

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
Tuesday 13 July 2021	9am - 11am	Optimise Health & Wellness	Kara Christopher	INGHAM
Tuesday 20 July 2021	5pm - 7pm*	Achieve Exercise Physiologists	Jaymie Franettovich	THURINGOWA DC
Wednesday 21 July 2021	10am - 12pm	Awal Medical Centre	Sharon Ashman	SARINA
Thursday 29 July 2021	3pm - 5pm	Awal Medical Centre	Sharon Ashman	SARINA

*VC 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.