

My health
for life 

YOUR FREE
health coach
TO CREATE
healthier
HABITS

BECAUSE PREVENTION IS BETTER THAN CURE

Scan to do the
online Health Check,
while you wait



PHN: Gold Coast PHN

HEALTHIER QUEENSLAND ALLIANCE



A FREE *lifestyle change* INITIATIVE FOR YOUR PATIENTS TO CREATE HEALTHIER HABITS

BECAUSE PREVENTION IS BETTER THAN CURE

According to Queensland Health, nearly half of Queenslanders (47%) reported living with at least one chronic condition. One in five people (20%) reported two or more chronic conditions.

Queensland Health. The Health of Queenslanders. Report of the Chief Health Officer Queensland. Queensland Government. Brisbane 2023. Australian Bureau of Statistics. National Health Survey: first results, 2027-2018

What better way to alleviate this problem than to prevent chronic conditions in the first instance?

That's the thinking behind this FREE Queensland Government funded evidence-based lifestyle change initiative – *My health for life*.

The initiative is available to your patients at no cost. It is designed to support positive lifestyle changes to reduce the individual's risk of developing chronic diseases such as type 2 diabetes, heart disease and stroke. The sessions and support are suitable for patients with one or more of the following conditions: a previous history of gestational diabetes; familial hypercholesterolaemia; pre-diabetes; high blood pressure; and high cholesterol.

Funded through Health and Wellbeing Queensland, the health initiative is delivered by the Healthier Queensland Alliance — a partnership, led by Diabetes Australia, that includes the Heart Foundation, Stroke Foundation, Ethnic Communities Council of Queensland (ECCQ), the Queensland Aboriginal and Islander Health Council (QAIHC) and Queensland's Primary Health Networks.



AND... IT'S ALREADY WORKING.

"I've had patients that have done My health for life and re-enrolled, which is testament to how amazing the initiative is. I've seen reductions in cholesterol where people have halved their medication, people's sleep and mood has improved. Whole families are benefitting because my patients are eating healthy meals and making healthy choices."

Dr Sarah Chu
Turbot St. Medical Centre

QUEENSLANDERS ARE RELYING ON YOU.

Primary Healthcare Professionals play a critical role in the community for type 2 diabetes, heart disease and stroke prevention, as patients turn to Health Professionals as the source of guidance. Now you can feel confident in referring your eligible patients into a free, evidence-based behaviour change initiative funded by the Queensland Government through Health and Wellbeing Queensland.

ENCOURAGE YOUR ELIGIBLE PATIENTS TO PARTICIPATE

My health for life 

13 74 75
myhealthforlife.com.au

FOR ASSISTANCE AND MORE INFORMATION

Contact us at info@myhealthforlife.com.au or call 13 74 75 to talk to one of our team members

CONTACT YOUR LOCAL PHN PRACTICE SUPPORT OFFICER

Brisbane North	07 3490 3495 practicesupport@brisbanenorthphn.org.au	Darling Downs and West Moreton	07 4615 0900 practicesupport@ddwmpnh.com.au
Brisbane South	07 3864 7555 support@bspnh.org.au	Gold Coast	07 5612 5408 practicesupport@gcphn.com.au
Country to Coast Queensland		Northern Queensland	07 4034 000 pce@nqphn.com.au
Sunshine Coast	07 5456 8100	Western Queensland	07 4573 1900 WQ_admin@wqphn.com.au
Gympie	07 5482 6770		
Hervey Bay	07 4196 9800		
Bundaberg	07 4131 0800		
Rockhampton	07 4921 7777		

Referral templates are available in Medical Director and Best Practice medical software. A fax referral form is also available at <https://myhealthforlife.com.au/healthprofessionals>
Send/return via: Fax: 07 3506 0909 or Medical Objects: *My health for life* FM4064000RY.



myhealthforlife.com.au
13 74 75

My health for life 



GOOD FOR YOUR *patients* GOOD FOR YOUR *practice*

A CHRONIC DISEASE PREVENTION INITIATIVE

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PUTTING *health* FIRST

With your help, we can bring more at-risk patients into *My health for life* and improve the long-term health of more Queenslanders.



Supporting Health Professionals at the front line of health care.

