

Medical practitioner referral form

76 per cent of patients will enrol in the program when referred by a GP or nurse.

About My health for life

My health for life is a free evidence-based behaviour change program designed to create sustained healthy habits and reduce the risk of chronic conditions such as type 2 diabetes, cardiovascular disease and stroke.

Our program is designed to complement current care provided by health professionals. It is a practical extension of the advice given by health professionals to their patients, allowing participants to better understand their health risks and develop longer term, sustainable health goals.

PARTICIPANT INFORMATION

Full name

Date of birth

Date of health check

Contact phone

Email (optional)

Main language spoken at home

REASON FOR PROGRAM ELIGIBILITY

18 years or older with one of the following:

AUSDRISK score ≥ 12 . Total score is:

Absolute Cardiovascular Risk score $\geq 15\%$. Total score is:

BP reading either ≥ 160 systolic or ≥ 100 diastolic. BP reading is:

Waist circumference 88cm plus for women (or 80cm plus for women of Asian descent) or 102cm plus for men (or 90cm plus for men of Asian descent). Measurement is:

One of the following pre-existing health conditions:

Previous history of gestational diabetes mellitus

Pre-diabetes (diagnosed IFG or IGT)

Familial hypercholesterolaemia

Diagnosed high blood pressure

Diagnosed high cholesterol

Eligible with GP consent for one of the following:

Currently pregnant

Acute illness

Mental health condition

Surgery in the previous 12 months

Exclusions

Exclusion criteria checked

Note: people with any of the following conditions are not eligible for the My health for life program: Type 1 diabetes, type 2 diabetes, current gestational diabetes, heart disease, stroke, chronic kidney disease.

PREFERRED PARTICIPATION METHOD

Please choose from one of the following for preferred method of participation:

Group based face-to-face program

Telephone health coaching program

Unsure

Participant consents to program participation updates to be sent to referring medical practitioner

REFERER DETAILS

Practice name

Medical practitioner name

Provider number

Address

Email

Phone

Signature

Please return completed form to *My health for life* via one of the below options:

Medical Objects

Fax: 07 3506 0909

Email: info@myhealthforlife.com.au

Do you have any questions? Call us on 13 74 75.

About Us

My health for life is a lifestyle program funded by the Queensland Government and designed and delivered by the Healthier Queensland Alliance. The Alliance is a group of non-government organisations working in partnership with the government and Health and Wellbeing Queensland to improve the health of Queenslanders.

We are:

- Diabetes Queensland
- Stroke Foundation
- National Heart Foundation of Australia
- Primary Health Networks (PHN)
- Ethnic Communities Council of Queensland (ECCQ)
- Queensland Aboriginal and Islander Health Council (QAIHC).