

**NATIONAL SAFE  
WORK MONTH  
OCTOBER 2023**

*My health  
for life* 

# HOW IS YOUR HEALTH TRACKING?

Simply do the **FREE** online Health Check today to find out how the *My health for life* initiative can support you to create healthy habits at work and at home.

**SCAN THE  
QR CODE  
TO GET  
STARTED**



Find out more at [myhealthforlife.com.au](https://myhealthforlife.com.au) or call **13 74 75**

HEALTHIER QUEENSLAND ALLIANCE

