



May 1, 2015

The Grand défi Pierre Lavoie prescribed by family doctors: After the announcement, the implementation !

Dear colleagues,

This past April 21, the announcement of our three-year partnership with the Grand défi Pierre Lavoie (GDPL) generated a lot of excitement, both among the public and doctors. Many of you have contacted the Grand défi organization to find out how and when to sign up for the Grand défi program prescribed by family doctors. The program will be rolled out progressively in order to give all doctors the chance to prescribe “energy cubes” to patients and support them in this historic partnership when it is officially launched this September.

Currently, we are working on the logistics so that you can obtain prescription pads easily. The FMOQ will be sending you information on how to proceed in a few weeks. That way, you can gradually start prescribing “energy cubes” to your sedentary patients over the summer, with the objective of all doctors being able to do so in September.

Your patients can then sign up on the Web site to receive information tips and tools that will motivate them to get in shape and take part in major regional walks with their family doctors starting this fall in certain regions (Montréal and Saguenay-Lac-Saint-Jean). We hope that these walks will be organized in all regions of Québec in future years.

Evidently, on a local and regional basis, we rely on the collaboration of all family doctors and their teams to create an environment conducive to the success of this movement among patients. Your input will play a key role in this respect, both in guidance and support. In our long-term vision, we aim to focus on prevention and encourage you to do likewise as part of this healthy communities movement, which the Grand défi Pierre Lavoie and family doctors hope will inspire as many Québécois as possible to live a long and healthy life!



Family doctors, honorary sponsors of the Grand défi Pierre Lavoie

As announced, all family doctors in Québec will be honorary sponsors of the Grand défi Pierre Lavoie this year. At the beginning of June, you will be mailed a Grand défi honorary sponsor bracelet made especially and exclusively for family doctors. Starting June, we ask that you wear it proudly, especially during the highlight moments of the Grand défi (until June 15) and, of course, during the year! Your patients will ask you about your bracelet. It's an ideal time to let them know that you have decided to focus on prevention and encourage your sedentary patients be more active.

Regards,

Dr. Louis Godin, President
Fédération des médecins omnipraticiens du Québec