

## What is My health for life?

My health for life is a healthy lifestyle initiative with free Health Coaches who support participants to make healthier choices to reduce their risk of developing chronic conditions - such as type 2 diabetes, heart disease and stroke.

## What can My health for life bring to your business?

### Step 1: Free Health Checks for all staff

Staff do the free online Health Check to learn how their demographics, health history and health behaviours influence their risk of developing a chronic condition. Health Check results will determine if they will benefit from health coaching or if another health initiative may be more suitable.

#### Delivery options:

- **One-on-one consultation:** A trained health professional will meet you onsite and provide blood pressure checks and health coaching information.
- **Education presentation:** We provide a 30-minute virtual presentation where staff learn about the My health for life initiative and are taken through a guided Health Check, completed on their personal device.
- **Expo:** My health for life can set up a stall at your next expo to offer Health Checks and healthy lifestyle resources.
- **Online:** Receive a workplace promotional kit to encourage staff to take the My health for life Health Check.

### Step 2: Free health coaching

Eligible staff can join the My health for life six or ten session health coaching series, delivered over 14 - 18 weeks, to support them to make healthier choices and create healthier habits. A qualified Health Coach will support them throughout.

#### Delivery options:

- **Workplace group:** Small group-based health coaching delivered at the workplace or virtually with times and days determined by your workplace.
  - » Fortnightly model (two hours/fortnight)
  - » Weekly model (one hour/week)
- **Community group:** Staff can join a local group outside of work and bring along a support person.
- **One-on-one telephone health coaching:** Staff can do health coaching with a Health Coach over the phone.

### De-identified reporting

You can receive comprehensive, de-identified reports when 20 or more of your staff participate.

## How can my workplace get involved?

Fill out the Expression of Interest form on the next page or at [myhealthforlife.com.au/workplaces](https://myhealthforlife.com.au/workplaces) and email it through to [work@myhealthforlife.com.au](mailto:work@myhealthforlife.com.au) or call 1800 00MH4L (6445) to talk to one of our team members.

*Please note: a minimum number of employee participation may be required for each delivery option. Please discuss this with our team for more information.*

## Workplace Expression of Interest form

Please complete and submit the following to [work@myhealthforlife.com.au](mailto:work@myhealthforlife.com.au) and our friendly team will be in touch to discuss your needs further. Alternatively, call our team on 1800 00MH4L (6445).

### Contact information

Company:			
Contact:			
Role:			
Phone:		Email:	
Do you have an existing workplace health and wellbeing policy?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Does management support the undertaking of a workplace wellness initiative?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	

### Your workplace

Location:			
Number of employees:		Hours of operation:	
Demographics: (male/female/age):			

From the options below, please choose the preferences that are of interest to your workplace.

### My health for life Health Checks

<input type="checkbox"/>	<b>One-on-one consultation:</b> A trained health professional will meet you onsite and provide blood pressure checks and health coaching information.
<input type="checkbox"/>	<b>Education presentation:</b> We provide a 30-minute virtual presentation where staff learn about the My health for life initiative and are taken through a guided Health Check, completed on their personal device.
<input type="checkbox"/>	<b>Expo:</b> We can set up a stall at your next expo to offer free Health Checks and healthy lifestyle resources.
<input type="checkbox"/>	<b>Online:</b> Receive a workplace promotional kit to encourage staff to take the My health for life Health Check.

### My health for life health coaching series

<input type="checkbox"/>	<b>Workplace group:</b> Small group-based health coaching delivered at the workplace or virtually with times and days determined by your workplace.
<input type="checkbox"/>	<b>Community group or one-on-one telephone health coaching</b>

### Other workplace initiatives

<input type="checkbox"/>	Healthy Workers Initiative to help with developing an overall workplace health and wellbeing strategy.
<input type="checkbox"/>	10,000 Steps Program to promote and support physical activity and/or group challenges.