

My Nutrition Clinic supporting clients with MH4L



Molly and Anna from My Nutrition Clinic

My Nutrition Clinic offers Gold Coast residents a range of services and programs, delivered by dietitians with many years of specialty experience. They also provide additional support to clients through the My health for life program.

The staff at My Nutrition Clinic have seen first-hand how this program supports participants to make progress towards their health goals and change the way they view their health, while increasing their confidence to make positive lifestyle choices.

Read more about My Nutrition Clinics' experience with MH4L below and learn more about how to refer your patients to the MH4L program.

My health for life Q&A with My Nutrition Clinic

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

We have been one of the leading Gold Coast dietitian practices for almost 20 years and have seen thousands of people through our clinics across the Gold Coast in Nerang, Miami, Burleigh and Robina. We provide bulk-billed appointments to those on a care plan and what really sets us apart is that we offer access to a range of services and programs, delivered by specialist dietitians with many years of specialty experience. .

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

We are in the business of behaviour change. We support, encourage and enable people to eat better and live a healthier lifestyle through education, practical tools and support to make life-long changes. A vast majority of our clients are eligible for *My health for life* and we have seen first-hand how this program supports participants to make progress towards their health goals. Our dietetic consultations set a solid foundation, and the *My health for life* program supports them to develop new habits.

Level 1, 14 Edgewater Court, Robina 4226 | PO Box 3576 Robina Town Centre QLD 4230
P: 07 5635 2455 | F: 07 5635 2466 | E: info@gcphn.com.au | www.healthygc.com.au

"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.

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

Support is the number one attribute most people find beneficial and they also repeatedly report a lifelong change in mindset. Participants say it has changed the way they view their health and increased their confidence in making change. Many past participants say they feel an improvement in their health after the first session. Most participants do not want the program to end so we have other groups/meetings where they can continue to meet through exercise groups and online messaging services.

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

It is great for anyone who wants to feel better or improve his or her health and it can be highly beneficial to people feeling a bit stuck or deflated from previous attempts. Many people feel alone and isolated when making lifestyle changes to improve their health and often shy away from asking for support and instead try to go it alone.

Many participants are trying to achieve the same goals and we notice that through peer support they feel a lot more motivated and positive about the challenges they face. *My health for life* brings people together and offers them the opportunity to learn from and be inspired by others.

How can people refer to you and your upcoming programs?

All our upcoming programs are listed on the [My Nutrition Clinic website](#) and you can complete the *My health for life* check online. If you are eligible and have registered your contact details the *My health for life* team will be in contact to book your first appointment. We start a new program every month and have daytime and evening groups available.

Provider name, address and contact details:

My Nutrition Clinic

Bond Institute of Health and Sport
2 Promethean Way, Robina QLD 4226
Tel: 07 5533 8866
Fax: 07 5679 9600
Email: anna@mynutritionclinic.com
Website: www.mynutritionclinic.com.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.

Level 1, 14 Edgewater Court, Robina 4226 | PO Box 3576 Robina Town Centre QLD 4230
P: 07 5635 2455 | F: 07 5635 2466 | E: info@gcphn.com.au | www.healthygc.com.au

“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.

phn
GOLD COAST

An Australian Government Initiative