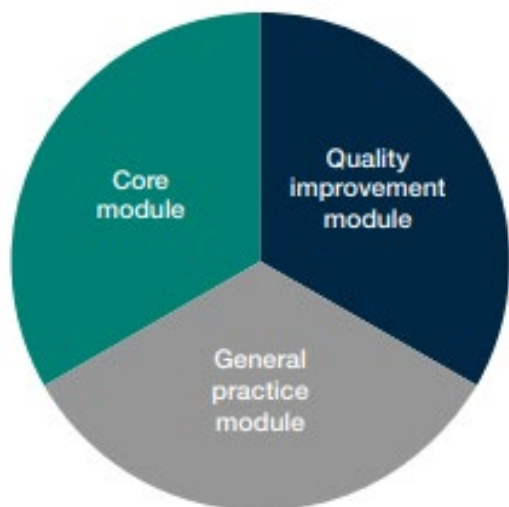


## My Health for life – Alignment to RACGP Accreditation Standards



Referring eligible patients into the My health for life initiative and documenting the referral can help you practice meet the **RACGP Standards: Core Standard 4 – Health Promotion and Preventative Activities (Criteria 4.1)**.

*“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](#).*

Meeting this Criterion	Meeting the 4.1 indicator	Referring into My Health for life
<ul style="list-style-type: none"> <li>• Providing a systematic approach to preventative care</li> <li>• Providing information to patients</li> <li>• Managing patient information to support preventative care</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Must:</b> Documenting discussions and activities relating to preventative health</li> <li>• <b>Could:</b> Guidelines, hand-outs, online information, run preventative health activities, reminder system</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Practice Software</a></li> <li>• <a href="#">Digital Referral Form</a> Medical Objects FM4064000RY</li> <li>• Self-referral via an <a href="#">online health check</a></li> </ul> <p>Patient brochures and practice posters are available on request.</p>

### The FREE initiative

*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.

It’s FREE and designed to help individuals discover ways of changing their day-to-day behaviour - they can live with.

### Initiative Eligibility

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