

My health
for life 

CREATE *healthier* HABITS

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

health+wellbeing
Queensland



Queensland
Government

HEALTHIER QUEENSLAND ALLIANCE



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

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.

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.
(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 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.

*My health
for life* 

13 74 75
myhealthforlife.com.au



Scan to do the
online Health Check.

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