



GOLD COAST LIFESTYLE PROGRAMS AND HEALTH PROMOTION

Clinician only resource - not patient facing

PROGRAM	DESCRIPTION	ELIGIBILITY	COST	REFERRALS	MORE INFO
Patients without a chronic condition					
My Health for Life	My Health for Life is a free chronic disease prevention initiative. Participants work with qualified allied-health coaches through 6 or more coaching sessions delivered over 14–18 weeks. The initiative supports healthier habits and achievable lifestyle changes.	Queensland adults (18+).	Free	Self-referral ✓	Scan for website Referral form 
				GP referral ✓	
Patients with a chronic condition or frailty risk					
The COACH Program	The COACH Program is an evidence-based chronic disease prevention and self-management program. COACH offers free telephone based counselling for people with chronic conditions by providing structured one-on-one health coaching via phone or telehealth.	Patients with conditions such as cardiovascular disease, diabetes, COPD, and related risk factors.	Free	Self-referral ✓	Scan for website 13 43 25 84 
				GP referral ✓	
Bond University Allied Health (BUnyAH) Interprofessional Healthy Lifestyles Program	A 12-week intensive active lifestyle program delivered by Bond University Allied Health Professionals bi-weekly. It is for patients in the community at risk of frailty or early admission to aged-care facilities. Includes group health education classes, exercise classes and individual sessions with allied health professionals.	• 65+ years, OR • 55+ years if Aboriginal and/or Torres Strait Islander • Must live in the Gold Coast.	Free	Self-referral ✗	Scan for website 
				GP referral ✓	
MyHeart MyLife support program	A free, evidence-based digital support program for patients diagnosed with coronary heart disease. Support includes information and advice for patients over a 12 week period in addition to educational resources, access to the MyHeart MyLife Facebook Community and an online dashboard.	Adults (18+) living with coronary heart disease.	Free	Self-referral ✓	Scan for website 
				GP referral ✓	



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PROGRAM	DESCRIPTION	ELIGIBILITY	COST	REFERRALS	MORE INFO
Health promotion for all patients					
Active & Healthy Program (City of Gold Coast)	Weekly activities supporting general health, movement, heart health, and wellbeing (walking groups, fitness classes, senior exercise, yoga, Pilates). Encourages physical activity to reduce chronic disease risk.	Anyone in Australia.	Free or low-cost	Self-referral ✓	Scan for website 
				GP referral ✗	
Deadly Choices Activities 	Health promotion initiative which aims to empower Aboriginal and Torres Strait Islander peoples to make healthy lifestyle choices. Deadly Choices activities include: - Community events - Cooking programs - Education programs - Leadership camps - Sport and recreation - Tobacco cessation programs	Available for Aboriginal and Torres Strait Islander children and community members through events and school incursions in Gold Coast region.	Free	Self-referral ✓	Scan for website 0419 662 960 
				GP referral ✗	
Heart Foundation Walking	Free, weekly walking groups offered across the Gold Coast to support social connectedness and better health.	Anyone in Australia.	Free	Self-referral ✓	Scan for website 
				GP referral ✗	
Parkrun	A free, weekly community event held every Saturday morning where people can walk, jog, run, or volunteer. Events across Gold Coast.	Anyone in Australia.	Free	Self-referral ✓	Scan for website 
				GP referral ✗	

[Access HealthPathways Cardiovascular Risk Assessment](#)