

How to refer and for more detailed information

Contact Kinect Australia, 'Go for your life' Infoline for referral forms, a Program Guide Book and resources
(03) 8320 0105 or 1300 73 98 99.

Fax the completed referral form signed by a health professional and the client to Kinect Australia on **(03) 8320 0110**

Contact for more information

Contact Kinect Australia for further information about the Infoline health coaching service on **(03) 8320-0100.** Visit the Kinect Australia website:

www.kinectaustralia.org.au

To be connected to healthy and active information and opportunities in your area phone **1300 73 98 99.** Or visit the 'Go for your life' website:

www.goforyourlife.vic.gov.au

What is Health Coaching?

Health coaching is an evidence-based model for health behaviour change. It provides structured guidance for health professionals to help patients to adhere to medical and health recommendations and to make health enhancing lifestyle changes.

Health coaching is typically conducted in the context of health behaviour change for disease prevention and/or chronic condition self management within public and private health services.

Health coaching integrates a diverse range of health behaviour change techniques. It keeps the consultation focus on what patients can actively do to improve their health and promotes patient responsibility for their own health management.

(Acknowledgement to Health Coaching Australia for this definition.)



Physical Activity & Healthy Eating Information

- Ongoing Support
- Health Coaching



What is the 'Go for your life' Infoline?

The 'Go for your life' Infoline is a telephone service offering information, health coaching and support on physical activity and healthy eating for the general community.

A range of physical activity and healthy eating fact sheets, recipe books and other printed resources are provided to callers on request. The Infoline also refers individuals to local events, clubs and other activities that support Victorians to be healthy and active.

The service is funded by the Victorian Government's 'Go for your life' initiative, and delivered by Kinect Australia. 'Go for your life' is a whole of Victorian Government initiative that aims to promote healthy eating and increase levels of physical activity.



'Go for your life' health coaching

Health coaching is an additional free program provided through the 'Go for your life' Infoline that facilitates self management of healthy eating and physical activity behaviours for individuals. The service is provided by trained health coaches, upon referral by health professionals, for clients who are:

- In good health but interested in improving and maintaining healthy eating and physical activity behaviour.
- At higher risk of developing chronic health conditions and would benefit from improving and maintaining healthy eating and physical activity behaviours.
- Managing a chronic health condition where physical activity and healthy eating are crucial components of successful self management of their individual condition.



Some of the potential benefits for your client

Referring your clients to the 'Go for your life' Infoline will assist them to improve their physical activity and healthy eating habits.

Participants in the program to date have reported:

- Reduction in energy consumption
- Decreased food portion sizes
- Increased intake of water
- Decreased alcohol consumption
- Increased energy levels
- Achievement of 150 minutes of physical activity per week
- Reduction in sedentary behaviours
- Engagement in local physical activity groups and programs



Referrals

When a referral is received, a health coach will contact the client to organise a suitable time for the initial phone call. A follow up call will be scheduled at one, two, four and six months. A report will be sent to the referring practitioner after three phone calls (two months) and five phone calls (six months).

Who can refer?

- Practice Nurses
- General Practitioners
- Allied Health Practitioners
- Workplaces and organisations