

The following is a list of *Life!* program options that can be accessed by people in the Lower Hume region. *Life!* is a free lifestyle modification program funded by the Victorian Government that helps eligible participants reduce their risk of developing type 2 diabetes and cardiovascular disease. The *Life!* program's qualified health professionals will work with your patients to help them improve their eating habits, physical activity and stress management. For more information, please visit the website www.lifeprogram.org.au.

What	What does program involve	Referral	Cost	When	Where	Contact
Life! program Telephone Health Coaching	<i>Life!</i> telephone health coaching includes 7 phone calls with a personal health coach run across a 12-month period.	GP Health Professional Pharmacy	Free	Varies	Flexible – at a location convenient to the participant.	13 74 75 www.lifeprogram.org.au
Aboriginal Road to Good Health	<i>Life!</i> Road to Good Health includes 6 online group sessions over 6 weeks and is run by Aboriginal Health Workers to deliver culturally appropriate sessions.	GP Health Professional Pharmacy	Free	Varies	Contact the <i>Life!</i> team for more information.	03 8648 1880 www.lifeprogram.org.au/learn-about-life/for-aboriginal-communities/
CALD Life! program	The CALD <i>Life!</i> online group course includes 7 sessions run across a 12-month period delivered by health professionals in Chinese, Vietnamese or Arabic.	GP Health Professional Pharmacy	Free	Varies	Contact the <i>Life!</i> team for more information.	13 74 75 www.lifeprogram.org.au/learn-about-life/culturally-and-linguistically-diverse-communities/

Current as of September 2021