

My health  
for life 

# CREATE *healthier* HABITS

A FREE INITIATIVE WITH  
QUALIFIED HEALTH COACHES,  
ONLINE SUPPORT & MORE

health+wellbeing  
Queensland



Queensland  
Government

HEALTHIER QUEENSLAND ALLIANCE



**My health for life** is about making healthier choices to create healthier habits you can live with.

Whether it's eating well, moving more, maintaining a healthy weight, sleeping better or managing stress, **My health for life** will support you to achieve your goals. Delivered in simple steps, with regular sessions at a relaxed pace, the initiative is designed to help you discover ways of changing your day-to-day behaviour.

## GET STARTED IN 3 SIMPLE STEPS...

1

### DO THE SIMPLE ONLINE HEALTH CHECK

Use our online Health Check to find out how your health is tracking.  
(Your GP can also refer you.)

2

### IS THE INITIATIVE RIGHT FOR YOU?

Your answers will determine whether you'll benefit from My health for life health coaching, or if other health initiatives may be more suitable.

3

### GET STARTED WITH SIMPLE STEPS

We will contact you to confirm your enrollment or connect you with another health initiative.

**My health  
for life** 

13 74 75

[myhealthforlife.com.au](http://myhealthforlife.com.au)



Scan to do the  
online Health Check.

*\*As this is a prevention initiative, My health for life is not open to people with some pre-existing health conditions.*