

My health for life (MH4L) is a free behaviour change program designed for people at high risk of developing a chronic disease and shows participants that making small lifestyle changes can have major health benefits.



The program works in partnership with general practice and is a practical extension of the advice given by GPs and nurses to their patients.

Participants can complete the program through face-to-face, video conferencing or telephone coaching.

Note: Participants can attend a VC session with a facilitator anywhere in Queensland. 13 RISK (13 74 75) will assist participants in selecting a program mode, timeslot and location that suits them.

Patients can be referred using the practice software MH4L referral template or calling 13 RISK.

Date	Time	Provider	Facilitator	Suburb
Mon 12-Jul-2021	10:00am - 12:00pm	Access Allied Health	Rebecca McCormick	CALOUNDRA
Fri 16-Jul-2021	10:00am -12:00pm	Access Allied Health	Zoe Portors	MAROOCHYDORE
Fri 16-Jul-2021	12:30pm - 2:30pm	EP Clinic Noosa	Erica Poxleitner	NOOSAVILLE
Thu 22-Jul-2021	5:00pm - 7:00pm	CQ Nutrition	Kimberly May	GLADSTONE
Fri 23-Jul-2021	11:00am - 1:00pm	Access Allied Health	Nina Black	GYMPIE
Thu 12-Aug-2021	12:30pm - 2:30pm	Cooloola Coast Rehab and Fitness	Hetvi Patel	TIN CAN BAY
Fri 20-Aug-2021	12:30pm - 2:30pm	EP Clinic Noosa	Erica Poxleitner	NOOSAVILLE
Tue 14-Sep-2021	12:30pm - 2:30pm	EP Clinic Noosa	Erica Poxleitner	NOOSAVILLE
Sat 25-Sep-2021	8:30am - 10:30am	Active Health Sunshine Coast	Sophie Soper-Dyer	BUDERIM

For more information, visit the website: www.myhealthforlife.com.au

Your local PHN can work with your practice to identify patients who are eligible for referral into the program. If you would like more information on how to get involved, please contact your area manager.