

## Promote *My Health for Life* (MH4L) to your patients

### In the waiting room

- Use general promotion materials including posters and brochures
- These can be accessed [here](#)



### Practice Manager/ Reception

- Make sure your reception team know:
  - about the MH4L healthy lifestyle program to respond to patient queries
  - patients can use an online health check to see if they are eligible and self-refer at <https://www.myhealthforlife.com.au/risk-assessment/> or calling 13 7475 (13 RISK)
  - the program is also available by individual telephone health coaching
- Search in practice software or use CAT4 recipes to help identify and recall at-risk patients
- Promote use of the TopBar MH4L prompt
- Post information on MH4L on the practice website and social media
- Meet your WQPHN My Health for Life Facilitator – Helen Jackson ([helenj@diabetesqld.org.au](mailto:helenj@diabetesqld.org.au))

### Clinical staff

- Talk with your at-risk patients about this prevention program to assess their readiness for change; and refer the patient to MH4L
- Complete the MH4L [online risk assessment](#) together with your patient
- Undertake the [Absolute CVD risk assessment](#) or [AusDRisk](#) with your patients
- Personalise a promotional flyer with your encouragement for the patient to consider this healthy lifestyle program (A5 flyers are available).

## 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:
<ul style="list-style-type: none"><li>AUSDRISK score ≥ 12</li><li>absolute cardiovascular risk score ≥ 15%</li><li>blood pressure ≥ either 160 systolic or 100 diastolic</li><li>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)</li></ul> <p>*including Aboriginal or Torres Strait Islander descent and culturally and linguistically diverse (CALD) patients</p>	<p>Pre-existing conditions such as:</p> <ul style="list-style-type: none"><li>previously diagnosed gestational diabetes</li><li>pre-diabetes (diagnosed impaired fasting glucose, or impaired glucose tolerance)</li><li>familial hypercholesterolaemia</li><li>high cholesterol (e.g. on cholesterol-lowering medication)</li><li>high blood pressure (e.g. on blood-pressure lowering medication)</li></ul>

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.

## 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](mailto: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](http://www.myhealthforlife.com.au) / Speak with your WQPHN local coordinator.