



Is it time to get your health back on track?

My health for life 

1

Health check

Answer a simple questionnaire and get your blood pressure checked:

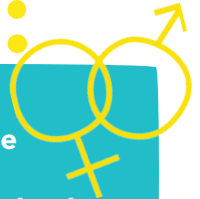
- At your local pharmacy or community event
- Ask your GP
- Call 13 RISK (13 7475) or visit myhealthforlife.com.au.

2

Eligibility

Your health check will tell you if you're eligible

- 45yrs or older (general population)
- 18yrs or older (Aboriginal and Torres Strait Islander people)
- At high risk of (but not already diagnosed with) type 2 diabetes, heart disease or stroke.



3

Enrollment

Your choice between group sessions or telephone-based health coaching. Contact 13 RISK (13 7475) to learn where groups are available; telephone is available state-wide.



4

Participation

Six sessions over six months

- personalised to your needs and intentions
- delivered by local health care professionals
- designed to help you make small, sustainable and healthy changes through practical skills and support.



5

Healthier future

Access to an ongoing maintenance program with online resources and support to maintain healthy habits.

Find out more at myhealthforlife.com.au or call 13 RISK (13 7475).

