

The following is a list of *Life!* program providers 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](http://www.lifeprogram.org.au).

What	What does program involve	Referral	Cost	When	Where	Contact
<b>Life! program Alexandra District Health</b>	The <i>Life!</i> online group course includes 7 sessions run across a 12-month period delivered by health professionals (this includes a one-on-one introductory session between the participant and facilitator).	GP Health Professional Pharmacy	Free	Varies	Online – delivered by health professionals at Alexandra District Health	03 5772 0900 <a href="http://www.alexandrahospital.org.au">www.alexandrahospital.org.au</a> or 13 74 75 <a href="http://www.lifeprogram.org.au">www.lifeprogram.org.au</a>
<b>Life! program Telephone Health Coaching</b>	<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 <a href="http://www.lifeprogram.org.au">www.lifeprogram.org.au</a>
<b>Aboriginal Road to Good Health</b>	<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 <a href="http://www.lifeprogram.org.au/about-the-life-program/about-the-program/abororiginal-road-to-good-health">www.lifeprogram.org.au/about-the-life-program/about-the-program/abororiginal-road-to-good-health</a>
<b>CALD Life! program</b>	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 <a href="https://www.lifeprogram.org.au/about-the-life-program/culturally-and-linguistically-diverse-groups">https://www.lifeprogram.org.au/about-the-life-program/culturally-and-linguistically-diverse-groups</a>

Current as of March 2021