

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 |
|-----------------|-------------------|--------------------------------|------------------|--------------------|
| Wed 26-May-2021 | 9:30am - 11:30am | Health Moves Cairns | Louise Cooper | PARRAMATTA PARK |
| Sat 29-May-2021 | 11:00am - 1:00pm | Unison Health | Rowena Sanderson | THURINGOWA CENTRAL |
| Mon 14-Jun-2021 | 5:00pm - 7:00pm | Achieve Exercise Physiologists | Michael Andison | THURINGOWA CENTRAL |
| Wed 16-Jun-2021 | 1:00pm - 3:00pm | Achieve Exercise Physiologists | Jordan Coonan | THURINGOWA CENTRAL |
| Wed 16-Jun-2021 | 1:00pm - 3:00pm * | Achieve Exercise Physiologists | Neel Menon | THURINGOWA CENTRAL |
| Wed 21-Jul-2021 | 10:00am - 12:00pm | Awal Medical Centre | Sharon Ashman | SARINA |
| Thu 29-Jul-2021 | 3:00pm - 5:00pm | Awal Medical Centre | Sharon Ashman | SARINA |

*Video conferencing group

For more information, visit the website: 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.