This evidence-based health initiative is a practical extension of the advice given by Health Professionals to their patients, allowing participants to better understand their health risks and supporting them to achieve their health-related goals.

It is based on the Health Action Process Approach (HAPA) model of behaviour change, pioneered by Dr Ralph Schwarzer. This initiative utilises principles of Motivational Interviewing, while encouraging social support and sharing of experiences between participants — with a strong focus on maintaining change.

We recognise the pivotal role Health Professionals can play in the continuing success of this health initiative, which three out of four participants say they would recommend to their family and friends.

WE LOOK FORWARD TO SUPPORTING YOU IN THIS ENDEAVOUR.

For more information visit
myhealthforlife.com.au



PHN: Gold Coast PHN

Eligibility and delivery information

Eligibility flowchart

Session plan, proven success & fast facts

Health Professional FAQs

My health for life poster

My health for life brochure for consumers

THE INSERTS IN THIS FOLDER CONTAIN THE FOLLOWING INFORMATION

WHAT'S IN THIS HEALTH PROFESSIONALS' TOOLKIT?



Information, training, resources and support.

The information in this pack will give you an understanding of how the *My health for life* initiative can benefit your patients:

- Who is eligible
- How eligibility is assessed
- How your practice can be involved
- Referral pathways
- Support available for health professionals.

Head to our website for more info



Health Professionals FAQs

My health
for life 

Q. What is *My health for life*?

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 minimise preventable health risks. It is funded by the State Government through Health and Wellbeing Queensland.

Q. What are the key benefits of the initiative for my patients?

My health for life has helped more than 17,000 Queenslanders to adopt a healthier lifestyle. It has a range of offerings, including small group sessions, telephone health coaching, video sessions, multicultural and Aboriginal and Torres Strait Islander culturally appropriate sessions. The initiative was developed drawing on evidence-based research and consumer codesign principles. Our Health Coaches are trained Health Professionals, skilled and motivated to support people in making and sustaining change.

Q. Who is eligible to take part?

People aged 18 years and over with ***one or more*** of the following:

- 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

Note: *My health for life* is a prevention program and patients with current gestational diabetes, type 1 or type 2 diabetes, heart disease, stroke or chronic kidney disease will not be eligible. Aboriginal and Torres Strait Islander people referred to the program are exempt from this exclusion criteria. Contact *My health for life* for more information.

Q. Who developed the initiative?

The Healthier Queensland Alliance. This Alliance is led by Diabetes Australia and includes the Heart Foundation, Stroke Foundation, Ethnic Communities Council of Queensland (ECCQ), the Queensland Aboriginal and Islander Health Council (QAIHC) and (the seven Queensland) Primary Health Networks.

Q. Where is *My health for life* available?

My health for life is available to all 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 and Islander Health Council supports the delivery of the Aboriginal and Torres Strait Islander offering.

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Health Professionals FAQs

My health
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Q. Are there costs associated with this initiative for either the patient or the practice/GP?

No. This initiative is funded by the State Government through Health and Wellbeing Queensland, and is free to eligible patients. A support person may attend.

Q. Does a patient need a referral to join *My health for life*?

Eligible participants can be referred into the *My health for life* by a Health Professional. Alternatively, they can selfrefer by completing the online Health Check at myhealthforlife.com.au, or over the phone by calling 13 74 75. GP consent is required for individuals who are: currently pregnant and/or experiencing an acute illness and/or have had surgery in the previous 12 months.

Q. How do I refer a patient?

Referral templates are available in Medical Director and Best Practice. Zedmed and Genie referral templates are available to download from your PHN's website. An online referral form is also available on the *My health for life* website: myhealthforlife.com.au.

Q. Where can I find more information?

- Visit our website at myhealthforlife.com.au
- Contact us at info@myhealthforlife.com.au or call our team at **13 74 75**
- Contact your local PHN practice support officer
- Request brochures for your practice from info@myhealthforlife.com.au or by calling 13 74 75

Q. Is someone available to discuss the program?

Yes, your local PHN is an Alliance partner. Your PHN practice support officer representative can assist with practice software recipes, referral templates and advice on eligible patients within your practice.

Q. How is *My health for life* funded?

My health for life has committed funding to June 2024.

Q. How long has *My health for life* been running?

It officially launched in February 2017.

