

**Let's talk about
your health...**



**If you could do one thing to improve
your health, what would it be?**



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you a healthier future**



Take the health check

Let's talk about your family...



What health habits would you like to pass on to the younger members of your family?



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Is there someone in your life who
inspires you to stay healthy?

What habits do they have that you
admire?



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Can you think of a time when you felt
your healthiest?

What were you doing differently then?

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way



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Has anyone in your family been
impacted by chronic disease?

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How do you think staying healthy can
impact your ability to support your
family and community?

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Let's talk about your goals...



What are some personal goals you have for the next five to ten years, and how does your health play a role in achieving them?



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Let's talk about prevention...



Did you know that chronic diseases such as heart disease and Type 2 Diabetes are largely preventable?



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Let's talk about the Maranoa...



Are you aware that the Maranoa region experiences higher rates of chronic disease compared to other areas in Queensland?



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Scripting to support the conversation starters:

- Wellness my Way is a free service now available to residents of the Maranoa.
- Wellness my Way is here to support you, your health and wellbeing.
- By completing a free, online health assessment, you can check in on your current health and wellbeing.
- You can then work with a telephone coach who will connect you with free or low-cost programs that support you to make small changes that can have big impacts on your health and wellbeing.
- Can I give you the link for the health assessment? It takes about 15mins to complete.
- If you don't have easy access to a device with internet, you can also do the health assessment over the phone.



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Take the health check