



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

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***Life!* can help**



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



## About the *Life!* program

**We all want to feel great and have the energy to do the things we love.**

But taking the first step to better health can feel overwhelming without the right support and expert advice can often be costly and difficult to access.

The *Life!* program can help. Delivered by dietitians and exercise physiologists, *Life!* empowers you to make small changes to your daily habits to improve your nutrition, physical activity and stress management. You can choose from a group course or telephone health coaching. Best of all, it's free.

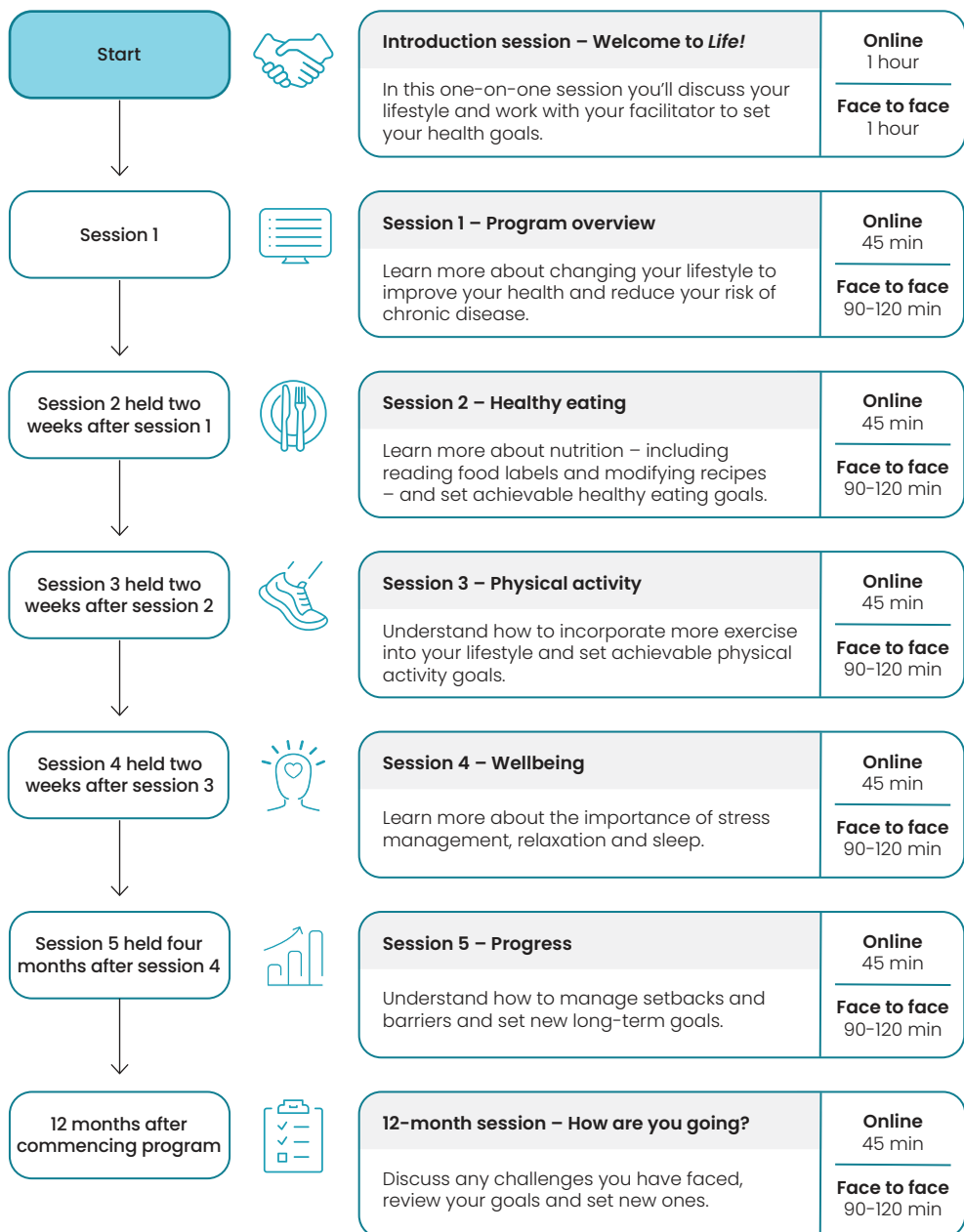
Visit [lifeprogram.org.au](http://lifeprogram.org.au) and check if you qualify or call our friendly team on 13 74 75.

