

# Health Professional Referral Form



## About My health for life

My health for life is a chronic disease prevention initiative with FREE, qualified Health Coaches for your patients. Our Health Coaches are qualified, allied-health professionals who can help Queenslanders 18 years and over make healthier choices and create healthier habits. It is a practical extension of the advice given by health professionals to their patients and clients that allows participants to better understand their health risks and supports them to achieve their health-related goals.

### Section A: Participant Information

Full name:	<input type="text"/>	
Date of birth (DD/MM/YYYY)	<input type="text"/>	Date of Health Check <input type="text"/>
Contact phone	<input type="text"/>	
Email:	<input type="text"/>	
Main language spoken at home	<input type="text"/>	
<input type="checkbox"/>	Identify as First Nations (If box is checked please move on to Section D)	

### Section B: Eligibility Criteria

Patients must be aged  $\geq 18$  years and at risk of developing a chronic condition (i.e. type 2 diabetes and/or heart disease and/or stroke) by having ONE or MORE of the following:

<input type="checkbox"/> AUSDRISK score $\geq 12$ (MBS items that may apply 701, 702, 705, 707, 715) <a href="#">AUSDRISK Assessment Tool</a>	Total score is: <input type="text"/>
<input type="checkbox"/> Absolute Cardiovascular Risk score $\geq 15\%$ (MBS items that may apply 699, 177) <a href="#">CVD Risk Calculator</a>	Total score is: <input type="text"/>
<input type="checkbox"/> Waist circumference $\geq 88\text{cm}$ for women (or $\geq 80\text{cm}$ for women of Asian descent) or $\geq 102\text{cm}$ for men (or $\geq 90\text{cm}$ for men of Asian descent)	Measurement is (cm): <input type="text"/>
<input type="checkbox"/> Previous history of gestational diabetes mellitus	<input type="checkbox"/> Pre-diabetes (diagnosed IFG or IGT)
<input type="checkbox"/> Familial hypercholesterolaemia	<input type="checkbox"/> Medically diagnosed high blood pressure
<input type="checkbox"/> Medically diagnosed high cholesterol	

### Section C: Exclusion Criteria

My health for life is a prevention initiative and patients with current type 1 or type 2 diabetes, heart disease, stroke or chronic kidney disease will not be eligible.

First Nations people are eligible.

Exclusion criteria checked (NB: if you have ticked this, unless your patient is of First Nation descent, DO NOT continue the referral process)

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## Section D: Preferred Participation Method

Please choose from one of the following for preferred method of participation:

Individual telephone or video

Face-to-face, in small groups

Unsure

## Section E: Consent

As the referrer, you confirm that the person being referred has been informed about, and consented to:

Information on this referral form being shared with Diabetes Australia and service providers involved in the My health for life initiative

De-identified information in this referral form being shared with Health and Wellbeing Queensland for statistical purposes

Participation updates to be shared with the referring Health Professionals

Medical Practitioner consent is required for people who:

Are currently pregnant

Are currently experiencing an acute illness

Have had surgery in the previous 12 months

## Section F: Referrer Details

Practice/Service name:

Practice/Service type

Referrer name

Referrer profession:

Address

Email

Phone

Please return completed form to My health for life via one of the below options:

**Medical Objects:** My health for life FM4064000RY **Fax:** 07 3506 0909

**Do you have any questions?**

**Contact us:** 13 74 75 | [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au)

## About My health for life

The initiative is funded by the Queensland Government, through Health and Wellbeing Queensland, and is delivered by The Healthier Queensland Alliance: a partnership, led by Diabetes Australia. **We Are...**

- Diabetes Australia
- Stroke Foundation
- Heart Foundation
- The Queensland Aboriginal and Islander Health Council (QAIHC)
- Ethnic Communities Council of Queensland (ECCQ)
- Queensland's Primary Health Networks.

### Healthier Queensland Alliance



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