

Learn more



Empower your patients to embrace healthier habits

RACGP Healthy Habits is a free evidence-based digital tool to encourage patients to create and sustain positive lifestyle changes.



The Healthy Habits program will benefit your practice by:

Strengthening Clinician Abilities: The patient pathways provides clinicians with useful tools to enhance their skills in motivating behaviour change in patients with unhealthy lifestyles.

Informed Decision-Making: The clinician dashboard presents up-to-date patient data that enables clinicians to have informed conversations with their patients during consultations.

Innovative Healthcare Delivery: The patient app allows patients to work together with their GP team to set goals, celebrate success and work on trouble spots.

Focused Quality Improvement and CPD: The Healthy Habits Resource Hub provides access to Quality Improvement activities such as a Healthy Habits PDSA template and a directory of relevant CPD for General Practice clinicians.

Complement and strengthen your Practice's services: Healthy Habits is easy to embed within existing workflows and can be included in Chronic disease GP Management Plans and Team Care Arrangements.