

# Create Healthier Habits

A free initiative with qualified Health Coaches, online support & more



health+wellbeing  
Queensland



Queensland  
Government

Healthier Queensland Alliance



# My health for life is about making healthier choices to create healthier habits you can live with.

Whether it's eating well, moving more, maintaining a healthy weight, sleeping better or managing stress, My health for life will support you to achieve your goals. Delivered in simple steps, at a relaxed pace, the initiative is designed to help you discover ways of changing your day-to-day behaviour.

## Get started in 3 simple steps



1

### Do the free online Health Check

Use our online Health Check to find out how your health is tracking. (Your GP can also refer you.)

2

### Is the initiative right for you?

Your answers will determine whether you'll benefit from My health for life health coaching, or our self-paced e-learning offer. There are also helpful resources available on our website in our Living Well library.

3

### Get started with simple steps

We will contact you to confirm your enrolment for one of the offerings.

☎ 13 74 75 🌐 [myhealthforlife.com.au](https://myhealthforlife.com.au)



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