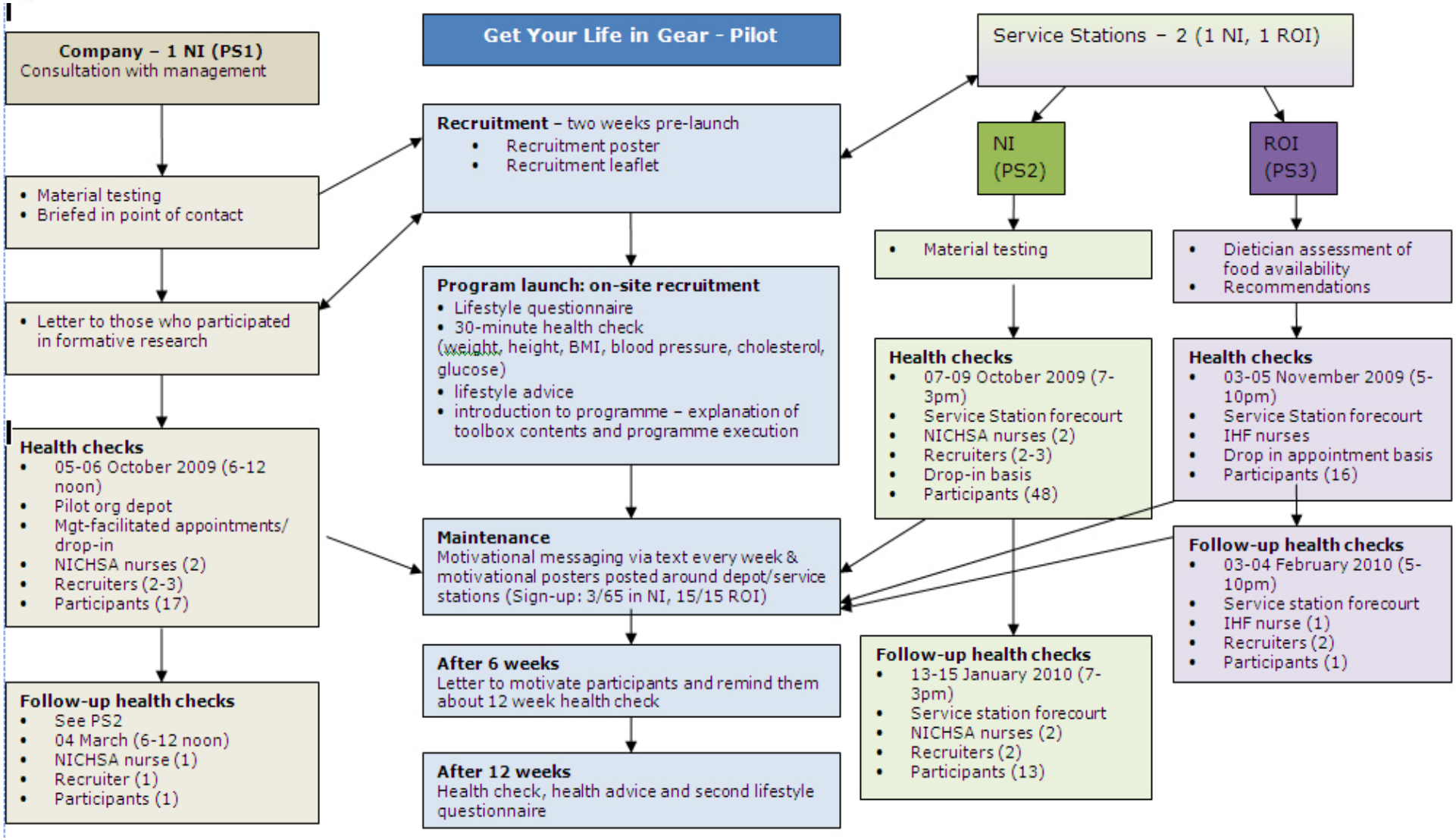
Get Your Life in Gear - Pilot
Company – 1 NI (PS1)
Consultation with management
• Material testing
• Briefed in point of contact
• Letter to those who participated in formative research
Health checks
• 05-06 October 2009 (6-12 noon)
• Pilot org depot
• Mgt-facilitated appointments/ drop-in
• NICHSA nurses (2)
• Recruiters (2-3)
• Participants (17)
Follow-up health checks
• See PS2
• 04 March (6-12 noon)
• NICHSA nurse (1)
• Recruiter (1)
• Participants (1)
Recruitment – two weeks pre-launch
• Recruitment poster
• Recruitment leaflet
Program launch: on-site recruitment
• Lifestyle questionnaire
• 30-minute health check
(weight, height, BMI, blood pressure, cholesterol, glucose)
• lifestyle advice
• introduction to programme – explanation of toolbox contents and programme execution
Maintenance
Motivational messaging via text every week & motivational posters posted around depot/service stations (Sign-up: 3/65 in NI, 15/15 ROI)
After 6 weeks
Letter to motivate participants and remind them about 12 week health check
After 12 weeks
Health check, health advice and second lifestyle questionnaire
Service Stations – 2 (1 NI, 1 ROI)
NI (PS2)
ROI (PS3)
• Material testing
Health checks
• 07-09 October 2009 (7-3pm)
• Service Station forecourt
• NICHSA nurses (2)
• Recruiters (2-3)
• Drop-in basis
• Participants (48)
Follow-up health checks
• 13-15 January 2010 (7-3pm)
• Service station forecourt
• NICHSA nurses (2)
• Recruiters (2)
• Participants (13)
• Dietician assessment of food availability
• Recommendations
Health checks
• 03-05 November 2009 (5-10pm)
• Service Station forecourt
• IHF nurses
• Drop in appointment basis
• Participants (16)
Follow-up health checks
• 03-04 February 2010 (5-10pm)
• Service station forecourt
• IHF nurse (1)
• Recruiters (2)
• Participants (1)