

My health for life is a free behaviour change program designed for Queenslanders at high risk of developing a chronic condition 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.

Supported by



Participants can choose to complete the program via face-to-face, video conferencing or telephone coaching.

Note: Participants can attend a VC session with a facilitator anywhere in Queensland.

Our team will assist participants in selecting a program mode, timeslot and location that suits their needs.

Patients can be referred using the practice software *My health for life* referral template or calling 13 74 75.

Date	Time	Provider	Facilitator	Suburb
Thursday, 17 March 2022	10:00am	Dietcare	Josie Jamieson-Bews	Mackay

For more information, visit 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.