

# GET STARTED

## IN 3 SIMPLE STEPS

STEP 1 → STEP 2 → STEP 3

### Do the simple online check

Use our online health check to find out how your health is tracking @ myhealthforlife.com.au

### Is the program right for you?

Your answers will determine whether this program is available to you or whether other options are more suitable.

### Enrol in the program

We will then contact you to confirm your enrolment and find a coaching option that best suits you.



Visit [myhealthforlife.com.au](http://myhealthforlife.com.au) to find out if the program is right for you.

Alternatively, call us on 13 74 75, or ask your GP to refer you.

\*As this is a prevention program, My health for life is not open to people with some pre-existing health conditions.

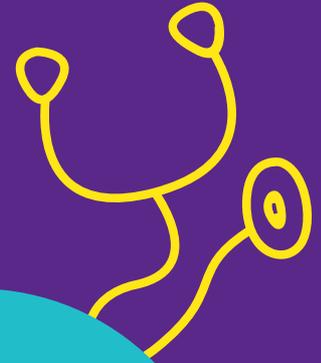


A FREE, HEALTHY LIFESTYLE PROGRAM

My health for life 

13 74 75

[myhealthforlife.com.au](http://myhealthforlife.com.au)



My health for life 



health+wellbeing  
Queensland

 Queensland  
Government

HEALTHIER QUEENSLAND ALLIANCE

 diabetes  
queensland

 Stroke  
FOUNDATION

 Heart  
Foundation

 QAHC

 Ethnic Communities  
Council of Queensland

 phn  
Queensland PHNs  
An Australian Government entity

A PROGRAM TO HELP QUEENSLANDERS LIVE WELL.

# HEALTHY FEELS

# good

*My health for life* is about feeling good and enjoying the benefits of a healthier life.

We support everyday Queenslanders to set realistic health goals and empower them with the knowledge, confidence and practical tools to improve their wellbeing. It's about making healthy choices part of everyday life.

There is lots you can do to keep your health on track, as well as reduce your risk of developing serious conditions such as type 2 diabetes, stroke and heart disease.

Whether it's eating well, moving more, maintaining a healthy weight, sleeping better or managing stress, our free, healthy lifestyle program will support you to achieve your goals.



“Make changes today, so you can enjoy good health now and tomorrow.”



## WE OFFER

**Six sessions** of health coaching with a qualified health professional.

### Flexible options

- Group sessions
- Private telephone health coaching
- Video conferencing
- In-language programs
- Workplace programs.

The **guidance, tools and support** needed to live a healthy life.

**Free, QLD Govt-funded.**

**No contracts, no fuss.**

## DON'T JUST TAKE

## OUR WORD FOR IT

### PROVEN SUCCESS



**14,000+** Queenslanders have joined the program



**96%** of participants rated the support, materials and program information as excellent



**70%** of participants have reduced their waistline



**99%** of participants agree the program is positive.

*\*My health for life is a structured, evidence-based program.*