



# GET YOUR HEALTH BACK ON TRACK

*My health  
for life* 



# My health for life



Life often gets in the way of us doing the things we know are important but don't feel we have the time to deal with properly. This is often the case with our health.

How many times have you thought, one day... I'll lose a few kilos, eat better, walk more, start playing sport again, address my sleep issues, quit smoking, cut back on alcohol, or sugar or salt? One day...

If any of these sound familiar, you are not alone! However, health issues can catch up with us when we least expect it.

How we live, how active we are and what we eat are all lifestyle factors. They have a major influence on whether we enjoy good health or develop diseases in the future. Chronic diseases, such as type 2 diabetes, heart disease, some cancers, and even the risk of having a stroke, are often influenced by lifestyle factors.



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



## WHAT TO DO?

*My health for life* is a free program designed to help people who are at high risk of chronic disease get their health back on track. It could be the ideal program for you.

### You could be eligible if you are

- aged 45 years and over and have been identified by a health professional as being at high risk of type 2 diabetes, heart disease and stroke
- an Aboriginal or Torres Strait Islander person aged 18 years and over
- living with a pre-existing condition that puts you at high risk of developing chronic disease.

### To find out if you are eligible for *My health for life*

- visit [myhealthforlife.com.au](http://myhealthforlife.com.au) and do a free health check
- call our 13 RISK (13 7475) line to talk to customer service team member
- check with your GP or pharmacist.

## WHAT THE PROGRAM OFFERS

*My health for life* is about behaviour change. Eligible participants take part in a six month program that helps them to move past the barriers that stand in the way of making healthy choices and positive lifestyle change. The program is free. There are no clubs to join, weigh-ins, special food or gym-style programs involved. Our emphasis is on providing a respectful and supportive environment.

We believe healthy change is best achieved in manageable steps. We show you how to set realistic goals and develop an action plan for success and we support you on your journey to get your health back on track.



## WHAT TO EXPECT

The program is flexible and participants have the choice of phone coaching or small groups. Online support is available to all participants.

The first session is a one-on-one, personalised appointment to help tailor the program to your needs. Session two, three, four, five and six are either delivered by phone at a time that suits you, or in small groups based in your local community. Facilitators are qualified health professionals.

This program takes a different approach to getting healthy. So, why not find out if *My health for life* works for you!



# My health for life

*My health for life* is a Queensland Government funded program, designed and delivered by The Healthier Queensland Alliance. The Alliance, led by Diabetes Queensland, includes the Heart and Stroke Foundations, the Queensland Primary Health Network, the Ethnic Communities Council of Queensland and the Queensland Aboriginal and Islander Health Council. Collectively, we have years of experience in the preventive health space and will be working in partnership with local health providers in your area to deliver a quality program.

We have come together because your health and a healthier Queensland is our priority and goal.