



As mothers, we all want to be healthy and have the energy to do the things we love. It may be keeping up with a young family or supporting our children to have the best start to life.

However, women with a history of gestational diabetes are up to eight times more likely to develop type 2 diabetes. This risk is highest in the first five years after the birth of your baby. So, once your little one has arrived, it is important to prioritise your health to make sure you can be the best version of yourself for you and your family.

Here are three simple steps to get started:

- 1 Book your 6-week check-up for you and your baby with your GP
- 2 Schedule your oral glucose tolerance test (OGTT) 6-12 weeks after you have had your baby
- 3 Join the *Life!* program



Scan the QR code to find out more about the *Life!* program today or call us on 13 RISK (13 74 75)

Learn how to reduce your risk of type 2 diabetes and improve the health of you and your family with a free healthy living program.

The *Life!* program has been developed specifically to help busy mothers reduce their risk of developing type 2 diabetes.

Having helped over 75,000 Victorians over the past 15 years, this online group program will guide you, alongside other mothers, to set healthy living goals and learn how to achieve them.

This program is also available in Vietnamese and delivered by a Vietnamese health professional.

The *Life!* program is funded by the Victorian government and managed by Diabetes Victoria.



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Zoe had gestational diabetes during her pregnancy and found *Life!* helpful to reach her health goals.



“ I decided to do the *Life!* program because I didn't want to get diabetes and I wanted to stay well and be a healthy mum in the future. ”

Zoe – *Life!* program participant

For more information please call us on 13 RISK (13 74 75) or visit lifeprogram.org.au/life-program-gestational-diabetes/

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