



Information Sheet

My Health for Life (MH4L) is a free evidence-based behaviour change program for people at high risk of developing Type 2 Diabetes, Stroke, and Heart Disease. The program is delivered over six months by telephone or group-based sessions conducted by local health professionals who are My Health for life trained facilitators.

Gold Coast Primary Health Network (GCPHN) is proud to be a part of the Healthier Queensland Alliance who are implementing this state-wide program, led by Diabetes Queensland. GCPHN will work with local practices to increase risk assessments and identify patients who are eligible for referral into the program. GPs who refer patients into the MH4L programs will be provided with patient progress reports.

My health for life

Date	Time	Provider	Facilitator	Location
Wed 18-Mar-2020	9:30am – 11:30am	Shape Nutrition	Katie Harris	BUNDALL
Mon 23-Mar-2020	10:00am – 12:00pm	My Nutrition Clinic	Molly Warner	ROBINA
Thu 26-Mar-2020	9:30am – 11:30am	Boonah Dietitian	Jahmilla Sellton-Wattimena	TAMBORINE MOUNTAIN
Tue 21-Apr-2020	1:30pm – 3:30pm	Shape Nutrition	Katie Harris	BUNDALL
Wed 22-Apr-2020	2:00pm – 4:00pm	My Nutrition Clinic	Molly Warner	HIGHLAND PARK
Thu 23-Apr-2020	5:30pm – 7:30pm	My Nutrition Clinic	Molly Warner	ROBINA
Sat 09-May-2020	10:00am – 12:00pm	Burleigh Heads & Broadbeach Physiotherapy Centre	Braddon McDonald	BURLEIGH HEADS

Participants are also able to complete the program through telephone coaching if there are no local sessions available in your area.

Patients can be referred using the practice software MH4L referral template or calling 13 Risk (13 74 75). Visit www.myhealthforlife.com.au for further information.