



An Australian Government Initiative

Gold Coast Primary Health Network

My Health for Life and the RACGP Standards for General Practice



Agenda

- *My health for life* Introduction
- RACGP Standards for General Practice (5th edition)
- Identifying Your Target Audience
- *My health for life* Outcomes
- How to Refer

My health for life Introduction

Evidence-based health initiative for people at risk of developing chronic disease.

- Supports eligible Queenslanders to live and age well and minimise preventative health risks
- Based on the Health Action Process Approach (sustainable behaviour change model) to develop and sustain healthy habits
- **76% of patients will enrol in the initiative when referred by a GP or Health Professional**



My health for life Introduction

SESSION PLAN

6-session coaching series.

*My health
for life* 

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	
TIMING	Week 0-6	Week 2-8	Week 4-10	Week 6-12	Week 8-14	Week 12-18	
FORMAT	1:1 45-60 min	1:1 — 45-60 min					
		OR Group — 120 min					
CORE CONTENT	Set your goal Find your 'why'	Get started with your goal	Health Content Electives: Plan for Success, Engage Support	Plan B Plans	Manage setbacks	Maintain healthy habits	

My health for life Program Flexibility

**Virtual
Group Program**

**In-person
Group Program**

**Telephone
One-on-one Program**

*My health
for life* 

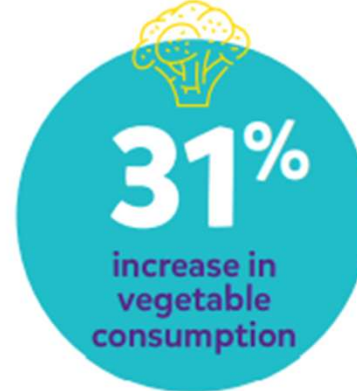
**TAKE OUR FREE
ONLINE HEALTH CHECK TODAY**

MYHEALTHFORLIFE.COM.AU

My health for life Outcomes

PROVEN SUCCESS

Average participant improvements[^]:



+280,000

have taken part in
the online Health Check

3 out of 4

participants would recommend
to family and friends

+28,000

eligible Queenslanders
have joined the initiative

So what?

RACGP Standards for General Practice

Core Standard 4: Health promotion and preventive activities

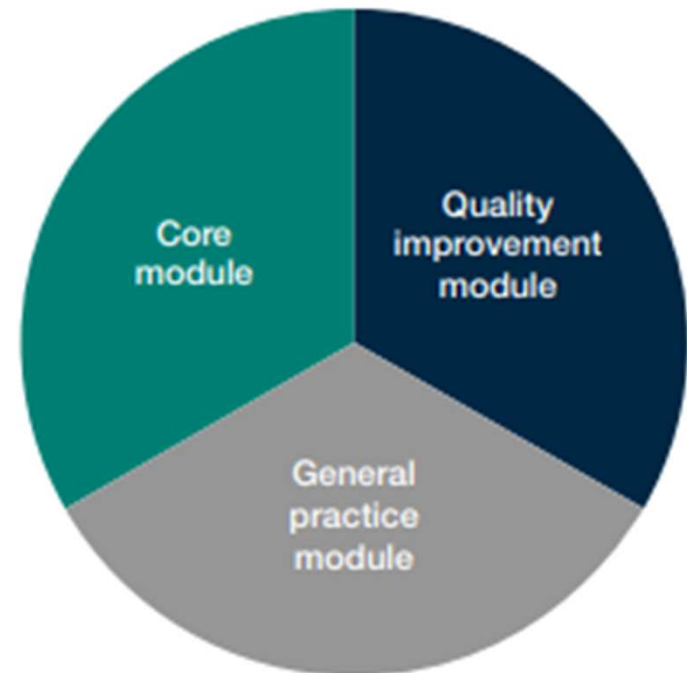
“Health promotion is the process of enabling people **to improve and increase control over their health**. As well as influencing an individual’s behaviour, it also encompasses a wide range of social and environmental interventions such as education programs and changes to laws and policies.” (RACGP Standards for General Practice - page 53)

Criterion 4.1 Indicator

Our patients receive appropriately tailored information about health promotion, illness prevention, and preventive care.

Health promotion focuses on:

- prevention and protection, rather than treatment
- populations and individuals
- factors and behaviours that cause illness and injury, rather than the illness and injury itself.



RACGP Standards for General Practice

Meeting this Criterion

- Providing a systematic approach to preventative care
- Providing information to patients
- Managing patient information to support preventative care

Meeting the 4.1 indicator

- **Must:** Documenting discussions and activities relating to preventative health
- **Could:** Guidelines, hand-outs, online information, run preventative health activities, reminder system

Referring into the *My health for life* program (& documenting the referral can assist in meeting this 4.1 Indicator)

HEALTH PROFESSIONAL REFERRAL FORM

My health for life 

76% 76 per cent of patients will enrol in the initiative when referred by a GP or Health Professional.

ABOUT MY HEALTH FOR LIFE

My health for life is a free evidence-based lifestyle change initiative designed to create sustained healthy habits and reduce the risk of chronic conditions such as type 2 diabetes, heart disease and stroke. The session plan 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.

