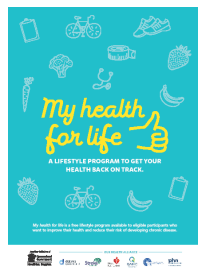
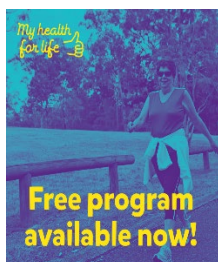


Promote *My health for life* (MH4L) to your patients

In the waiting room

- Use the general promotion materials including posters and brochures (order via WQPHN)



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 www.myhealthforlife.com.au or calling 13 7475
 - 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 local MH4L facilitators

Clinical staff

- Talk with your high-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 (MH4L) 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 MH4L facilitators.

Who is eligible to take part?

<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>Automatic eligibility:</i> People aged 18 years and over with pre-existing conditions, including pre-diabetes (IGF 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 \geq 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
- Medical Practitioners may choose to directly login to MH4L and step their patient through the health check. By using this link the referral is recorded as being received by the 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.com.au
- Contact MH4L at 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>