



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>
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
Wednesday 22 May 2019	2pm – 4pm	My Nutrition Clinic	Highland Park
Thursday 23 May 2019	5.30pm - 7.30pm	My Nutrition Clinic	Robina
Monday 3 June 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 for further information.

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

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