

Griffith Health Clinic patients getting extra benefits with MH4L



Erin Barrett from Griffith Health Clinics

Griffith Health Clinics on the Gold Coast offer a range of services for local Gold Coast residents, including dentistry, exercise physiology, nutrition and dietetics, physiotherapy, psychology, social work and speech pathology and often refers patients to the My health for life (MH4L) program.

The MH4L program works with general practitioners (GPs) and other health professionals to provide patients with a personalised program or activity to help them take manageable steps to get their health on track.

Facilitators are trained health professionals, including dietitians and exercise physiologists, who have a keen interest in preventive health.

The MH4L facilitator at Griffith Health Clinics is Erin Barrett (pictured), an Accredited Exercise Physiologist (AEP) and Accredited Exercise Scientist (AES).

Erin has a strong background in the health and fitness industry and is passionate about empowering clients improve their own health and wellbeing. She is a strong advocate for the My Health for Life program and looks forward to helping people move past barriers that stand in the way of making healthy choices.

By becoming a MH4L facilitator, Erin and Griffith Health Clinic are contributing to the largest chronic disease prevention program in Queensland and are empowering local patients at risk of developing chronic disease to make lifestyle changes for a healthier future.

Read more about Griffith Health Clinics and how to refer your patients to the MH4L program below.

My health for life Q&A with Griffith Health Clinics

Who are you? Tell us about your organisation and the services you provide.

Griffith Health Clinics have a diverse team of health practitioners who use the latest evidence-based treatments and procedures to help people achieve optimal health and wellbeing. The clinics offer services in dentistry, exercise physiology, nutrition and dietetics, physiotherapy, psychology, social work and speech pathology. People coming to Griffith Health Clinics can choose between services provided by our fully-qualified practitioners, or our discounted services provided by students practicing under the supervision of experienced and fully-qualified practitioners.

How does *My health for life* fit with your business model?

The *My health for life* program encompasses a holistic and client-centred focus to sustainable lifestyle changes. This approach fits well with the multidisciplinary services available at Griffith Health Clinics, as we aim to use a collaborative and supportive approach to empower clients to take ownership of their own health and wellbeing.

Tell us about your participants' experience in the *My health for life* program ... what do they enjoy most about the program?

There has been overwhelmingly positive feedback from participants completing the *My health for life* program at Griffith Health Clinics. Many participants comment on the benefits of the group environment - being able to share their successes and challenges, get simple, fun and healthy suggestions from other group members, and just hear that they are not alone in their journey for better health. Others report that it is the change in mindset that is most significant. The *My health for life* program is not a fad, or a bootcamp, or a special diet - it is about long-term behaviour change to improve both physical and mental health.

Why would you recommend patients/clients be referred into the *My health for life* program?

The *My health for life* program is so easy to recommend because it can be useful to clients at all stages of their health and lifestyle journey. It recognises that what one participant will find easy, another will find really challenging, and that is okay because the activities and suggestions are specific to the individual.

The program also allows for many opportunities for self-reflection on current behaviours (e.g. eating, physical activity, alcohol intake) and this increased awareness can be important when planning and goal setting towards better choices.

How can people refer to you and your upcoming programs?

My health for life is a Queensland Government-funded program and is available for medical practitioner referral as well as self-referral for all eligible participants. Medical practitioners can complete the referral form at www.myhealthforlife.com.au to refer patients into the program. Individuals can check their risk factors and self-refer via the health check link at www.myhealthforlife.com.au or call 13 74 75.

Provider name, address and contact details:

Griffith Allied Health Clinic

Griffith Health Centre, Cnr Olsen Avenue & Parklands Drive, Southport, QLD 4215

Phone: 1800 188 295

Email: ahreceptionteam@griffith.edu.au

MH4L is a free, healthy lifestyle program funded by the Queensland Government and aims to give people a starting point to a healthier life. You can download the referral form at: <https://bit.ly/2Ga2sRm> to start referring your patients now, or visit www.myhealthforlife.com.au if you would like to find out more about the program and how it could help your patients.

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

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