

Q. What is *My health for life*?

My health for life is an evidence-based behaviour change initiative for people at risk of developing chronic disease. The initiative supports eligible Queenslanders to live and age well and minimise preventable health risks. It is funded by the State Government through Health and Wellbeing Queensland.

Q. What are the key benefits of the initiative for my patients?

My health for life has helped more than 17,000 Queenslanders to adopt a healthier lifestyle. It has a range of offerings, including small group sessions, telephone health coaching, video sessions, multicultural and Aboriginal and Torres Strait Islander culturally appropriate sessions. The initiative was developed drawing on evidence-based research and consumer codesign principles. Our Health Coaches are trained Health Professionals, skilled and motivated to support people in making and sustaining change.

Q. Who is eligible to take part?

People aged 18 years and over with **one or more** of the following:

- AUSDRISK score of 12 or greater
- Absolute Cardiovascular Risk score of 15% or greater
- Waist circumference of 102cm plus for males (or 90cm for males of Asian descent), or 88cm plus for females (or 80cm for females from Asian descent)
- Previous history of gestational diabetes mellitus
- Familial hypercholesterolaemia
- Medically diagnosed high cholesterol
- Medically diagnosed high blood pressure
- Pre-diabetes

Note: *My health for life* is a prevention program and patients with current gestational diabetes, type 1 or type 2 diabetes, heart disease, stroke or chronic kidney disease will not be eligible. Aboriginal and Torres Strait Islander people referred to the program are exempt from this exclusion criteria. Contact *My health for life* for more information.

Q. Who developed the initiative?

The Healthier Queensland Alliance. This Alliance is led by Diabetes Australia and includes the Heart Foundation, Stroke Foundation, Ethnic Communities Council of Queensland (ECCQ), the Queensland Aboriginal and Islander Health Council (QAIHC) and (the seven Queensland) Primary Health Networks.

Q. Where is *My health for life* available?

My health for life is available to all Queenslanders through telephone health coaching, small group or video sessions. It is also offered in-language in partnership with the Ethnic Community Council of Queensland. The Queensland Aboriginal and Islander Health Council supports the delivery of the Aboriginal and Torres Strait Islander offering.

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Q. Are there costs associated with this initiative for either the patient or the practice/GP?

No. This initiative is funded by the State Government through Health and Wellbeing Queensland, and is free to eligible patients. A support person may attend.

Q. Does a patient need a referral to join *My health for life*?

Eligible participants can be referred into the *My health for life* by a Health Professional. Alternatively, they can selfrefer by completing the online Health Check at myhealthforlife.com.au, or over the phone by calling 13 74 75. GP consent is required for individuals who are: currently pregnant and/or experiencing an acute illness and/or have had surgery in the previous 12 months.

Q. How do I refer a patient?

Referral templates are available in Medical Director and Best Practice. Zedmed and Genie referral templates are available to download from your PHN's website. An online referral form is also available on the *My health for life* website: myhealthforlife.com.au.

Q. Where can I find more information?

- Visit our website at myhealthforlife.com.au
- Contact us at info@myhealthforlife.com.au or call our team at **13 74 75**
- Contact your local PHN practice support officer
- Request brochures for your practice from info@myhealthforlife.com.au or by calling 13 74 75

Q. Is someone available to discuss the program?

Yes, your local PHN is an Alliance partner. Your PHN practice support officer representative can assist with practice software recipes, referral templates and advice on eligible patients within your practice.

Q. How is *My health for life* funded?

My health for life has committed funding to June 2024.

Q. How long has *My health for life* been running?

It officially launched in February 2017.

Q. How can I access resources about *My health for life*?

Contact your local PHN Practice Support Officer, email info@myhealthforlife.com.au or call **13 74 75**.

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