

## My health for life

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View My health for life youtube video [here](#)

### What is My health for life?

My health for life is a six-month evidence-based lifestyle modification program to support participants to understand their lifestyle risks and action their health goals. Northern Queensland Primary Health Network (NQPHN) encourages health professionals to refer eligible participants to a locally run program or telephone program. Funded by the State Government and delivered by the Healthier Queensland Alliance, the program encourages and supports participants to achieve and maintain healthy lifestyle goals.

### How to get involved

We value the support of GPs and other health professionals in our local communities. [Please contact My health for life](#) if you would like to find out more about the program and how it could help your patients, or download a referral form [here](#)

### My health for life providers and upcoming programs in North Queensland

[Click here](#) to view My health for life providers and upcoming programs in North Queensland.

### My health for life practice software referral templates

Referring patients to the free My health for life program has now become so much easier with referral templates available for the following practice software:

- [Best Practice](#)
- [Medical Director](#)
- [GP Complete](#)
- [Genie](#)
- [Zedmed](#)

There is also a fillable [PDF referral](#) form for printing and faxing.

These templates include eligibility criteria, being:

- AusDrisk Score is now lowered to 12
- patients diagnosed with pre-diabetes are now eligible (aged 18 and over).

For full eligibility criteria visit [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au)



*NQPHN acknowledges the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.*





## My health for life resources

- [My health for life information for healthcare professionals](#)
- [Australian type two diabetes risk assessment tool \(AUSDRISK\)](#)
- [Absolute Cardiovascular Disease Risk](#)
- [RACGP Redbook](#)

## Finding eligible patients

- [My health for life CAT recipes](#)
- [My health for life video - How to find and refer eligible patients using CAT4](#)
- [QI Toolkit: My health for life using CAT4](#)