



newNRG Pty Ltd
Innovation Centre Sunshine Coast
90 Sippy Downs Drive
Sippy Downs, QLD 4556
Australia

Dear Clinician,

You are receiving this letter because your patient has expressed an interest in participating in the newNRG Lifestyle Change Program for Weight Loss. newNRG advises everyone to consult with his or her doctor or any health practitioner that they may be seeing, to ensure that there is no medical reason why they should not participate in the program.

The newNRG Weight Loss Program is an audio-visual, psycho-behavioural, healthy lifestyle program delivered online. It promotes long-term weight loss and healthy lifestyle choices in obese and overweight adults. newNRG is aimed at providing the best possible treatment for individuals who are overweight or obese.

The newNRG Weight Loss Program is based upon a strong evidence base of research and input from leading experts in the fields of nutrition, psychology, psychiatry, physical exercise and health. The program encompasses a delivery model that is motivational, educational, resilience-building and skill-based in a non-threatening manner with an element of humor through the use of 3D characters and animation. After successful trials, we aim to further show the efficacy of our online, audio-visual program with future randomized controlled trials.

The Biological Testing form on page 2 is recommended to participants so that they can get a baseline of where they are currently. They can then compare this data to their post-program results, and again after the 9 months of monthly maintenance sessions.

Please visit www.newnrg.com for more information on the newNRG Lifestyle Change Program for Weight Loss and our research.

We appreciate your time and support. Please do not hesitate to contact newNRG if you have any further questions.

Kind regards,

Nicola McCalliog CPsychol, MSc, BSc (Hons)
Co-Founder and Clinical Director

BIOLOGICAL TESTING FORM

Please give this form to your doctor to run the following tests and complete:

TESTS	BEFORE PROGRAM	AFTER PROGRAM	9 MONTHS AFTER PROGRAM COMPLETION
Height (cms)		N/A	N/A
Weight (kgs)			
BMI			
Full blood count			
TSH (free T3 and T4 only to be tested if the TSH result is outside the recommended ranges)			
E / LFTs (this which includes blood glucose level, renal and liver function tests)			
Fasting cholesterol (this includes total cholesterol, triglyceride, HDL, LDL and total/HDL ratio)			

Please thank your doctor and tell them that they are welcome to visit the newNRG website on www.newnrg.com for further information, or to contact the newNRG team.