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# Helping Qld residents access free health check



📷 Wellness my Way launched last year in the Maranoa Regional Council area, and the program has now expanded and is available to all South West Queensland residents. Picture supplied

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Navigating the healthcare system isn't always easy but a free program is helping residents of South West Queensland access affordable support in their local community.

Wellness my Way is a free health check, taken either online or over the phone, that looks at a person's health risks from behaviours such as poor diet, physical inactivity, smoking, high alcohol consumption and mental health.

Participants are then contacted by a telephone health coach who will help them develop a personalised action plan and connect them to appropriate free and low-cost programs for additional support.

Wellness my Way launched in August 2024 in the Maranoa Regional Council area, and the program has now expanded and is available to all South West Queensland residents, making it easier than ever for Queenslanders to prioritise their health.



📷 Tamsyn Sward, 47, signed up for Wellness my Way last year. Picture supplied

Roma resident Tamsyn Sward, 47, signed up for Wellness my Way last year and was connected with free services, including a health coach, an exercise physiologist and a community dietitian.

"I had no idea I could access those things in my local community," Ms Sward said.

"I've had a lot of health issues recently and that kickstarted me to think "well I can't keep ignoring these things and I need to make my health the best it can possibly be"."

One in two Queenslanders currently live with a chronic condition.

Some chronic conditions can be prevented or managed with positive health behaviours including improved nutrition and increased physical activity.

Ms Sward said her recent health issues had made her unsure about returning to exercise, but her exercise physiologist helped to restore her confidence.

"I was scared to go back to exercising because I didn't know what my limitations would be," she said.

"My exercise physiologist was able to tailor it exactly to what I needed, she listened to everything I had to say and considered all my medical conditions and things that are going on with me at the moment."

## Introducing Wellness my Way



Ms Sward said Wellness my Way was an easy and accessible solution for anyone looking to improve their health.

"Honestly, it's one of the simplest things I've done in terms of healthcare," she said.

"With Wellness my Way you can take ownership of your own health and make some lifestyle changes or some healthy goals that will meet your needs."

To complete the free online health check, visit [hw.qld.gov.au/wellnessmyway](http://hw.qld.gov.au/wellnessmyway) or search "wellness my way". People can



also take the health check on the phone by calling 13HEALTH (13 43 25 84) and asking for the Way to Wellness service (Monday – Friday, 8am – 8pm).

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