



**Do you need to kick-start
your health?**

***Life!* can help**



The *Life!* program is supported by the Victorian Government



About the *Life!* program

Life! is a free healthy lifestyle program that helps you improve your eating habits, increase your physical activity and manage stress. You can choose from a group course or the Telephone Health Coaching service.

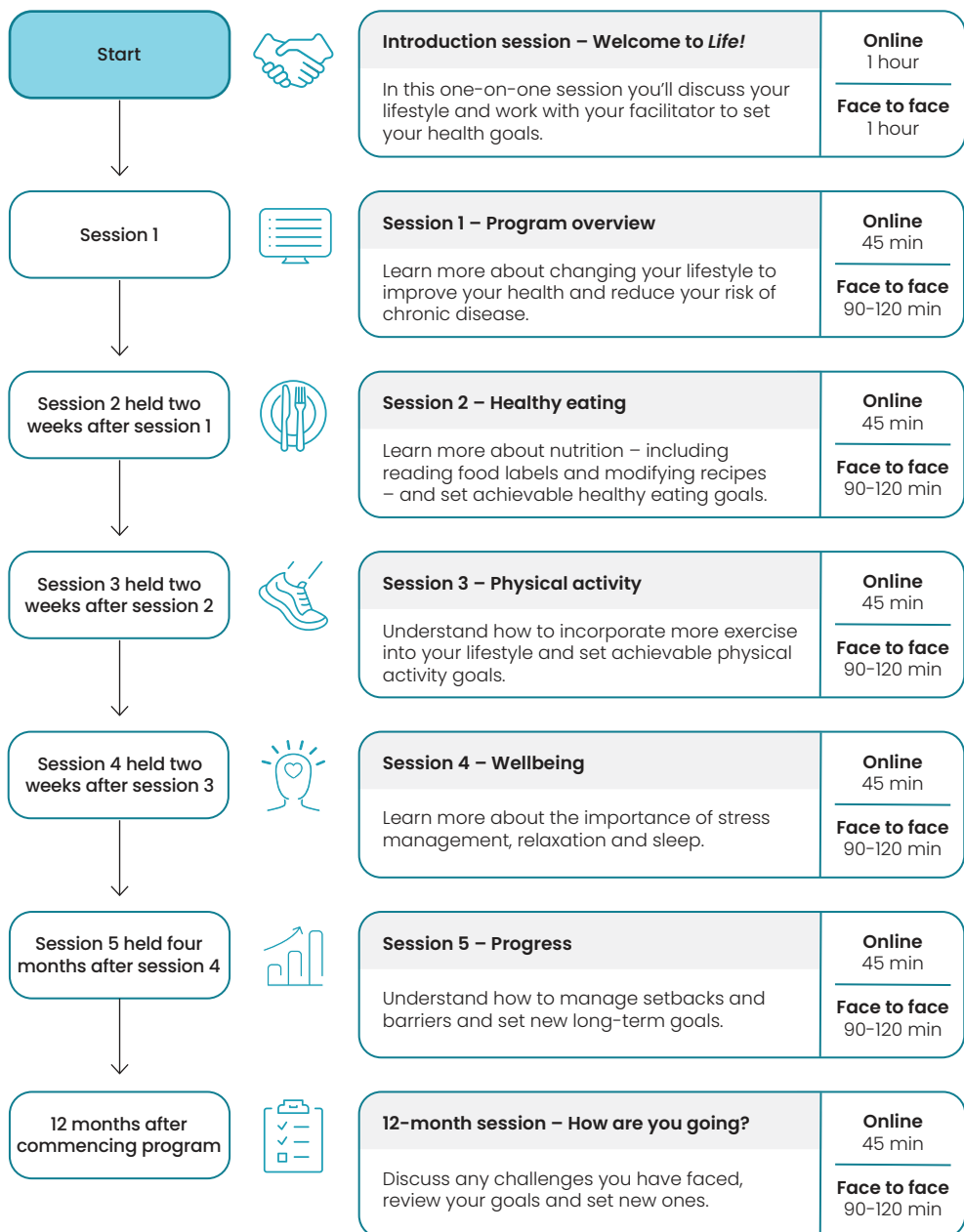
Our experienced health professionals will help you make small changes to your lifestyle so that you can achieve your health goals and reduce your risk of type 2 diabetes and cardiovascular disease.

Life! is funded by the Victorian Government and coordinated by Diabetes Victoria. It is the largest prevention program of its kind in Australia and since the program began in 2007, over 75,000 people have joined.

The *Life!* group course

Life! group courses are available in most metropolitan and regional communities. There are seven sessions in the group course and these are delivered over 12 months through face to face or online delivery. You will receive a comprehensive participant workbook full of practical information as well as emails between sessions to keep you motivated. The *Life!* group course can also be tailored to employees in workplace settings.

