

Identifying patients eligible for *My health for life*

There are many ways your General Practice can take action to identify patients eligible for the healthy lifestyle 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

- Set up for GoShare? There is MH4L information on GoShare that you can send your patients, alongside a reminder or recall encouraging presentations to the clinic for referral into the program.
- Use the practice reminder system to prompt patients for screening activities.

What is *My health for Life*?

My health for life is a free lifestyle modification program for people at high risk of developing a chronic disease. It assists participants to reduce their risk of developing type 2 diabetes, heart disease and stroke. It is funded by Queensland Health, managed by the Healthier Qld Alliance and delivered by health professionals trained as *My health for life* facilitators.

Who is eligible to take part?

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| <p>People aged 45 years and over (18 plus for Aboriginal & Torres Strait Islander people) who have an AusDRisk score of 12 or greater or Absolute CVD score of 15 or greater</p> | <p><i>Automatically</i> eligible: People aged 18 years and over with pre-existing conditions, including pre-diabetes (IFG or IGT), high blood pressure or high cholesterol (+ FHC) or have a previous history of gestational diabetes</p> |
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Note: people with type 1 and 2 diabetes, heart disease or 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 six-month period. Participants receive a range of supporting resources, including access to an online portal and a maintenance program. Where there are local facilitators small group sessions can be held or telephone health coaches can conduct individual programs to any locations across Queensland.

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%

Refer Patients to MH4L

MH4L Referral Forms are already pre-loaded into BP or MD supplied templates. Send to:

Medical Objects: My Health for Life FM4064000RY / Fax 3506 0909 / email: info@myhealthforlife.com.au

- Patients can also self-refer via the website, or calling 13 7475
- You may choose to directly login to MH4L and step your patient through the health check. By using this link the referral is recorded as being received from your general practice. www.myhealthforlife.com.au/portal-risk-assessment/login (username: WQPHN Qld PHN, Password: MH4L_WQPHN)

To find our more

- Visit the website at www.myhealthforlife.co.au
- Contact MH4L by email: info@myhealthforlife.com.au or
- Speak with your WQPHN local coordinator (All Queensland PHNs are Alliance partners).
- Access the MH4L General Practice Toolkit <https://www.wqphn.com.au/primary-health-care-support/chronic-disease-management/Supported-Programs/My-health-for-life-Health-Professionals>