

*My health
for life* 

HOW IS YOUR HEALTH TRACKING?

Simply do the online health check to gain insight into how your health is tracking, and to find out if the free *My health for life* program is right for you.

**SCAN THE QR CODE
TO GET STARTED**



DDWMPHN - GP 4FGIY0

Find out more at myhealthforlife.com.au or call **13 74 75**

My health for life is a free, Queensland Government-funded healthy lifestyle program helping people to live and age well.