

## MH4L helping patients at Hope Island Medical Centre



Facilitator Clare Barrett (Centre) with two staff from Hope Island Medical Centre

Hope Island Medical Centre (HIMC) has been looking after Gold Coast residents since 2006 and are now using the My health for life program (MH4L) as an opportunity for patients to focus on their health and wellbeing.

The MH4L program allows participants to identify simple and practical steps they can take to manage change and achieve lifestyle goals and HIMC staff have noted how much participants enjoy the group interaction and peer support.

Facilitators of the program are trained health professionals who have a keen interest in preventive health. At Hope Island Medical Centre, this includes a dietitian (Clare Barrett) and an accredited pharmacist (Ken Hayward).

Read more about Hope Island Medical Centre's experience with MH4L below and learn more about how to refer your patients to the MH4L program.

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## My health for life Q&A with Hope Island Medical Centre

### **Who are you? .... Tell us about your practice and the services you provide.**

Hope Island Medical Centre has been serving our community since 2006. Our dedicated team of both male and female GPs deliver the highest quality care and service. We cover all aspects of General Practice and work closely with visiting and co-located allied health services. We provide a team approach to service delivery and our patients are respected as partners in the management of their health and wellbeing.

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

*My health for life* is an opportunity for participants to focus on their health and wellbeing, in a structured lifestyle modification program while strengthening the ties between Hope Island Medical Centre and

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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 Network.

their allied health colleagues.

Currently our *My health for life* facilitators are Clare Barrett, Senior Dietitian from Way of Life Nutrition and Kevin Hayward, an accredited pharmacist; both have exceptional skills and bring life to the group education sessions while having participant engagement skills that align with individual health coaching and participant support.

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

Our participants enjoy the group interaction and peer support. *My health for life* allows participants to identify the simple and practical steps they can take to make changes that will see them achieve lifestyle goals. Working with the facilitators ensures that the tailored plan of action each participant makes, is broken down into manageable steps.

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

*My health for life* is another tool for the toolbox. Finding the right program for patients can be challenging. This one works for many who engage. Participants gain support and ideas from other group members, information on health and wellbeing and skills to make long term changes.

**How can people refer to you and your upcoming programs?**

If you would like to refer your patients to the *My Health For Life* program, use the referral template at [www.healthyc.com.au/referrals](http://www.healthyc.com.au/referrals), under the Prevention heading. Individuals can check their risk factors and self-refer via the health check link at [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au) or call 13 74 75.

The next group session for My Health For Life at Hope Island Medical Centre starts Monday 18 February 2019.

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## Provider name, address and contact details:

*Hope Island Medical Centre*  
10 Santa Barbara Road  
Hope Island, QLD 4212  
Ph: 07 5510 8199

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](http://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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