

HEALTH PROGRAMS TO HELP YOU ON YOUR WELLBEING JOURNEY

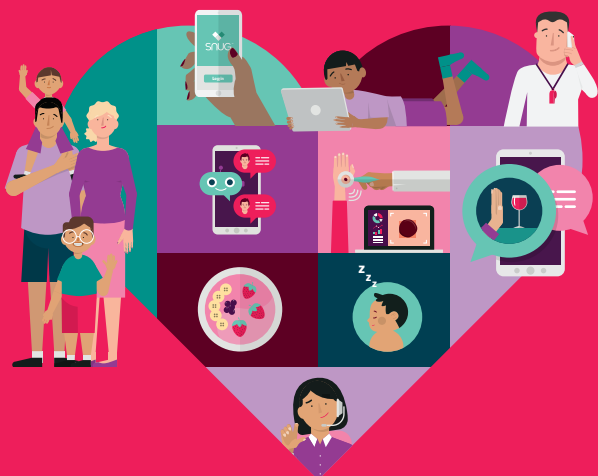
We want to give you and your family the support you need at all stages of your health. That's why we provide our members with access to a range of evidence-based programs that can support you at all stages of your journey.



PUTTING YOUR HEALTH AND WELLBEING FIRST THAT'S UNCOMMON

That's why we provide you with easy access to a range of health programs so you can choose what's right for you. Our programs:

- give you the confidence to take action early
- provide you with access to the tools and resources to respond to life's challenges
- give you the freedom to check in with your mental health with options to suit you and your family.



MENTAL WELLBEING SUPPORT



FREE MENTAL WELLBEING CHECK-IN

Eligible members can get fast and easy access to a free annual HealthyMinds Check-in with a psychologist from PSYCH2U, with appointments available from early morning to late.

hcf.com.au/mental-support



SLEEP SUPPORT

Identify sleep issues, learn how to improve your sleep and access personalised tools with the Sleepfit app. Eligible members can get a free 12-month Sleepfit subscription.

hcf.com.au/sleepfit



ONLINE MENTAL HEALTH SUPPORT

Access a range of evidence-based online programs through This Way Up, a mental health platform developed by psychiatrists and psychologists. The programs are designed to help you improve challenges like stress, insomnia, general and perinatal depression, anxiety and chronic pain.

hcf.com.au/mental-support



ALCOHOL SUPPORT

Daybreak by Hello Sunday Morning is a free digital service that gives you an anonymous and supportive environment to set alcohol behaviour change goals, track your drinking for personal, health or financial reasons and connect you with an online like-minded community.

hcf.com.au/daybreak

FAMILY AND CHILDREN SUPPORT



HEALTHY EATING FOR FAMILIES

We offer free access to educational resources for eligible members with kids aged 0 to 17 to develop healthy eating habits and reduce the risk of chronic conditions in the future.

hcf.com.au/healthyfamilies



MENTAL WELLBEING SUPPORT FOR KIDS

Eligible members have free access to Calm Kid Central, an interactive online program to support parents, caregivers and kids aged 4 to 11 to act bravely and manage tough life situations.

hcf.com.au/calmkids



ONLINE GP CONSULTATIONS

Book a convenient and private online GP consultation to access a range of services including general medical advice, referrals, prescriptions and medical certificates. Service fees may apply.

hcf.com.au/gp2u

IMPORTANT INFO

For more information about whether you're eligible or for more details about our health programs, visit hcf.com.au/manage-your-health



CHRONIC DISEASE SUPPORT AND PREVENTION



JOINT HEALTH

The Osteoarthritis Healthy Weight For Life program supports eligible members lose weight in order to reduce pain in your joints, improve mobility or prepare for hip or knee surgery.

[**hcf.com.au/hwfl**](https://hcf.com.au/hwfl)



Second Opinion

Eligible members can get a free, confidential second opinion if you've had a consultation with a specialist for a joint replacement surgery or other included health conditions.

[**hcf.com.au/secondopinion**](https://hcf.com.au/secondopinion)



HEART HEALTH AND DIABETES

Eligible members with a heart condition or diabetes can team up with one of our experienced health coaches who'll guide you through The COACH Program® at no extra cost. This is an evidence-based telephone support program to help you manage and improve risk factors and symptoms.

[**hcf.com.au/coach**](https://hcf.com.au/coach)



WEIGHT MANAGEMENT

Eligible members can save on the evidence-based CSIRO Total Wellbeing Diet. Created by Australia's national science agency, it combines a higher protein, low-GI eating plan with exercise and proven weight management tools to help improve habits and create lifelong positive behaviours.

[**hcf.com.au/csiro-total-wellbeing-diet**](https://hcf.com.au/csiro-total-wellbeing-diet)



PREVENTIVE HEALTH SCREENINGS

Eligible members can access free Victor Chang Heart Health Checks and Molemap Skin Checks, available at scheduled times and at selected HCF branches, and Dental and Eyecare Centres. Check the website for locations and dates.

[**hcf.com.au/members/access-medical-resources**](https://hcf.com.au/members/access-medical-resources)

GET STARTED ON YOUR HEALTH JOURNEY



13 13 34

MON-FRI 8AM-8PM AEST/AEDT
SAT 9AM-5PM AEST/AEDT



hcf.com.au/manage-your-health



Visit a branch



wellbeing@hcf.com.au

Scan to learn more about our programs



The Hospitals Contribution Fund of Australia Ltd
ABN 68 000 026 746