

GET STARTED

IN 3 SIMPLE STEPS

STEP 1

Do the simple online check

Call ECCQ's Multicultural Health Workers on (07) 3844 9166 to organise a health check either at a place convenient to you, over the phone or via your preferred online platform.



STEP 2

Is the program right for you?

Based on your answers, we can let you know if you are eligible to enrol into the program.



STEP 3

Enrol in the program

Choose your preferred mode of delivery and we will organise for you to get started. Choose from group sessions, face-to-face or via an online platform, or private phone coaching.

PROGRAM ELIGIBILITY



Our healthy lifestyle program is only available to people who have completed a health check and their score indicates they are able to join. Anyone with high blood pressure, high cholesterol levels, pre-diabetes or who has had gestational diabetes are able to join automatically. Unfortunately, some existing health conditions may prevent a person from being able to join, such as type 2 diabetes, heart disease or stroke.

My health
for life 

Contact Ethnic Communities Council
of Queensland (ECCQ)

(07) 3844 9166

myhealthforlife.com.au



MULTI-CULTURAL PROGRAM

My health
for life 

BECAUSE GOOD HEALTH MATTERS
IN EVERY CULTURE



A FREE, HEALTHY LIFESTYLE PROGRAM

health+wellbeing
Queensland



Queensland
Government

working in partnership with

HEALTHIER QUEENSLAND ALLIANCE



HEALTHY FEELS good

What is *My health for life*?

The *My health for life* program supports Queenslanders to live well and lessen their risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke. It is about keeping your health on track to help prevent future illness.

Whether it's eating well, moving more, maintaining a healthy weight, sleeping better or managing stress, our free, healthy lifestyle program will support you to achieve your goals.

“Make changes today, so you can enjoy good health now and tomorrow.”



OUR MULTI-CULTURAL OFFERING



*Ethnic Communities Council of Queensland (ECCQ) are currently delivering the program to Chinese, Arabic speaking, Vietnamese and Pacific Islander communities. Communities outside of these language groups can be supported with the use of an interpreter. Please talk to us about how we can help.

WHAT PARTICIPANTS ARE SAYING...



This healthy lifestyle program is really working for me. So far, I've lost 4 kilograms, and I am continuing to work on myself, eating healthy along the way. I strongly recommend *My health for life*; the facilitators work hard to help you achieve your health goals and you can do it in your own pace.

- Participant Highgate Hill group



PROVEN SUCCESS



16,000+ Queenslanders have already joined the program



96% of participants rated the support, materials and program information as excellent



70% of participants have reduced their waistline



99% of participants agree the program is positive.

**My health for life* is a structured, evidence-based program.