



1. What is My health for life?

My health for life is a chronic-disease prevention initiative that supports eligible Queenslanders to create healthier habits with a free Health Coach. It is funded by the Queensland Government through Health and Wellbeing Queensland.

2. How many people have participated in the initiative?

Over 33,000 Queenslanders have participated in the initiative since it officially launched in February 2017.

3. What are the benefits of the initiative for my patients?

The initiative offers small group sessions, telephone health coaching, video sessions, and culturally appropriate sessions. The initiative was developed drawing on evidence-based research and consumer co-design principles. Our Health Coaches are trained health professionals, skilled and motivated to support people in making and sustaining change.

4. Who is eligible to take part?

People who live in Queensland who are aged 18 years or over are eligible. My health for life is a prevention initiative and patients with current gestational diabetes, type 1 or type 2 diabetes, heart disease, stroke or chronic kidney disease will not be eligible. First Nations people referred to the initiative are exempt from this exclusion criteria.

5. Where is My health for life available?

My health for life is available to all Queenslanders through telephone health coaching, small group or video sessions. It is also offered in-language in partnership with the Ethnic Community Council of Queensland (ECCQ). The Queensland Aboriginal Islander Health Council supports the delivery of the First Nations offering.

Key Partners



6. Are there costs associated with this initiative for either the patient or the practice/GP?

No. This initiative is funded by the Queensland Government through Health and Wellbeing Queensland and is free to eligible patients. A support person may also attend.

7. Does a patient need a referral to join My health for life?

Eligible patients can be referred into My health for life by a health professional. They can also self-refer by completing the free online [Health Check](#) or calling 1800 00MH4L (6445). GP consent is required for individuals who are currently pregnant and/or experiencing an acute illness and/or have had surgery in the previous 12 months.

8. How do I refer a patient?

Option 1: Complete the referral form via your medical practice software and return via Medical Objects 'My health for life FM4064000RY'.

Option 2: Complete the referral located on the [Health Professional](#) page of our website and return via direct lodgement or fax 1300 MH4LFAX (6445 329).

9. Where can I find more information?

- Visit our website at myhealthforlife.com.au
- Contact our team at info@myhealthforlife.com.au or call 1800 00MH4L (6445).