

Q What is My health for life?

My health for life offers Health Checks for all staff and health coaching for those at high risk of developing a chronic condition including type 2 diabetes, heart disease and stroke.

FREE for you and your staff, this initiative helps staff understand their health, make healthier choices, and create healthier habits.

Q What can My health for life bring to your business?

Step 1: Free Health Checks

Available to all staff 18-years and older. By completing the My health for life Health Check, staff learn how their demographics, health history and health behaviours influence their risk of developing chronic conditions. Results will determine if they will benefit from My health for life coaching or if other health initiatives may be more suitable.

Delivery options:

- **One-on-one appointments:** A 20-minute onsite consult with a trained health professional. Consults include blood pressure checks and brief health coaching.*
- **Education presentation:** A 30-minute virtual presentation where staff learn about the My health for life initiative and are taken through a guided Health Check, completed on their personal device.*
- **Expo:** My health for life can set up a stall at your next expo to offer Health Checks and healthy lifestyle resources.
- **Online:** Receive a workplace promotional kit to encourage staff to take the My health for life Health Check.

Step 2: Free health coaching

At-risk staff can join the My health for life 6-or-10 session coaching series, delivered over 14 - 18 weeks, to support them to make healthier choices and create healthier habits that reduce their risk of developing a chronic condition. A qualified Health Coach will support them throughout.

Delivery options:

- **Workplace group:** Small groups delivered at the workplace or virtually, with times and days determined by your workplace.*
 - » Fortnightly model (2 hours/fortnight)
 - » Weekly model (1 hour/week)
- **Community group:** Staff can join a local group outside of work and bring along a support person.
- **One-on-one telephone health coaching**

De-identified reporting

You can receive comprehensive, de-identified reports when 20 or more of your staff participate.

Q How can my workplace get involved?

Fill out the Expression of Interest form, available below and at myhealthforlife.com.au/workplaces and email it through to work@myhealthforlife.com.au or call 13 74 75 to talk to one of our team members.

**Note: a minimum number of employee participation may be required for each delivery option.
Please discuss this further with our team for more details*

Healthier Queensland Alliance

Expression of Interest form

Please complete and submit the following to work@myhealthforlife.com.au and our friendly team will be in touch to discuss your needs further. Alternatively, call us on 13 74 75.

Contact information

Company:	<input type="text"/>		
Contact:	<input type="text"/>		
Role:	<input type="text"/>		
Phone:	<input type="text"/>	Email:	<input type="text"/>
Do you have an existing workplace health and wellbeing policy? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Does management support the undertaking of a workplace wellness initiative? <input type="checkbox"/> Yes <input type="checkbox"/> No			

Your workforce

Location:	<input type="text"/>		
Number of employees:	<input type="text"/>	Hours of operation:	<input type="text"/>
Demographics: (male/female/age):	<input type="text"/>		

From the options below, please choose the preferences that are of interest to your workforce.

My health for life Health Checks

<input type="checkbox"/>	One-on-one appointments: A 20-minute onsite consultation with a trained health professional. Consults include blood pressure checks and brief health coaching.
<input type="checkbox"/>	Education presentation: A 30-minute virtual presentation where staff learn about the My health for life initiative and are taken through a guided Health Check, completed on their personal device.
<input type="checkbox"/>	Expo: We can set up a stall at your next expo to offer free Health Checks and healthy lifestyle resources.
<input type="checkbox"/>	Online: Receive a workplace promotional kit to encourage staff to take the My health for life Health Check.

My health for life health coaching series

<input type="checkbox"/>	Workplace group: Small groups delivered at the workplace or virtually, with times and days determined by your workplace.
<input type="checkbox"/>	Referral into: Community group or one-on-one telephone health coaching

Other workplace health and wellbeing initiatives

<input type="checkbox"/>	Healthy Workers Initiative to help with developing an overall workplace health and wellbeing strategy.
<input type="checkbox"/>	10,000 Steps and BeUpstanding to promote and support physical activity and/or group challenges.

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