

My health for life (MH4L) is a free behaviour change program designed for people at high risk of developing a chronic disease and shows participants that making small lifestyle changes can have major health benefits.



An Australian Government Initiative

The program works in partnership with general practice and is a practical extension of the advice given by GPs and nurses to their patients.

Participants can complete the program through face-to-face, video conferencing or telephone coaching.

Note: Participants can attend a VC session with a facilitator anywhere in Queensland. 13 RISK (13 74 75) will assist participants in selecting a program mode, timeslot and location that suits them.

Patients can be referred using the practice software MH4L referral template or calling 13 RISK.

Date	Time	Provider	Facilitator	Suburb
Tue 16-Feb-2021	10:00am - 12:00pm	Saalihah Seedat Consulting Services	Saalihah Seedat	SOUTHPORT
Tue 23-Feb-2021	3:00pm - 5:00pm	Hope Island Medical Centre	Clare Barrett	HOPE ISLAND
Thu 25-Feb-2021	5:30pm - 7:30pm*	My Nutrition Clinic	Molly Warner	NERANG
Tue 09-Mar-2021	10:00am - 12:00pm	Shape Nutrition	Katie Harris	BUNDALL

*Video conferencing group

For more information, visit the website: www.myhealthforlife.com.au

Your local PHN can work with your practice to identify patients who are eligible for referral into the program. If you would like more information on how to get involved, please contact your area manager.