Date ……………

Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This is just a courtesy note to inform you that your patient is enrolled in a lifestyle medicine program called Live More Abundantly.

Lifestyle medicine notes links between lifestyle and non-communicable diseases (NCD’s) such as diabetes, heart disease, hypertension obesity and many more.

The community based Live More Abundantly program teaches and encourages participants to make positive lifestyle choices in nutrition, sleep, exercise, stress management etc. This often results in NCD’s caused by lifestyle, being prevented, reversed or halted, which is very exciting for participants and their families.

As your patient takes part in this 12 session program, we would like to respectfully ask that you continue to monitor your patient closely, as they will experience some physical changes over the next weeks and months, depending on how closely they follow the program.

These changes often reduce the need for medication, so participants have been asked to stay in close contact with you, particularly if they are on medications for elevated blood sugar, blood pressure, cholesterol, and heart medications etc. Please note some changes can be rapid, such as reductions in blood sugar and blood pressure.

If you have any questions about the Live More Abundantly Program, please contact us.

Yours Sincerely,

Signature

Live More Abundantly Program Facilitator

Name of Facilitator

Best Contact method

Phone or email