

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 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
Mon 22-Mar-2021	5:00pm - 7:00pm	Achieve Exercise Physiologists	Michael Andison	THURINGOWA CENTRAL
Tue 23-Mar-2021	5:30pm - 7:30pm	Paul Hopkins Medical Clinic	Debbie Kimber	MACKAY
Tue 23-Mar-2021	5:00pm - 6:00pm*	Achieve Exercise Physiologists	Jaymie Franettovich	CRANBROOK
Thu 25-Mar-2021	9:30am - 11:30am	Health Moves Cairns	Ben Collins	PARRAMATTA PARK
Wed 14-Apr-2021	1:00pm - 3:00pm	Achieve Exercise Physiologists	Jordan Coonan	THURINGOWA CENTRAL
Wed 14-Apr-2021	1:00pm - 2:00pm*	Achieve Exercise Physiologists	Neel Menon	CRANBROOK
Mon 19-Apr-2021	1:00pm - 3:00pm	Dietcare	Monique Dunkley	MACKAY
Thu 22-Apr-2021	3:00pm - 5:00pm	Dietcare	Monique Dunkley	MACKAY

\*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.