

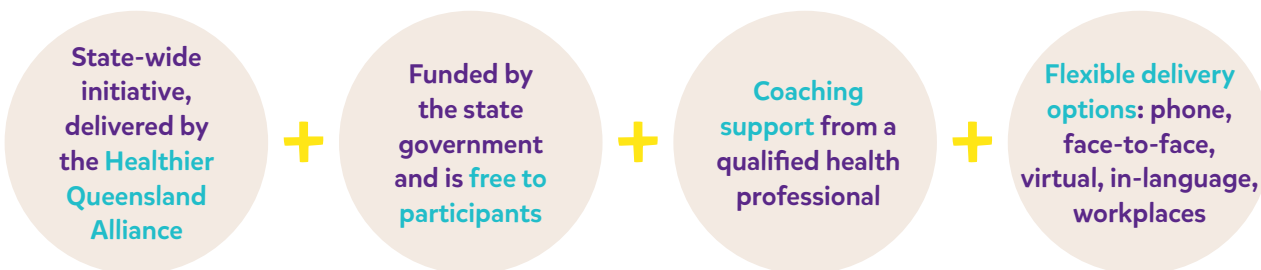
# GOOD FOR YOUR PATIENTS. GOOD FOR YOUR PRACTICE.

My health  
for life 

My health for life is an evidence-based health initiative that empowers eligible Queenslanders 18 years and over to lower their risk of developing chronic conditions — such as type 2 diabetes, heart disease and stroke.

## FAST FACTS

My health for life targets Queensland adults identified through a standardised Health Check.



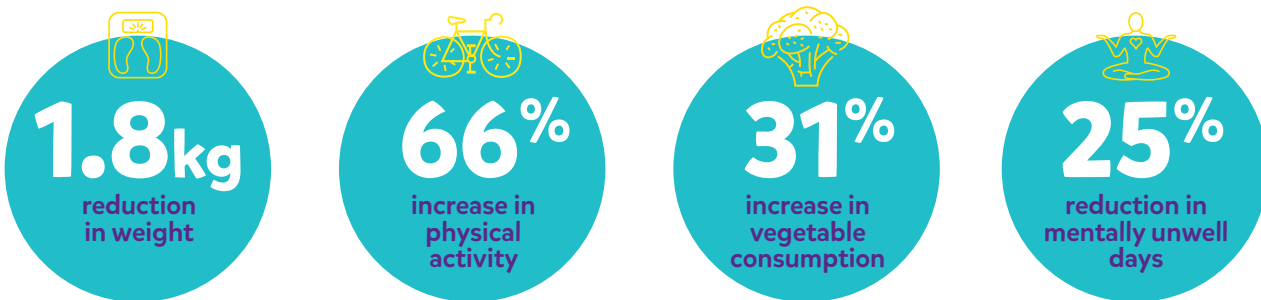
## THE CHALLENGE

Queenslanders live with heightened risk factors for chronic disease – overall, from all adults living in Queensland (18 years and over):



## PROVEN SUCCESS

Average participant improvements<sup>^</sup>:



<sup>#</sup> % that were classified by BMI as overweight or obese.

\*refers to monthly average.

<sup>^</sup> Average outcomes achieved after completing the My health for life initiative.

Sources: Queensland preventative health survey (2020): Detailed Queensland and regional preventative health survey results | Queensland Health; Griffith University My health for life Evaluation Team — My health for life Initiative Evaluation Report, Menzies Health Institute Queensland, Brisbane 2020.

### HEALTHIER QUEENSLAND ALLIANCE



# ELIGIBILITY

## Do you have patients who would benefit from a health coach?

My health for life supports people at high risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke to make healthy lifestyle changes. It's free and simple to join. Check the eligibility criteria below.



### STEP 1

Is your patient 18 years and over?

YES ↓

NO ↓

### STEP 2

Does your patient identify as Aboriginal and/or Torres Strait Islander?

INELIGIBLE X

ELIGIBLE ✓

YES ↶

NO ↓

### STEP 3

Has your patient been diagnosed with type 1 or type 2 diabetes, current gestational diabetes, heart disease, stroke or chronic kidney disease?

YES ↓

NO ↷

INELIGIBLE X

**NOTE:** The GP is to complete a consent form if the patient is currently pregnant, has an acute illness or has had surgery in the previous 12 months. This can be done via eReferral templates through your local PHN.

### STEP 4

Does your patient have one or more of the following?

- AUSDRISK score  $\geq 12$  [AUSDRISK Assessment Tool](#)
- Absolute CVD Risk  $\geq 15\%$  [CVD Risk Calculator](#)
- Waist circumference  $\geq 88\text{cm}$  for women (or  $\geq 80\text{cm}$  for women of Asian descent) or  $\geq 102\text{cm}$  for men (or  $\geq 90\text{cm}$  for men of Asian descent)
- Previously diagnosed gestational diabetes
- Pre-diabetes
- Familial hypercholesterolaemia
- Medically diagnosed high blood pressure
- Medically diagnosed high cholesterol

YES ↓

NO ↓

ELIGIBLE ✓

INELIGIBLE X

### REFERRAL OPTIONS

**OPTION 1.** Complete the referral form via your medical practice software and return via Medical Objects — 'My health for life FM4064000RY'.

**OPTION 2.** Complete the referral located on the Health Professional page of our website and return via direct lodgement or fax 07 3506 0909.

**OPTION 3.** Individuals can self refer by scanning the QR code and completing the Health Check. If required, this can be undertaken with assistance from Practice staff.



Your patient will be contacted within 48 hours by My health for life to enrol.