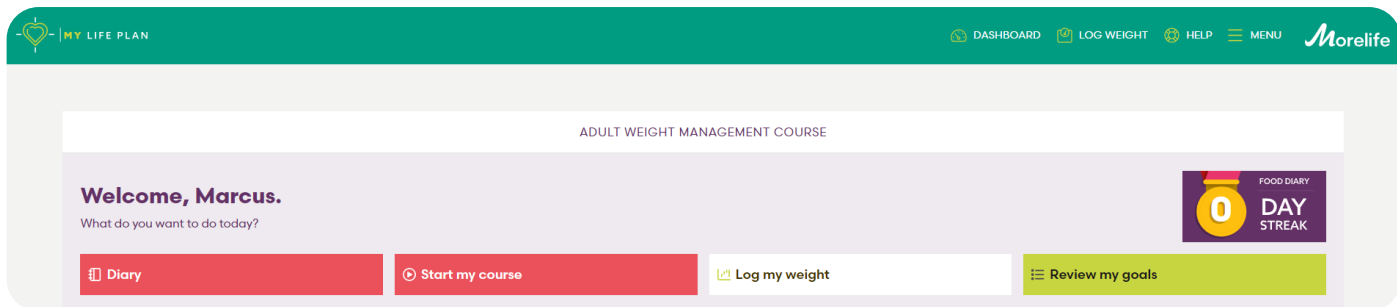
Your weight will be monitored privately at each session. Please wear shoes that are easily removed as this is necessary for us to achieve an accurate weight reading for you.

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.

My Life Plan Start-up Guide

1. You will be sent an email with a link to register onto My Life Plan (check your junk mail).
2. Your registration email will contain the following link 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 groups session on time.
- Let either your practitioner know during the session or our client services team on 0333 222 1333, if you cannot attend a session.
- Let either your practitioner know during the session or our client services team on 0333 222 1333, if you are going to be late or need to leave early.
- Think about your wording and do not swear or use offensive language.
- Be considerate of other people's opinions and feelings.
- Try not to talk over someone else.
- Respect and maintain the confidentiality of the group.

Good luck on your Morelife journey!

- The Camden & Islington team