Q. How can I access resources about *My health for life*?

Contact your local PHN Practice Support Officer, email info@myhealthforlife.com.au or call **13 74 75**.

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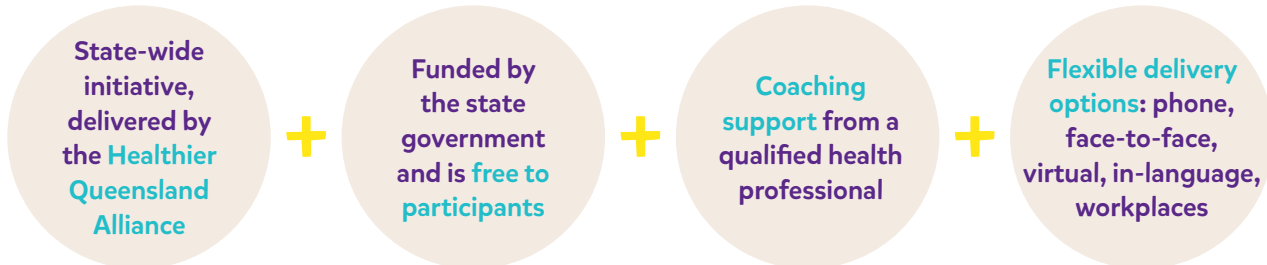
GOOD FOR YOUR PATIENTS. GOOD FOR YOUR PRACTICE.

My health
for life 

My health for life is an evidence-based health initiative that empowers eligible Queenslanders 18 years and over to lower their risk of developing chronic conditions — such as type 2 diabetes, heart disease and stroke.

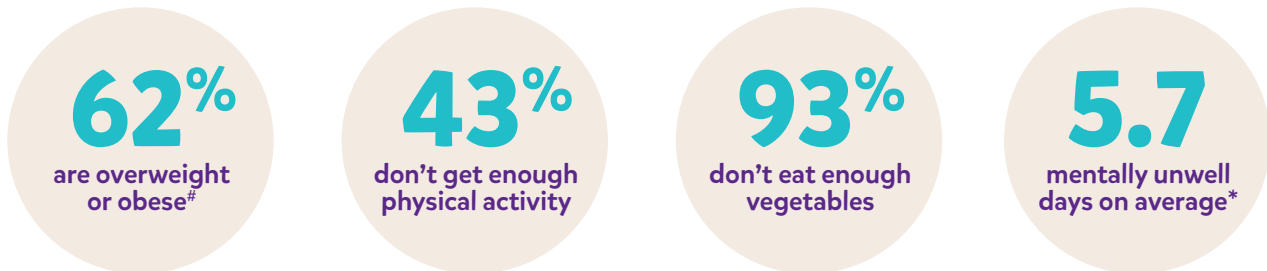
FAST FACTS

My health for life targets Queensland adults identified through a standardised Health Check.