*Life!* is funded by the Victorian Government and managed 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





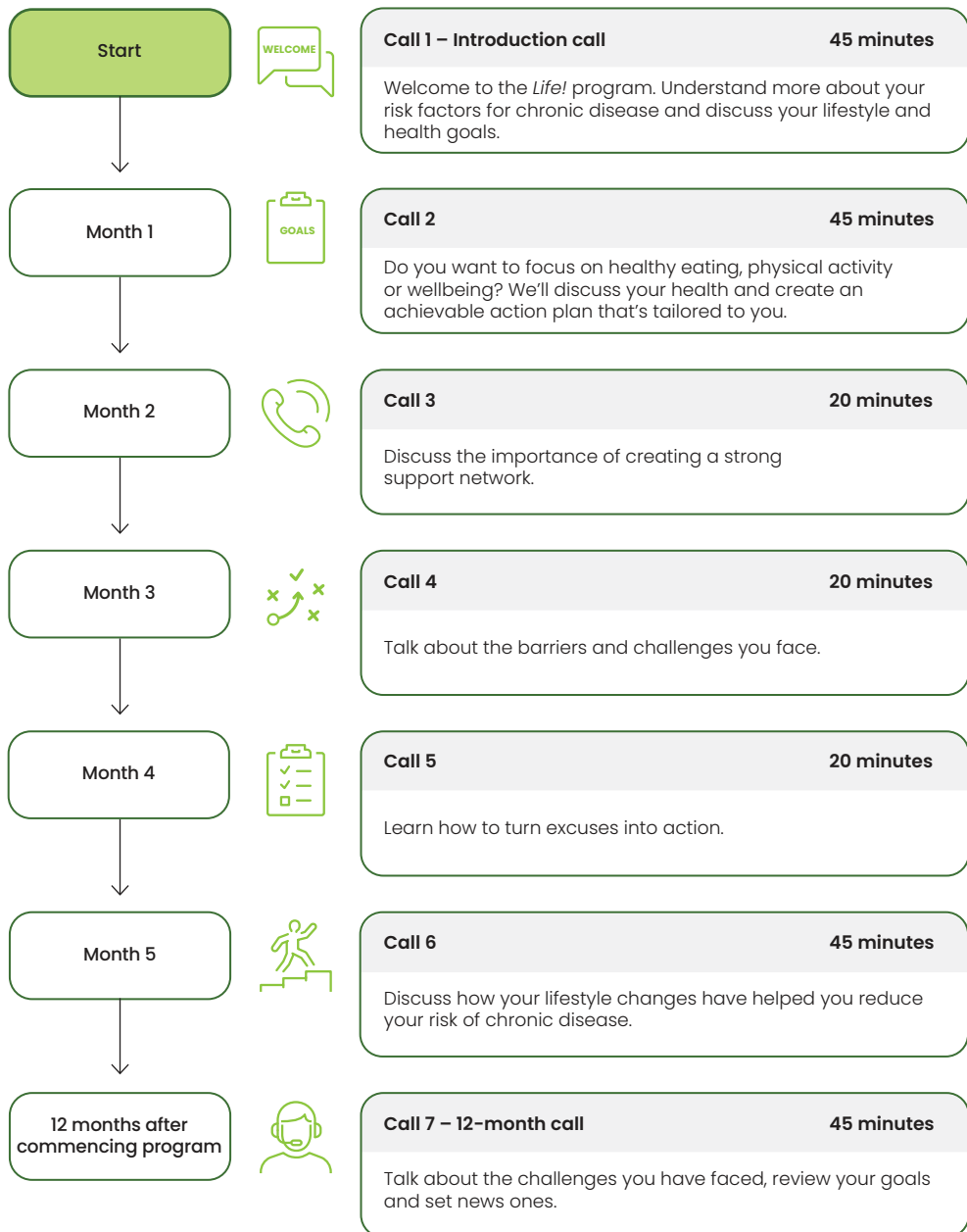
## **The *Life!* Telephone Health Coaching service**

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

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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](http://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](http://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](http://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](http://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!**

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

Wurundjeri Woi-wurrung Country

[lifeprogram.org.au](http://lifeprogram.org.au)  
[life@diabetesvic.org.au](mailto:life@diabetesvic.org.au)

T 03 8648 1880

F 03 9667 1757

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