

My health for life (MH4L) is a free behaviour change program designed for people at high risk of developing a chronic disease and shows participants that making small lifestyle changes can have major health benefits.



The program works in partnership with general practice and is a practical extension of the advice given by GPs and nurses to their patients.

Participants can complete the program through face-to-face, video conferencing (VC), or telephone coaching.

**Note:** Participants can attend a VC session with a facilitator anywhere in Queensland. 13 RISK (13 74 75) will assist participants in selecting a program mode, timeslot, and location that suits them.

Patients can be referred using the practice software MH4L referral template or calling 13 RISK.

Date	Time	Provider	Facilitator	Suburb
Thursday 18 February 2021	4pm - 6pm	Physio Plus Mackay	Max Shearwood	MACKAY
Thursday 25 February 2021	4pm - 6pm	Physio Plus Whitsunday	Yvette Porter	CANNONVALE
Wednesday 10 March 2021	9.30am - 11.30am	Mountain View Medical Centre	Louise Cooper	PARRAMATTA PARK
Tuesday 23 March 2021	5.00pm - 7.00pm*	Achieve Exercise Physiologists	Jaymie Franettovich	CRANBROOK
Wednesday 14 April 2021	1pm - 3pm*	Achieve Exercise Physiologists	Neel Menon	CRANBROOK

\*This is a video conferencing group

For more information, visit the website: [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au)

Your local PHN can work with your practice to identify patients who are eligible for referral into the program. If you would like more information on how to get involved, please contact your area manager.