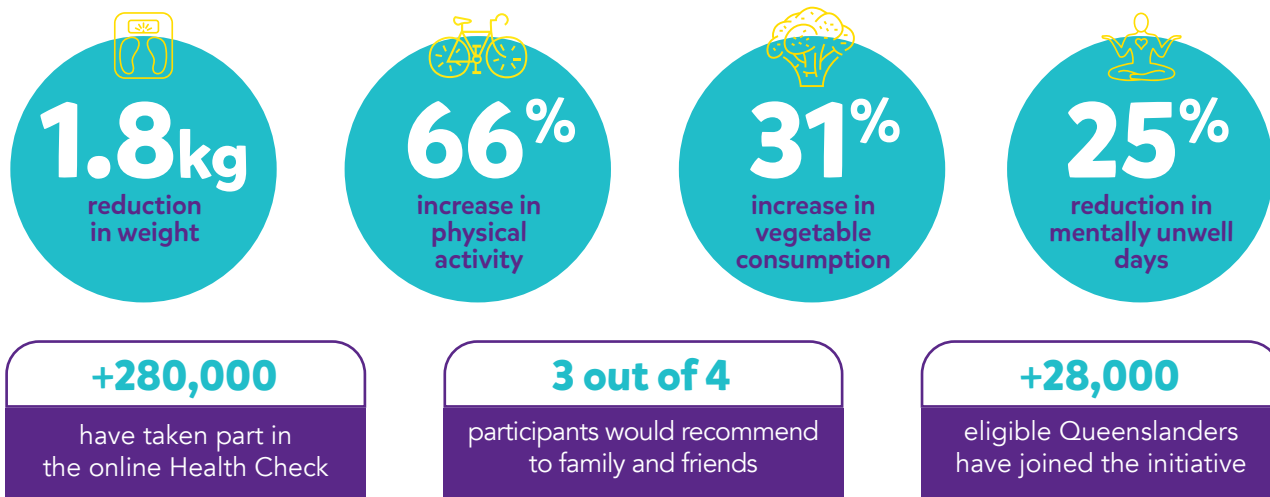
THE CHALLENGE

Queenslanders live with heightened risk factors for chronic disease – overall, from all adults living in Queensland (18 years and over):



PROVEN SUCCESS

Average participant improvements[^]:



[#] % that were classified by BMI as overweight or obese.

*refers to monthly average.

[^] Average outcomes achieved after completing the My health for life initiative.

Sources: Queensland preventative health survey (2020): Detailed Queensland and regional preventive health survey results | Queensland Health; Griffith University My health for life Evaluation Team — My health for life Initiative Evaluation Report, Menzies Health Institute Queensland, Brisbane 2020.

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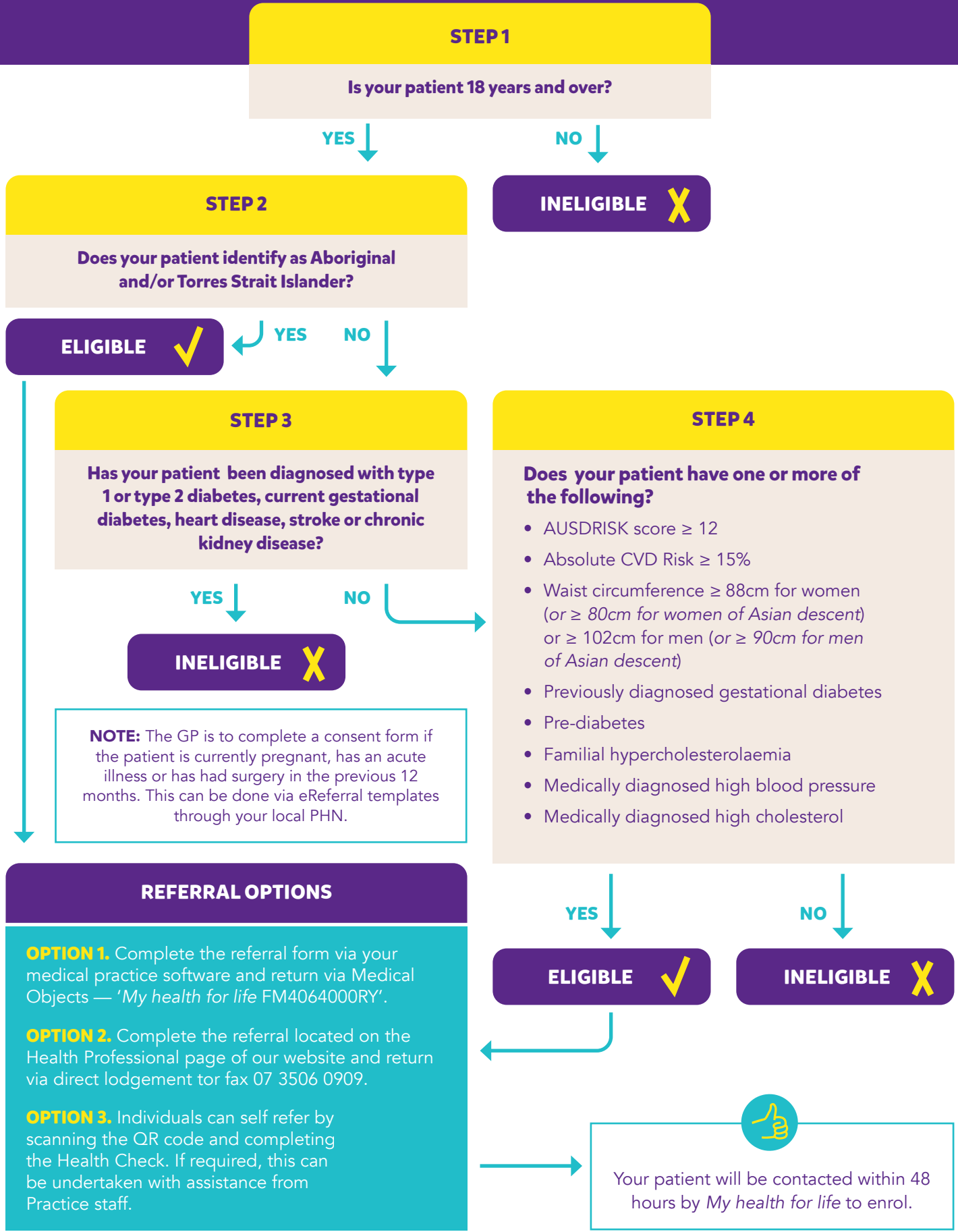


