

GET STARTED IN 3 SIMPLE STEPS...

1

DO THE SIMPLE ONLINE HEALTH CHECK

Use our online Health Check to find out how your health is tracking.

2

IS THE INITIATIVE RIGHT FOR YOU?

Your answers will determine whether you'll benefit from *My health for life* health coaching, or if other health initiatives may be more suitable.

3

GET STARTED WITH SIMPLE STEPS

We will contact you to confirm your enrollment or connect you with another health initiative.

Visit myhealthforlife.com.au to find out if *My health for life* is right for you. Alternatively, call us on 13 74 75, or ask your GP to refer you.

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

My health
for life 

13 74 75
myhealthforlife.com.au



Scan to do the
online Health Check.

A FREE INITIATIVE WITH
QUALIFIED HEALTH COACHES,
ONLINE SUPPORT & MORE

My health
for life 



CREATE
healthier
HABITS

WITH A FREE, PROFESSIONAL
HEALTH COACH TO HELP YOU

health + wellbeing
Queensland

 Queensland
Government

HEALTHIER QUEENSLAND ALLIANCE

 diabetes
australia

 Stroke
FOUNDATION

 Heart
Foundation

 QAIHC

 ecca
Ethnic Communities
Council of Queensland

 phn
Prevention & Health
Nursing

YOUR FREE *health coach* TO CREATE healthier HABITS

PREVENTION IS BETTER THAN CURE

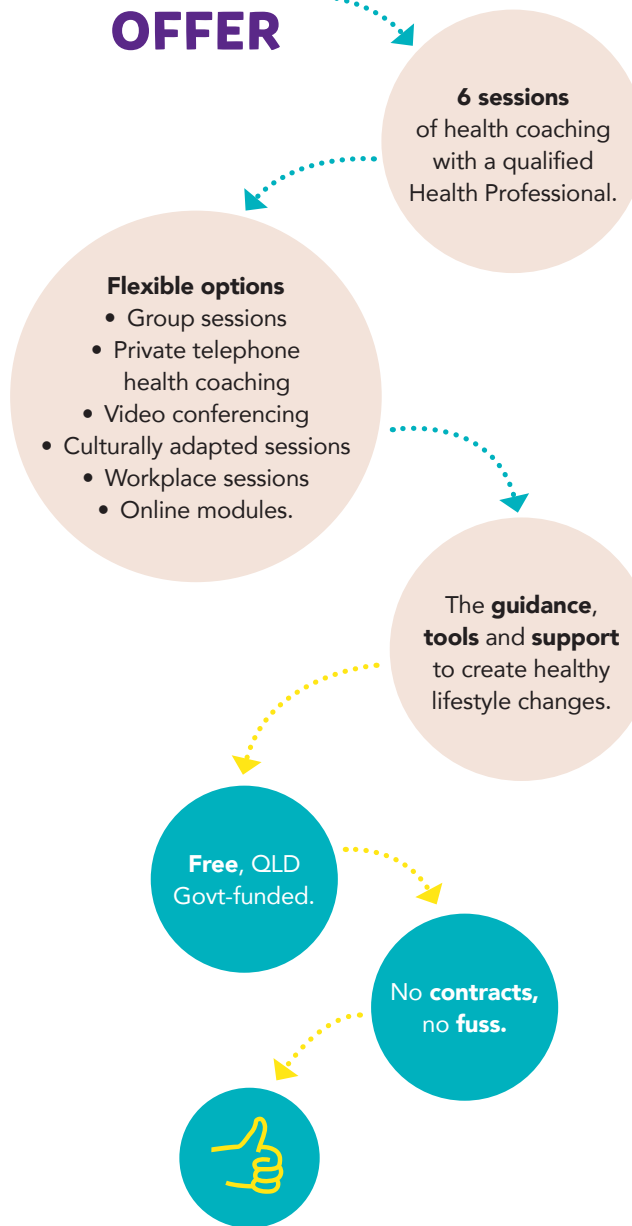
My health for life is about making healthier choices to create healthier habits you can live with.

More than 60% of Queenslanders are overweight or obese, which means they're at high risk of developing chronic conditions like **type 2 diabetes, heart disease and stroke**. And weight is just one risk factor.

There's a lot you can do to keep your health on track, as well as reduce your risk. **This FREE, Queensland Government-funded initiative is about making healthy choices part of your everyday life.**

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, with regular sessions at a relaxed pace, the initiative is designed to help you discover ways of changing your day-to-day behaviour.

WE
OFFER



Visit myhealthforlife.com.au to find out if *My health for life* is right for you.

28,000+

eligible Queenslanders have joined the initiative

88%

of participants feel the program has had a positive impact on their health and wellbeing

98%

of participants are motivated to improve their health more into the future

68%

of participants have reduced their waistline

50%

of participants are meeting alcohol consumption guidelines



"I loved the opportunity to reflect on my goals each fortnight and have someone to talk with. It helped me to change my mindset – to put myself first. I move more, eat healthier and feel good."

Jo

My health for life participant

**My health for life is a structured, evidence-based health initiative.*