



An Australian Government Initiative

## Information Sheet

My Health for Life (MH4L) is a free evidence-based behaviour change program for people at high risk of developing Type 2 Diabetes, Stroke, and Heart Disease. The program is delivered over six months by telephone or group-based sessions conducted by local health professionals who are My Health for life trained facilitators.

Gold Coast Primary Health Network (GCPHN) is proud to be a part of the Healthier Queensland Alliance who are implementing this state-wide program, led by Diabetes Queensland. GCPHN will work with local practices to increase risk assessments and identify patients who are eligible for referral into the program. GPs who refer patients into the MH4L programs will be provided with patient progress reports.

## My health for life

<i>Date</i>	<i>Time</i>	<i>Provider</i>	<i>Location</i>
Thursday 18 April	2.30pm - 4.30pm	My Nutrition Clinic	Robina
Thursday 18 April	10am - 12pm	Blue Care	Elanora
Tuesday 23 April	10am - 12pm	Shape Nutrition	Bundall
Thursday 9 May	10am - 12pm	Lynette Parer Pharmacist	Biggera Waters
Monday 13 May	10am - 12pm	My Nutrition Clinic	Robina
Monday 13 May	5.30pm - 7.30pm	Hope Island Medical Centre	Hope Island
Wednesday 22 May 2019	1.30pm - 3.30pm	GC Health for Life	Burleigh Waters
Thursday 23 May 2019	5.30pm - 7.30pm	My Nutrition Clinic	Robina
Monday 24 June 2019	5.30pm - 7.30pm	Hope Island Medical Centre	Hope Island
Wednesday 14 August	1.30pm - 3.30pm	GC Health for Life	Burleigh Waters

Participants are also able to complete the program through telephone coaching if there are no local sessions available in your area.

Patients can be referred using the practice software MH4L referral template or calling 13 Risk (13 74 75). Visit [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au) for further information.

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*“Building one world class health system for the Gold Coast.”*

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health. Primary Care Gold Coast Limited (ABN 47152953092), trading as the Gold Coast Primary Health