ELIGIBILITY



Do you have patients who would benefit from a health coach?

My health for life supports people at high risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke to make healthy lifestyle changes. It's free and simple to join. Check the eligibility criteria below.



HEALTH PROFESSIONAL REFERRAL FORM

My health
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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	<input type="text"/>		
Date of birth (DD/MM/YYYY)	<input type="text"/>	Date of Health Check	<input type="text"/>
Contact phone	<input type="text"/>		
Email	<input type="text"/>		
Main language spoken at home	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> 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:

<input type="checkbox"/> AUSDRISK score ≥ 12 (MBS items that may apply 701, 702, 705, 707, 715)	Total score is:	<input type="text"/>
<input type="checkbox"/> Absolute Cardiovascular Risk score $\geq 15\%$ (MBS items that may apply 699, 177)	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		

SECTION C: EXCLUSION CRITERIA

People who are not of Aboriginal and/or Torres Strait Islander descent and have any of the following conditions are not eligible for the My health for life initiative: type 1 diabetes, type 2 diabetes, current gestational diabetes, heart disease, stroke, chronic kidney disease.

Exclusion criteria checked (NB: if you have ticked this, unless your patient is of Aboriginal and/or Torres Strait Islander descent, **DO NOT** continue the referral process)

SECTION D: PREFERRED PARTICIPATION METHOD

Please choose from one of the following for preferred method of participation:

Telephone health coaching

Group based

Unsure

SECTION E: CONSENT

As the referrer, you confirm that the person being referred has been informed about, and consented to:

Information on this referral form being shared with Diabetes Australia and service providers involved in the *My health for life* initiative

De-identified information in this referral form being shared with Health and Wellbeing Queensland for statistical purposes

Participation updates to be shared with the referring Health Professionals

Medical Practitioner consent is required for people who:

Are currently pregnant

Are currently experiencing an acute illness

Have had surgery in the previous 12 months

SECTION F: REFERRER DETAILS

Practice/Service name

Practice/Service type

Referrer name

Referrer profession

Address

Email

Phone

Please return completed form to *My health for life* via one of the below options:

Medical Objects: *My health for life* FM4064000RY Fax: 07 3506 0909

Do you have any questions?

Contact us on **13 74 75** or email: info@myhealthforlife.com.au

ABOUT MY HEALTH FOR LIFE

The initiative is funded by the Queensland Government and delivered by the Healthier Queensland Alliance. The Alliance is a group of non-government organisations working in partnership with the Government and Health and Wellbeing Queensland to improve the health of Queenslanders.

WE ARE:

- Diabetes Australia
- Stroke Foundation
- National Heart Foundation of Australia
- Primary Health Networks (PHN)
- Ethnic Communities Council of Queensland (ECCQ)
- Queensland Aboriginal and Islander Health Council (QAIHC).

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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



ADDITIONAL SUPPORT THROUGHOUT THE SESSIONS

Regular contact (SMS/emails).
Referral to other programs or services e.g. Quitline, 10,000 Steps or Queensland Country Kitchens. Contact with *My health for life* coach outside of group sessions.

MAINTENANCE PROGRAM AVAILABLE AFTER SESSION SIX

Online tools and resources including webinars, SMS and email support intervention.

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