

# FREQUENTLY ASKED QUESTIONS



## Q. What is *My health for life*?

*My health for life* is an evidence-based behavior change program for people at risk of developing chronic disease. The program supports eligible Queenslanders to live and age well and minimise preventable health risks. The program is funded by the State Government through Health and Wellbeing Qld.

## Q. What are the key benefits of the program for my patients?

*My health for life* has helped more than 13,000 Queenslanders to adopt a healthier lifestyle. It has a range of offerings, including small group sessions, telephone health coaching, video sessions, multicultural and Aboriginal and Torres Strait Islander culturally appropriate programs. The program was developed drawing on evidence-base research and consumer codesign principles. Our health coaches are trained health professionals, skilled and motivated to support people in making and sustaining change.

## Q. Who is eligible to take part?

- People aged 18 years and over with an AUSDRISK score of 12 or greater, an Absolute CVD score of 15% or greater, or a waist circumference of 102cm plus for males (or 90cm for males of Asian descent), or 88cm plus for females (or 80cm for females of Asian descent).
- People aged 18 years and over with pre-existing conditions, including pre-diabetes, high blood pressure, high cholesterol, familial hypercholesterolaemia or a previous history of gestational diabetes.

Note: *My health for life* is a prevention program and patients with current gestational diabetes, type 1 or type 2 diabetes, heart disease, stroke or chronic kidney disease will not be eligible. Aboriginal and Torres Strait Islander peoples with a chronic condition who is referred to the program by a designated *My health for life* community provider is exempt from this exclusion criteria. Contact *My health for life* for more information.

## Q. Who developed the program?

The Healthier Queensland Alliance. This Alliance is led by Diabetes Queensland and includes the Heart Foundation, Stroke Foundation, Ethnic Communities Council of Queensland (ECCQ), the Queensland Aboriginal and Islander Health Council (QAIHC) and (the seven Queensland) Primary Health Networks.

## Q. Where is the program available?

The program is available to all Queenslanders through telephone health coaching, small group or video sessions. We also offer the program in-language in partnership with Ethnic Communities Council Queensland. Queensland Aboriginal and Islander Health Council supports the delivery of the Aboriginal and Torres Strait Islander offering.

## Q. Are there costs associated with this program for either the patient or the practice/GP?

No. The program is funded by the State Government through Health and Wellbeing Qld, and is free to the participant. A support person may attend.

## Q. Does a patient need a referral to join the program?

Eligible participants can be referred into the program by a health professional. Alternatively, they can self-refer by completing the online health check at [myhealthforlife.com.au](http://myhealthforlife.com.au). GP consent is often requested prior to enrolment for people with mental health conditions, or other health conditions.

## Q. How do I refer a patient?

Referral templates for Best Practice, Medical Director, Zedmed, and Genie are available for download from your PHN's website. A fax referral form is also available at [myhealthforlife.com.au/our-community/health-professionals](http://myhealthforlife.com.au/our-community/health-professionals).

## Q. What if I want to find out more information about the program?

- Visit our website at [myhealthforlife.com.au](http://myhealthforlife.com.au)
- Contact us at [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au) or call our team at 13 74 75
- Contact your local PHN practice support officer
- Request brochures for your practice from [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au) or by calling 13 74 75.

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## Q. Is someone available to discuss the program?

Yes, your local PHN is an Alliance partner. Your PHN practice support officer representative can assist with practice software recipes, referral templates and advice on eligible patients within your practice.

## Q. How is the program funded?

The program has committed funding to 2024.

## Q. How long has the program been running?

The program officially launched in February 2017.

## Q. How can I access resources about the program?

Contact your local PHN Practice Support Officer, email [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au) or call 13 74 75.



## Other health programs at a glance

This below table provides an overview of other health programs available to your patients.

	ELIGIBILITY	PROGRAM OFFERING	REFERRAL PROCESS
COACH PROGRAM	<ul style="list-style-type: none"><li>• 18+ years</li><li>• self-caring</li><li>• resident of QLD</li><li>• Diagnosed with: coronary artery disease (CAD), (such as myocardial infarction, angina pectoris, cardiac stenting or heart bypass surgery); type 2 diabetes; pre-diabetes; chronic obstructive pulmonary disease (COPD)</li></ul>	<p>Delivered over the phone by trained registered nurses to help clients better understand and manage chronic disease. Sets biomedical targets with clients (cholesterol levels, blood pressure, blood glucose and spirometry results). Lifestyle targets may include diet, activity levels, smoking and alcohol consumption.</p> <p>Delivered over 6 months, with a call every 4-6 weeks. At the end of each session, a letter detailing the discussed topics is sent to the client, their general practitioner and/or their treating specialist.</p>	<p>Through clinicians/allied health professionals: <a href="http://www.health.qld.gov.au/clinical-practice/referrals/coach/referral-form">www.health.qld.gov.au/clinical-practice/referrals/coach/referral-form</a> Phone: 13 HEALTH (13 43 25 84), Email: <a href="mailto:coach@health.qld.gov.au">coach@health.qld.gov.au</a>, Fax: (07) 3259 8534</p>
DESMOND	<ul style="list-style-type: none"><li>• 18+ years</li><li>• resident of QLD</li><li>• patients diagnosed with</li><li>• type 2 diabetes (both newly diagnosed or currently living with)</li><li>• registered with the NDSS</li></ul>	<p>DESMOND (Diabetes education and self- management for ongoing and newly diagnosed) is an evidence-based program funded by the National Diabetes Services Scheme (NDSS) and delivered by Diabetes Queensland.</p> <p>It is designed to give patients an understanding of their condition and the knowledge to better self-manage. DESMOND is run as a full day workshop and is facilitated by specialised DESMOND trained health professionals.</p>	<p>Self-referral through Diabetes Queensland Phone: 1300 136 588 Email: <a href="mailto:info@diabetesqld.org.au">info@diabetesqld.org.au</a> Visit: <a href="http://www.diabetesqld.org.au">www.diabetesqld.org.au</a></p>
QUITLINE	<ul style="list-style-type: none"><li>• resident of QLD</li></ul>	<p>Quitline (13 78 48) is a confidential, free service for people who want to quit smoking. It provides information and assistance. Counsellors are available 7am-10pm, 7 days a week.</p>	<p>Quitline (13 78 48)</p>