

TEAM UP WITH A COACH FOR BETTER HEART HEALTH

You can trust us to help you be your healthiest self, we call it Uncommon Care.



WELCOME TO THE COACH PROGRAM®

The COACH Program is a telephone support program provided at no extra cost for eligible members with heart conditions or diabetes designed to help you improve your health.

It has been rated the most evidence-based and effective cardiovascular disease prevention program of 118 programs across the world*.

HOW CAN THE COACH PROGRAM HELP?

The COACH Program can empower you to manage your health condition. You get regular phone check-ins and written reports from your personally assigned health coach who's committed to helping you reach your risk factor targets.

Your health coach is a trained professional who works to help you:

- identify gaps in your healthcare against Australian recommended guidelines
- build a personalised heart or diabetes disease management plan
- understand and manage your medication
- control risk factors like your weight
- develop a healthy approach to nutrition
- safely increase your daily physical activity
- ultimately improve your overall health and wellbeing.

The program works alongside your doctor's advice or treatment plan, it doesn't replace it.

WHY CHOOSE COACH?

Did you know that if you've had a heart attack, stroke or cardiac procedure, you're up to 7 times more likely to have another heart attack or stroke, than someone who hasn't already been diagnosed?

Evidence shows most people with heart disease aren't reaching guideline-recommended target levels for disease risk factors like cholesterol, blood pressure and blood glucose.

Improving these risk factors and taking recommended medications are proven ways to slow and stop the disease process and prolong life* and The COACH Program can help you with this.

HOW DOES THE COACH PROGRAM WORK?

- You'll be teamed with a personal coach - an Australian-qualified dietitian, pharmacist or nurse, employed by HCF.
- Together you'll work out what you can do to reach guideline-recommended targets to control the risk factors of your condition.
- At regular intervals, your coach will call you to check how the plans are working for you.
- After each call, your health coach will send a follow-up letter summarising what you discussed. If you want, your health coach can also send a copy to your chosen doctor, specialist or healthcare provider.
- The program includes up to 6 sessions over 4-6 months.

HOW MUCH IS IT?

It's at no extra cost to eligible HCF members. As Australia's largest not-for-profit health fund, we're committed to putting your health before profit.

*As reported in British Heart Foundation and Public Health England's *International Cardiovascular Disease Prevention case studies report - October 2018.*

THE COACH PROGRAM™
ACHIEVING YOUR RISK FACTOR TARGETS



WHO RUNS THE PROGRAM?


At HCF we've set up a care community, made up of health coaches who are professionals like dietitians, nurses and pharmacists, to run the program.

AM I ELIGIBLE TO TAKE PART?

To be eligible, members must have a heart-related condition or diabetes and must have had hospital cover that includes heart conditions and vascular system for at least 12 months. Excludes Ambulance Only, Accident Only Basic cover and Overseas Visitors Health Cover. Clinical eligibility applies.

To find out if you're eligible:

@ coach@hcf.com.au

 **1800 592 944** (Mon-Fri, 9am-5pm AEST/AEDT)

To find out more about The Coach Program:

 hcf.com.au/coach

IMPORTANT INFORMATION

At HCF we respect your privacy. To read more about how we handle your personal information you can read our privacy policy at hcf.com.au/privacy

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