



## YOUR PRIVACY

The program is run by Healthways Australia Pty Ltd (Healthways) for and on behalf of HCF. HCF may collect and disclose your name, address, date of birth, gender, membership number and contact information to Healthways for the purpose of contacting you about participating in the program. The personal information (including health and other sensitive information) that you or others provide to Healthways is used and disclosed only for the purpose of delivering and evaluating the program. If you do not provide this information, Healthways may not be able to provide you with the services which form the program. Healthways will not disclose personal information to HCF other than your name, postcode, date of birth, gender, date of participation with *My Health Guardian*, member number and customer number in order to allow HCF to evaluate the service.

With your permission Healthways may disclose your personal information (including health and other sensitive information) to your regular doctor or other health care provider and may also collect your health information from HCF.

For more information about how HCF or Healthways handle your personal information, including how to access and correct your personal information or make a complaint and how HCF or Healthways will deal with such a complaint, see their respective privacy policies [hcf.com.au/privacy](http://hcf.com.au/privacy) and [healthwaysaustralia.com.au/privacy-policy](http://healthwaysaustralia.com.au/privacy-policy).

**HCF has engaged Healthways to deliver the *My Health Guardian* program. Healthways provides care management and wellness programs to over 50 million people worldwide.**

## MY HEALTH GUARDIAN IS YOUR HEALTH COACH

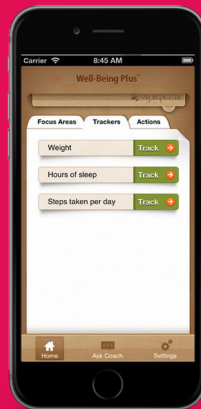
*My Health Guardian*



## MY HEALTH GUARDIAN APP

The *My Health Guardian* Well-being Plus app lets you track your health and wellbeing when you're on the go. Available from the iTunes Store or Google Play.

Download at [hcf.com.au/apps](http://hcf.com.au/apps) or search for 'Well-being Plus' in your app store.



### For more information or to join:



CALL THE MY HEALTH GUARDIAN TEAM  
**1800 244 854**



EMAIL US  
**[wellbeing@hcf.com.au](mailto:wellbeing@hcf.com.au)**



GO TO  
**[hcf.com.au/gethealthy](http://hcf.com.au/gethealthy)**

# REACH YOUR HEALTH AND FITNESS GOALS

*My Health Guardian* is a tailored online program that helps you improve your health and wellbeing. It gives you the tools you need to lead a healthier, happier life by connecting with health coaches and others like you. It's suitable for all fitness levels, whether you're just starting out or training for a special event.



## GETTING STARTED IS EASY

**Simply register and complete an online assessment to check your health status and set some goals.**

Then design a fitness and diet action plan that works for you. You can also create a health record to track your assessments, medications, allergies and more.

Online health coaches are on hand to offer support and answer any questions you may have.

Go to [hcf.com.au/gethealthy](https://hcf.com.au/gethealthy) to sign up now.

## ONLINE TOOLS TO HELP IMPROVE YOUR HEALTH

- **Wellbeing assessment** – a simple, guided process to assess your lifestyle and overall health.
- **Personalised fitness and diet action plan** – put together your action plan, with steps clearly mapped out for you.
- **Access to qualified health coaches** – ask any exercise and lifestyle questions you have.
- **SMS or email reminders** – exercise prompts sent to you.
- **Daily challenges** – receive a new challenge each day to help improve your health and wellbeing, one step at a time.
- **Recipe and exercise library** – access to hundreds of articles, exercises and recipes.
- **Focus areas** – set goals to keep you on track.
- **Inspiration board** – post photos or quotes to keep you motivated.

## MY HEALTH GUARDIAN IS FREE FOR ELIGIBLE MEMBERS

*My Health Guardian* is available to all members with HCF hospital and/or extras cover aged 18 years and over.

For a virtual tour of the site go to [hcf.com.au/mhg](https://hcf.com.au/mhg).

