

Overview of Get Healthy and Related Prevention/Management Programs in Tasmania

Program	Get Healthy® Information and Coaching Service	Diabetes Assist The COACH Program®	Lifestyle Modification Programs (LMPs)
	Free and confidential telephone-based health information and coaching service Provided by Medibank Health Solutions (funded by DHHS under contract with NSW Health)	Free and confidential telephone-based type 2 diabetes management program Provided by Diabetes Tasmania (funded by DHHS)	Group-based type 2 diabetes prevention program (max \$50 payment. Free with health care card). Provided by accredited facilitators in each region (funded by Department of Health and Ageing)
Eligibility Criteria	Adults 18+ at risk of chronic disease and those wanting to make lifestyle changes in relation to: <ul style="list-style-type: none"> ▪ unhealthy eating; ▪ lack of physical activity; and/or ▪ being overweight 	Any person in Tasmania: <ul style="list-style-type: none"> ▪ diagnosed with type 2 diabetes; or ▪ with significant biomedical risk factors for developing type 2 diabetes; or ▪ scoring ≥ 12 on the AUSDRISK tool 	Adults 40-49 years or Aboriginal and Torres Strait Islanders 15-54 years at risk of developing type 2 diabetes as determined by the AUSDRISK tool (AUSDRISK score ≥ 12).
Program Format	<ul style="list-style-type: none"> • Participants receive detailed information kit and can elect to take part in 6 month coaching program • Participants assigned health coach, who provides information and support to help set realistic goals, overcome barriers and maintain motivation to achieve long-term change • Up to 10 telephone-based coaching sessions over 6 months (times that suit participant) • Coaches are university-qualified health professionals with additional health coaching training • If referred by GP - report provided to GP at 12 and 26 week milestones (with participant consent). <p>Service available 8am-8pm, Monday - Friday</p>	<ul style="list-style-type: none"> • Individual coaching conducted over 6-8 month period • Participants receive calls approximately every 4 weeks at a time convenient for the participant • Participant works with coach to achieve key biomedical targets (HbA1c, BP and cholesterol) and lifestyle targets (nutrition, physical activity and smoking cessation) • Coaches based in Tasmania and are either diabetes educators or accredited practising dietitians • Participant and GP receive written report detailing session content, progress to date and future targets after each session <p>Service available 8am-8pm, Monday – Friday</p>	<ul style="list-style-type: none"> • Face-to-face group sessions (max 15 per group) • Minimum of 8 hours over 6 months • Facilitated by accredited professionals • Participants receive detailed information and support manual • Report provided to GP on completion of program <p>Topics include:</p> <ul style="list-style-type: none"> ▪ Lifestyle risk factors ▪ Advice and information on physical activity, nutrition and weight management ▪ Behavioural strategies and resources to support healthy lifestyle including smoking cessation and alcohol reduction if required <p>Range of program times and locations – contact local Division for details</p>
Referral Method	Self referral* or referred by a GP or other Health Professional. * medical clearance required if medical conditions or risks identified during screening and assessment process	Self referral or by GP or Allied Health Professional	Eligible patients referred by GP under Health Assessment items* 701, 703, 705, 707 or Aboriginal Health Assessment item 715. *Referral under general attendance item if health assessment previously conducted
Contact	<p style="text-align: center;"> 1300 806 258 (local call cost) www.gethealthy.tas.gov.au contact@gethealthy.tas.gov.au </p>	<p style="text-align: center;"> 1300 745 153 (local call cost) www.diabetesassist.com.au for additional links and resources </p>	<p style="text-align: center;"> Local Division for further information or visit www.newleaseoflife.com.au </p>