

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.

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



An Australian Government Initiative

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
Thu 15-Jul-2021	5:30pm - 7:30pm*	My Nutrition Clinic	Molly Warner	ROBINA
Tue 20-Jul-2021	3:00pm - 5:00pm	Hope Island Medical Centre	Jarrold Ross	HOPE ISLAND
Wed 21-Jul-2021	3:30pm - 5:30pm	Burleigh Heads & Broadbeach Physiotherapy Centre	Braddon McDonald	BURLEIGH HEADS
Wed 21-Jul-2021	11:30am - 1:30pm	Shape Nutrition	Katie Harris	BUNDALL
Tue 27-Jul-2021	3:00pm - 5:00pm	Hope Island Medical Centre	Katie Slater HIMC	HOPE ISLAND
Wed 28-Jul-2021	10:00am - 12:00pm	My Nutrition Clinic	Matt Hart	ROBINA

*VC 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.