# **Program eligibility**

Do you have clients who would benefit from a healthy lifestyle program?

My health for life supports people at high risk of developing chronic conditions such as heart disease, stroke and type 2 diabetes to make healthy lifestyle changes. It's free and simple to join. Check the eligibility criteria below.



### Step 1:

Determine if client is eligible



Has client been diagnosed with a pre-existing condition?

NO



## Automatically eligible

- Previously diagnosed gestational diabetes
- Pre-diabetes (diagnosed impaired fasting glucose or impaired glucose tolerance)
- Familial hypercholesterolaemia
- Medically diagnosed high cholesterol
- Medically diagnosed high blood pressure

Note: participant must be 18 yrs or over.

### Not eligible

- Type 1 or type 2 diabetes
- Current gestational diabetes
- Heart disease
- Stroke
- Chronic kidney disease

### Complete:

My health for life health check, AUSDRISK, Blood Pressure, Absolute CVD Risk or waist measurement

AUSDRISK or health check score ≥ 12

OR

Blood Pressure ≥ 160/100

**OR** 

Absolute CVD Risk ≥ 15

OF

Waist measurement of ≥102cm (males), ≥ 90cm (males of Asian descent) or ≥88cm (females), ≥ 80cm (females of Asian decent)



**Step 2:** Complete referral form and fax to (07) 3506 0909, email info@myhealthforlife.com.au or call 13 74 75. Alternatively complete online health check with client.

**YES** 

Eligible clients will be contacted by My health for life with more information on how to join the program.



**Eligible** 

Note: GP consent

may be required













