

A helping hand with your healthy habits

A free initiative to help you stay on track with small, positive changes. It comes with qualified Health Coaches, online support and more.



my health
for life

My health for life helps you make healthier choices and turn them into habits that stick.

From eating well and moving more to sleeping better, managing stress, or maintaining a healthy weight - we're here to support your goals. With easy steps and relaxed sessions, you'll find simple ways to make positive changes part of your day-to-day life.

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 program. 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.

For more information, call 1800 00MH4L (6445) or visit myhealthforlife.com.au

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

