The patient must fit at least one of the following criteria to be eligible for the Life! program:

- **AUSDRISK**
  - 18 years and over and have an AUSDRISK score ≥ 12 and BMI ≥ 25
  - **LOW RISK ≤ 5%**
  - **INTERMEDIATE RISK 6–11**
  - **HIGH RISK 12+**

- **Pre-existing condition**
  - *18 years or more and have previously been diagnosed with one or more of the following:*
    - pre-existing cardiovascular disease (includes myocardial infarction, angina and angioplasty; Must not have been diagnosed within 2 months of program commencement)
    - gestational diabetes
    - moderate or severe Chronic Kidney Disease
    - familial hypercholesterolemia
    - serum total cholesterol >750mmol/L
    - systolic BP of ≥180mmHg or diastolic BP of ≥110mmHg
    - impaired glucose tolerance (by FPG, OGTT or Hba1c)
    - polycystic ovary syndrome

- **Absolute CVD Risk Assessment**
  - *45 years or more, or ≥35 years and of Aboriginal and/or Torres Strait Islander descent, and have an Absolute Risk score of ≥10% when referred by a GP clinic.
  - **LOW RISK ≤ 10%**
  - **MODERATE HIGH RISK >10%**

- **CONFIRM DIABETES STATUS**
  - Has previously been diagnosed with diabetes
  - No diagnosis of diabetes
  - Undertake type 2 diabetes management
  - Complete Life/GP Referral Form and return to the Life! team

- **LOW RISK <10%**
  - Less than 10% risk of CVD within the next 5 years.
  - Advise to reassess in two years, offer healthy lifestyle advice and refer to the Life! website for a list of healthy websites and other tips.

- **5 OR LESS: LOW RISK**
  - Approximately one person in every 100 will develop diabetes.
  - Advise to reassess in three years, offer healthy lifestyle advice and refer to the Life! website for a list of healthy websites and other tips.

- **6–11: INTERMEDIATE RISK**
  - For scores of 6–8, approximately one person in every 50 will develop diabetes.
  - For scores of 9–11, approximately one person in every 30 will develop diabetes.
  - Advise to reassess in three years, offer healthy lifestyle advice and refer to the Life! website for a list of healthy websites and other tips.

- **ASSISTANCE TO LIFE!**
  - The AUSDRISK is available at www.lifeprogram.org.au/gp
  - The Absolute CVD Risk Assessment is available at www.cvdcheck.org.au
  - The Life! referral form is available from www.lifeprogram.org.au/gp
  - The Life! program is available for Victorian residents.
  - Participants whose postcode is listed in the Acceptable Non-Victorian Regions (www.lifeprogram.org.au/gp) are considered eligible for the Life! program.