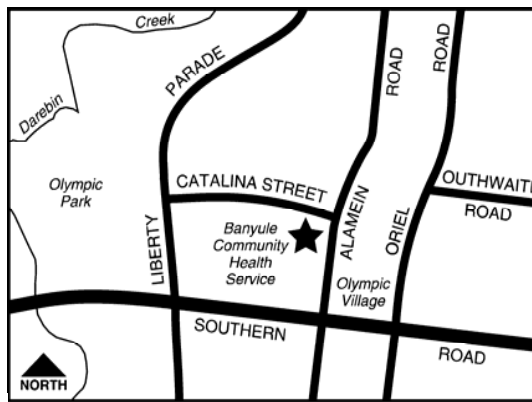


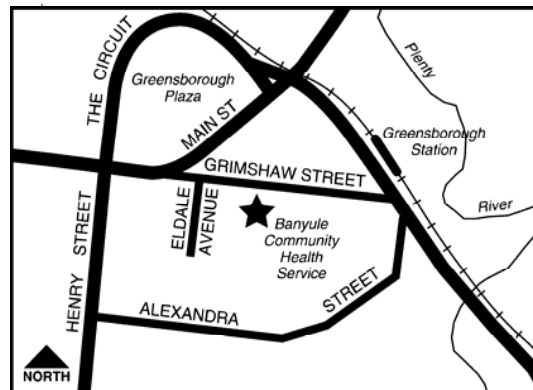
## Privacy and Confidentiality

We have strict policies about who can see and use personal health information. All our staff members must treat your information confidentially. Your privacy is also protected by law. Policies and Procedures related to privacy are available upon request. Consent to contact your GP and other health care agencies will be discussed at your first appointment with the EICD Service Coordinator.

For more information contact the reception staff at Banyule Community Health (BCH) on 9450 2000 or email [banyule@bchs.org.au](mailto:banyule@bchs.org.au)



**Banyule Community Health**  
21 Alamein Road, West Heidelberg  
Melway Map reference 19 E12



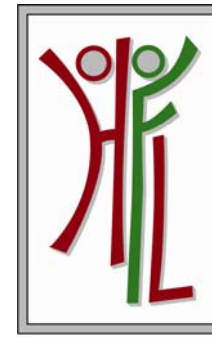
**Banyule Community Health**  
25 Grimshaw Street, Greensborough  
Melway Map reference 20 K2



For general information on *Health For Life*, call the EICD Service Coordinator on 9450 2051



[www.bchs.org.au/healthforlife](http://www.bchs.org.au/healthforlife)



HEALTH For LIFE



**BANYULE**  
Community Health



# HEALTH FOR

# LIFE

**A program designed to help individuals with self awareness and management of their health in the presence of a chronic disease**

**The Health For Life Programme is an initiative developed by the Banyule Early Intervention in Chronic Disease Management Project (EICD Project) based at Banyule Community Health**

Have you recently been diagnosed with a chronic disease? After being diagnosed you may have felt distressed and isolated, or even confused, as you may not actually look or feel sick. Sometimes the symptoms of chronic disease are not obvious. Unfortunately the chronic disease is still there and if left unmanaged, your health could deteriorate and that's when you may start to feel sick.

For many people having the access to good information and support can assist them to continue living well.

*Health For Life* is a programme that provides these resources to help individuals understand more about the chronic disease present and how to manage their health accordingly.



**WHO** is *Health For Life* for?

Anyone residing in the City of Banyule who has one or more of the following chronic diseases:

- Cardiovascular disease (e.g. Ischemic Heart Disease)
- Respiratory disease (e.g. Asthma or Emphysema)
- Osteoporosis
- Diabetes Type II

**WHAT** does *Health For Life* offer me?

Together we will look and plan what you want to get out of the programme. Your plan will include or is likely to include:

- Comprehensive initial health and lifestyle interview
- Clinical consultations with BCH Health Service Providers
- We will consult your GP to determine how involved they want to be in your progression through the programme
- Access to health coaching, local support groups and/or educational courses
- In 6-12 months time after you've finished the programme, we will contact you for a follow up review

**WHY** participate in *Health For Life*?

You'll benefit from this comprehensive, planned approach in managing your health in order to:

- gain greater understanding and management of your health and wellbeing;
- lead a healthier lifestyle i.e. potentially have more energy, vitality, improved fitness, etc.
- in turn you are more likely to stay well for longer and minimise complications associated with your condition.

**HOW** long will it take to complete *Health For Life*?

We anticipate 6 months, however, time taken to develop skills in health management varies from person to person. It is dependent on a wide range of factors, including the type of chronic disease present. Your health management goals will be explored in your first contact with the EICD Service coordinator

and relevant Allied Health Service Providers (i.e. physiotherapist, podiatrist, dietitian, counsellor etc). Your goals will be reviewed during and prior to discharge from *Health For Life*.

**HOW** much does *Health For Life* cost?

There is no cost involved in joining *Health For Life*. However, consultation with Allied Health Service Providers will incur standard BCH fees. Fees incurred will be subject to your income assessment, which will be conducted in your initial general assessment. Fees are minimal for healthcare and pension cardholders and low income earners.



**WHERE** is *Health For Life*?

*Health For Life* operates from BCH located in West Heidelberg and Greensborough.

All services and programs offered through *Health For Life* are held within the Banyule local government area.

**HOW** do I apply for *Health For Life*?

If you are interested in *Health For Life*, please discuss it with your GP or your BCH Allied Health Service Provider.