SECTION A: PARTICIPANT INFORMATION

Full name

Date of birth (DD/MM/YYYY) Date of Health Check

Contact phone

Email

Main language spoken at home Please select an option

Identify as Aboriginal and/or Torres Strait Islander (If box is checked please move on to Section D)

SECTION B: ELIGIBILITY CRITERIA

Patients must be aged ≥ 18 years and at risk of developing a chronic condition (i.e. type 2 diabetes and/or heart disease and/or stroke) by having **ONE** or **MORE** of the following:

AUSDRISK score ≥ 12
(MBS items that may apply 701, 702, 705, 707, 715) Total score is:

Absolute Cardiovascular Risk score $\geq 15\%$
(MBS items that may apply 699, 177) Total score is:

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

Previous history of gestational diabetes mellitus Pre-diabetes (diagnosed IFG or IGT)

Familial hypercholesterolaemia Medically diagnosed high blood pressure

Medically diagnosed high cholesterol

Identifying Your Target Audience

Eligibility

- Aged ≥ 18 years

AND

- At risk of developing a chronic condition (see below)

Primary Sense

- Pull two reports:
 - 1) Cardiovascular disease report
 - 2) Health assessment report
(e.g. 45+ health check, 715)

SECTION B: ELIGIBILITY CRITERIA

Patients must be aged ≥ 18 years and at risk of developing a chronic condition (i.e. type 2 diabetes and/or heart disease and/or stroke) by having ONE or MORE of the following:

<input type="checkbox"/> AUSDRISK score ≥ 12 (MBS items that may apply 701, 702, 705, 707, 715)	AUSDRISK Assesment Tool	Total score is: <input type="text"/>
<input type="checkbox"/> Absolute Cardiovascular Risk score $\geq 15\%$ (MBS items that may apply 699, 177)	CVD Risk Calculator	Total score is: <input type="text"/>
<input type="checkbox"/> Waist circumference $\geq 88\text{cm}$ for women (or $\geq 80\text{cm}$ for women of Asian descent) or $\geq 102\text{cm}$ for men (or $\geq 90\text{cm}$ for men of Asian descent)	Measurement is (cm): <input type="text"/>	
<input type="checkbox"/> Previous history of gestational diabetes mellitus		<input type="checkbox"/> Pre-diabetes (diagnosed IFG or IGT)
<input type="checkbox"/> Familial hypercholesterolaemia		<input type="checkbox"/> Medically diagnosed high blood pressure
<input type="checkbox"/> Medically diagnosed high cholesterol		

How to Refer

Digital Referral Form *Medical Objects FM4064000RY*

Practice Software Prevention > *My Health for life*

Patients can scan the QR code to self-refer

HEALTH PROFESSIONAL REFERRAL FORM *My health for life*

76% 76 per cent of patients will enrol in the initiative when referred by a GP or Health Professional.

ABOUT MY HEALTH FOR LIFE
My health for life is a free evidence-based lifestyle change initiative designed to create sustained healthy habits and reduce the risk of chronic conditions such as type 2 diabetes, heart disease and stroke. The session plan 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.

SECTION A: PARTICIPANT INFORMATION

Full name _____
Date of birth (DD/MM/YYYY) _____ Date of Health Check _____
Contact phone _____
Email _____
Main language spoken at home Please select an option _____
 Identify as Aboriginal and/or Torres Strait Islander (if box is checked please move on to Section D)

SECTION B: ELIGIBILITY CRITERIA

Patients must be aged ≥ 18 years and at risk of developing a chronic condition (i.e. type 2 diabetes and/or heart disease and/or stroke) by having ONE or MORE of the following:

AUDRISK score ≥ 12 (MBS items that may apply 701, 702, 705, 707, 715) [AUDRISK Assessment Tool](#) Total score is: _____
 Absolute Cardiovascular Risk score ≥ 15% (MBS items that may apply 499, 177) [CVD Risk Calculator](#) Total score is: _____

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

Previous history of gestational diabetes mellitus Pre-diabetes (diagnosed IFG or IGT)
 Familial hypercholesterolaemia Medically diagnosed high blood pressure
 Medically diagnosed high cholesterol



Further Information

Health Professional Toolkit (Digital)

email: practicesupport@gcphn.com.au

GCPHN Website





www.gcphn.org.au > Patient Care >
Prevention > *My Health for life*

Upcoming Programs

INFORMATION AND RESOURCES

— My health for life Information and Resources




Health Professional Toolkit and Resources

- *My health for life* Health Professional Toolkit
 - *My health for life* health initiative for health professionals
 - *My health for life* eligibility criteria
 - *My health for life* frequently asked questions for health professionals
- *My health for life* social media assets
-  [My health for life consumer brochure](#)
-  [AUDRisk Tool](#)
-  [Absolute CVD Risk](#)
- RACGP Accreditation Standards  [\(C4.1 Health promotion and preventative care\)](#)

How to refer a patient

My health for life is a free, six-month program available to all eligible Queenslanders through telephone health coaching, small group, or video sessions. It is also offered in-language in partnership with the Ethnic Community Council of Queensland. The Queensland Aboriginal Islander Health Council supports the delivery of the Aboriginal and Torres Strait Islander offering.

Queenslanders eligible for the initiative can be referred:

- Using your practice software  [My health for life referral template](#)
- Individual patients completing an  [online Health Check](#)
- Completing an  [electronic referral form](#)
- Calling 13 74 75 (patients can self-refer)



Questions



An Australian Government Initiative

Building one world class health service for the Gold Coast

Level 1, 14 Edgewater Court Robina QLD 4226

www.gcphn.org.au

ABN: 47 152 953 092