



An Australian Government Initiative

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
Thu 06-Aug-2020	5:30pm – 7:30pm*	My Nutrition Clinic	Molly Warner	ROBINA
Fri 21-Aug-2020	9:00am – 11:00am*	Hope Island Medical Centre	Fleur Lesslie	HOPE ISLAND

*Video conferencing sessions

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.

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“Building one world class health system for the Gold Coast.”

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health. Primary Care Gold Coast Limited (ABN 47152953092), trading as the Gold Coast Primary Health