



moorditj koort
Aboriginal Corporation

☎ (08) 6174 7000
✉ info@moorditjkoort.com.au
🌐 www.moorditjkoort.com.au

📍 **Head Office**
150 Gilmore Avenue, Medina WA 6167
Fax: (08) 6174 7099

📍 **Midland Office**
22 Junction Parade, Midland WA 6056
Fax: (08) 6174 7098

📍 **Cockburn Office**
1/28 Hammond Road,
Cockburn Central WA 6164
Fax: (08) 6174 7097



Moorditj Koort Aboriginal Corporation acknowledges and pays respect to the Traditional Owners and Elders of the country, and recognise the significant importance of their cultural heritage, values, beliefs and how these contribute to the positive health and wellbeing of the whole community.

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Indigenous Healthy Lifestyle Program (IHLP)



**Proud of
Our Culture**
**Aware of
Our Health**





What is the Indigenous Healthy Lifestyle Program?

The **Indigenous Healthy Lifestyle Program (IHLP)** brings together a range of free group fitness and healthy lifestyle programs supporting health and wellbeing for local Aboriginal and Torres Strait Islander people across all fitness levels and life stages.

Visit your local GP for an easy and non-evasive **Aboriginal Health Check (715)**, then get in touch with the Moorditj Koort **IHLP team** to register your interest.



What is a 715 Health Check?

A **715 Health Check** is an overall check of your health completed with you by a nurse or Aboriginal health worker, and then reviewed by your GP.

A Health Check is compulsory to register with Moorditj Koort as it will help identify any health needs you may have, providing you with a referral to access help if you need it.

How often should you do a Health Check?

Every 9-12 months.

It's free and it only takes 30- 45 minutes.

What does IHLP offer?

- Fitness groups in a comfortable, safe and friendly gym environment.
- Health education sessions such as cooking and nutrition, chronic diseases, smoking drug and alcohol information.
- Health and fitness goals consultations to get to know you better and have an understanding of what you would like to achieve so we can help you make progress.
- A **FREE Sign-up Pack** to get you started on your new healthy lifestyle journey including a hat, sweat towel, T-Shirt and more (*subject to availability*).
- Regular clinical observations to keep track of your progress and referrals to health professionals to assist you further with any health concerns.
- Transport to medical appointments and events or classes**.
- Assistance with medical bookings and staff to accompany you if needed**.

*** Depending on type of appointment and availability.*



Am I Eligible for IHLP?

- If you identify as Aboriginal and/or Torres Strait Islander.
- If you need assistance in creating a healthier lifestyle and getting your goals on track.
- Once you have completed your 715 Health Check you may join our programs and activities.

What do you do now?

Get your regular doctor to complete a 715 and IHLP referral form.

- Your doctor will then need to send these documents to Moorditj Koort.
- Moorditj Koort will contact you once we receive this information.
- For assistance before, during or after this process, call the Moorditj Koort **IHLP team** on **(08) 6174 7000**.

