

Identifying patients eligible for *My Health for Life*

There are many ways your General Practice can take action to identify patients eligible for the healthylifestyle program, My Health for Life (MH4L).

1. Become familiar with automatic eligibility to MH4L

As a prevention program, patients with pre-diabetes, CV event risk, high blood pressure, high cholesterol or previous gestational diabetes are automatically eligible under the MH4L program criteria.

2. Finding eligible patients in CAT4 and clinical information systems

- Use software systems to find eligible patients, then recall patients or flag eligibility.
- CAT4 enables general practice staff to target patients with specific health risk profiles. Several recipes have been created to help general practices to identify patients eligible for MH4L. The program uses multiple eligibility criteria, therefore multiple recipes have been prepared for individual patients at risk. <https://help.pencs.com.au/display/CR/My+Health+For+Life+Recipes>
- Use the Topbar App to identify and refer eligible patients to MH4L. Topbar will apply 'prompt' rules to patient data. When a patient record is opened in the clinical information system and the data matches the program rules, a MH4L prompt will be displayed. This prompts GPs to discuss and refer patients to MH4L.
- Find patients in Medical Director or Best Practice software. Select fields for searches related to MH4L eligibility. E.g. age, hypertension, currently taking drug from class – antihypertensives.

3. Consider patient eligibility for MH4L when conducting health assessments

- People aged 45 to 49 (incl) (MBS 701-707)
- People of Aboriginal or Torres Strait Islander descent (MBS 715)
- People aged 40 to 49 (incl) with a high risk of developing type 2 diabetes as determined by AUSDRISK (MBS 701-707)
- Heart health check (MBS 699) for assessing CV risk of patients aged 45 years and over.

4. Recall patients

- Use the practice reminder system to prompt patients for screening activities.

What is *My Health for Life*?

My health for life is a free evidence-based lifestyle program funded by the Queensland Government and delivered by an alliance of health organisations. The program is designed to help Queenslanders live well and reduce their risk of developing conditions such as type 2 diabetes, heart disease, stroke, high cholesterol and high blood pressure.

Who is eligible to take part?

PEOPLE AGED ≥ 18* YEARS AND OVER WITH ONE OF THE FOLLOWING	OR PEOPLE AGED ≥ 18 YEARS WITH OF THE FOLLOWING:
AUSDRISK score ≥ 12 absolute cardiovascular risk score ≥ 15% blood pressure ≥ either 160 systolic or 100 diastolic waist circumference 88cm plus for women (or 80cm plus for women of Asian descent) or 102cm plus for men (or 90cm for men of Asian descent) *including Aboriginal or Torres Strait Islander descent and culturally and linguistically diverse (CALD) patients	Pre-existing conditions such as: previously diagnosed gestational diabetes pre-diabetes (diagnosed impaired fasting glucose, or impaired glucose tolerance) familial hypercholesterolaemia high cholesterol (e.g. on cholesterol-lowering medication) high blood pressure (e.g. on blood-pressure lowering medication)

Note: people with type 1 and 2 diabetes, heart disease, stroke or chronic kidney disease are not eligible, as this is a prevention program. People with these conditions can be managed with GP management plans.

What are the key benefits of the program for my patients?

The program shows participants that making small lifestyle changes can have major health benefits. Eligible participants move through a behaviour change model to assist them in identifying a personal lifestyle change goal and are then provided with support and tools they need to help enact change. MH4L is delivered by trained health professionals via 6 sessions over a three-month period. Participants receive a range of supporting resources, including access to an online portal and a maintenance program. Telephone health coaches can conduct individual programs to any locations across Queensland and the Western Queensland MH4L facilitator delivers group programs via videoconferencing.

Successes recorded to date:

- Participant average waist circumference decreased from 104.7cm to 101.4cm
- Physical activity increased from an average of 161 mins to 210 mins per week
- The proportion of participants that consumed 2 serves of fruit increased from 32% to 49%
- The proportion of participants that consumed 5≥ serves of vegetables increased from 10% to 20%
- The proportion of participants who were current smokers decreased from 7.1% to 5.6%

How do I refer my patients to MH4L?

To refer patients, health professionals can complete a referral via the following options:

1. Medical practice software - Available in Medical Director and Best Practice medical practice software as "My Health for Life Referral" form
2. Editable/printable PDF [referral form](#)
3. Otherwise, advise the patient to self-refer by completing the [online health check](#) or phoning 13 7475 (13 RISK)

Send/return referral via:

- Email: info@myhealthforlife.com.au / Fax: 07 3506 0909
- Medical Objects: **My Health for Life FM4064000RY**

To find out more

- Visit the website at www.myhealthforlife.com.au
- Speak with your WQPHN local coordinator