Program eligibility

Do you have clients who would benefit from a healthy lifestyle program?

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



Step 1:

Determine if client is eligible



Has client been diagnosed with a pre-existing condition?

NO



Au

Automatically eligible

- Previously diagnosed gestational diabetes
- Pre-diabetes (diagnosed impaired fasting glucose or impaired glucose tolerance)
- Familial hypercholesterolaemia
- Medically diagnosed high cholesterol
- Medically diagnosed high blood pressure

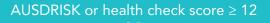
Note: participant must be 18 yrs or over.

Not eligible

- Type 1 or type 2 diabetes
- Current gestational diabetes
- Heart disease
- Stroke
- Chronic kidney disease

Complete:

My health for life health check, AUSDRISK, Blood Pressure, Absolute CVD Risk or waist measurement



Blood Pressure ≥ 160/100

OR

Absolute CVD Risk ≥ 15

OF

Waist measurement of ≥102cm (males), ≥ 90cm (males of Asian descent) or ≥88cm (females), ≥ 80cm (females of Asian decent)



Step 2: Complete referral form and fax to (07) 3506 0909, email info@myhealthforlife.com.au or call 13 74 75. Alternatively complete online health check with client.

YES

Eligible clients will be contacted by My health for life with more information on how to join the program.



Eligible

Note: GP consent

may be required













