

My Health for life - MBS Items that may apply.

My health for life is an evidence-based behaviour change initiative for people at risk of developing chronic disease. The initiative supports eligible Queenslanders to live and age well and minimised prevention health risks over 6 coaching sessions. It's FREE and designed to help individuals discover ways of changing their day-to-day behaviour - they can live with.

Patients who identify as Aboriginal and/or Torres Strait Islander are automatically eligible. Patients aged 18 years and over with ONE or more of the following are eligible to enrol:

- AUSDRISK score of 12 or greater
- Absolute Cardiovascular Risk score of 15% or greater
- Waist circumference of 102cm plus for males (or 90cm for males of Asian descent), or 88cm plus for females (or 80cm for females from Asian descent)
- Previous history of gestational diabetes mellitus
- Familial hypercholesterolaemia
- Medically diagnosed high cholesterol
- Medically diagnosed high blood pressure
- Pre-diabetes

Patients undergoing health checks under the following MBS Items may be eligible to enrol:

MBS Items	<i>My health for life</i> Relevance
715	Aboriginal and Torres Strait Islander Health Assessment: Automatically eligible to enrol in <i>My health for life</i> .
721	GP Management Plan: Patients may be eligible if they do NOT have one of the following chronic conditions: type 1 diabetes, type 2 diabetes, current gestational diabetes, heart disease, stroke, or chronic kidney disease.
723	Team Care Arrangement: Patients may be eligible if they do NOT have one of the following chronic conditions: type 1 diabetes, type 2 diabetes, current gestational diabetes, heart disease, stroke, or chronic kidney disease.
699	Heart Health Assessment: Patients undergoing a Health Heart Check and have identified lifestyle risk factors for CVD may be eligible to enrol into <i>My Health for life</i> . After completing a Healthy Heart Check, <i>My health for life</i> may the appropriate lifestyle intervention to refer patients too. To identify patients eligible for 699, the Primary Sense Cardiovascular Disease Risk report is useful.
177	Heart Health Assessment: Patients undergoing a 177 and have identified lifestyle risk factors for CVD may be eligible to enrol into <i>My Health for life</i> as the appropriate lifestyle intervention to refer patients too.
701 703 705 707	Health Assessments: Patients may be eligible if they do NOT have one of the following chronic conditions: type 1 diabetes, type 2 diabetes, current gestational diabetes, heart disease, stroke, or chronic kidney disease. To identify patients eligible for a health assessment, use the Primary Sense Health Assessment report. The Health Assessment Quality Improvement Toolkit may also be of use.



Patients can self-refer by completing the online Health Check (scan QR code) or alternatively a referral can be made via a [Digital Referral Form](#) or [Practice Software](#)