Group course





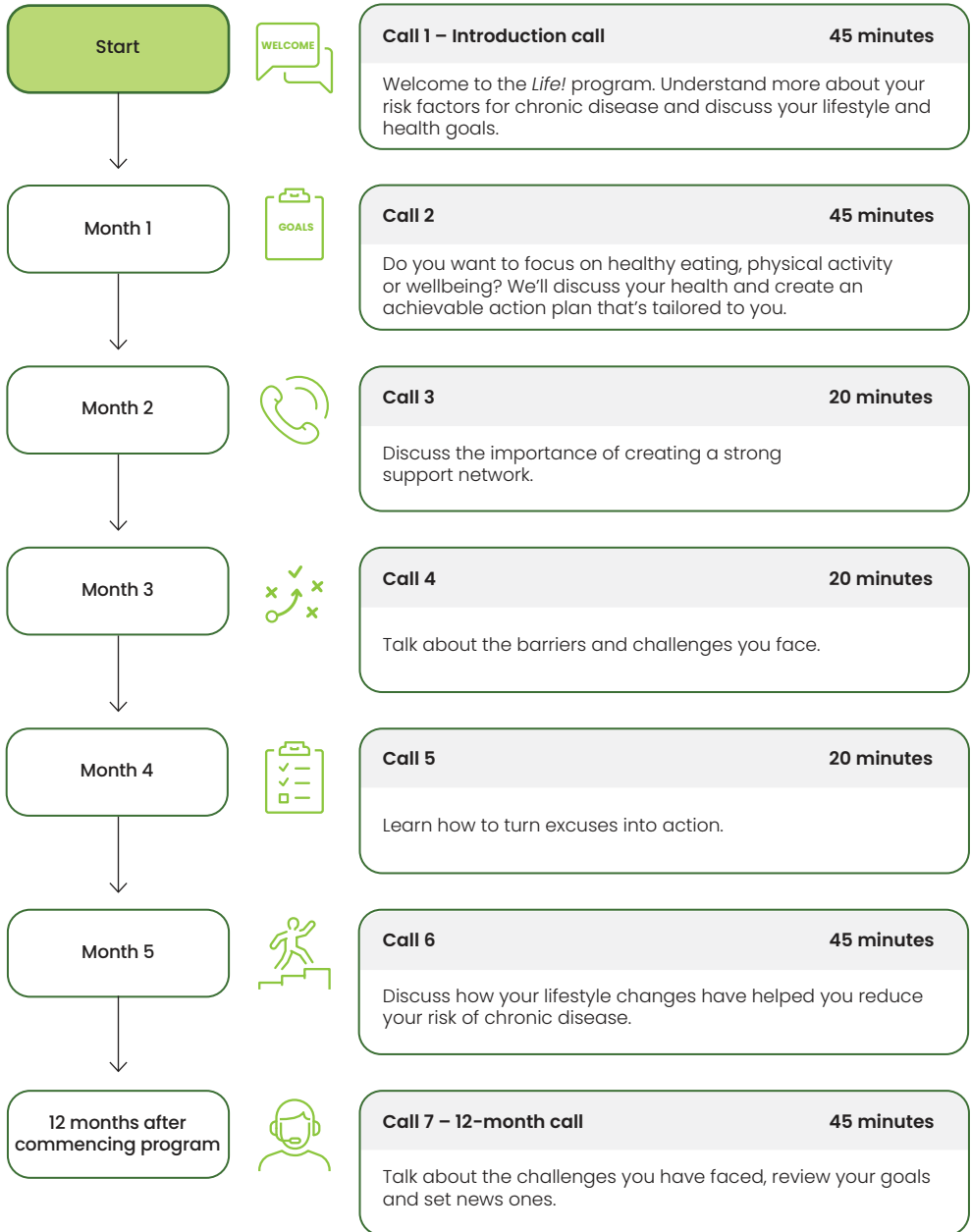
The *Life!* Telephone Health Coaching service

During *Life!* Telephone Health Coaching (THC) you will receive seven phone calls over 12 months.

Your personal health coach will talk to you about your lifestyle, assess your situation and concerns, and work with you to develop your health goals. Each plan is tailored to your ideas and lifestyle to help keep you on track for success.

You will also receive a comprehensive participant workbook full of practical information as well as emails between calls to keep you motivated.

Telephone Health Coaching



Join the *Life!* program

Get ready to kick-start your health! You can check whether you are eligible for the *Life!* program by doing our simple online test at lifeprogram.org.au or see our criteria below. People who are living with diabetes are not eligible for the program.

You may be eligible for the *Life!* program if you are:

1

18 years or over and have a score of 12 or higher on the AUSDRISK test at lifeprogram.org.au/test and a Body Mass Index score of 25 or higher (or 23 or higher if you are of Asian descent).

AUSDRISK test

The AUSDRISK tool estimates your risk of getting type 2 diabetes in the next 5 years. Calculate your AUSDRISK score at lifeprogram.org.au

BMI

Body mass index (BMI) is used to determine whether you are in a healthy weight range for your height.

Calculate your BMI at heartfoundation.org.au/bmi-calculator

This calculator shouldn't be used for pregnant women or children.

2

18 years or over and have been diagnosed with one or more of the following conditions:

- heart disease or stroke
- diabetes during pregnancy
- kidney disease (stage 3 or more)
- high cholesterol
- high blood pressure
- high blood glucose levels
- polycystic ovarian syndrome

3

45 years or over (OR 30 years or over when of Aboriginal and/or Torres Strait Islander descent) and have an Absolute Risk score of 10% or over when referred by a GP clinic.

Absolute Risk

Absolute cardiovascular disease risk is a person's probability of developing cardiovascular disease in the next five years, based on a range of risk factors.

“ *The Life! program showed me how to develop and maintain healthy eating habits, how to fit exercise into a busy lifestyle and find ways to stay motivated.* ”

Rufan – *Life!* program participant



“ *The Life! program taught me how to take care of ME! I have dropped 4 dress sizes. My skin is great and I feel amazing with lots of energy! I can now walk, run, jump, skip and lift heavy weights.* ”

Pili – *Life!* program participant

Contact us today to learn more about the *Life!* program and to discuss your eligibility.

The *Life!* program also offers culturally and linguistically diverse group courses, the Aboriginal Road to Good Health program, and programs and services for workplace and community groups.



Scan to check your eligibility today!

V3.0 OCT 2022

Life! – Helping you prevent diabetes,
heart disease and stroke

Wurundjeri Woi-wurrung Country

lifeprogram.org.au
life@diabetesvic.org.au

T 03 8648 1880

F 03 9667 1757

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