

CBHS BETTER LIVING



One-on-one
tailored programs
to support your
health challenges





SUPPORTING
YOUR HEALTH
CHALLENGES



Better living programs for Diabetes, Mental Health, Osteoarthritis, Cardiac Health and those at-risk

LONG-TERM HEALTH SOLUTIONS

Our Better Living programs provide you with expert guidance and support so you can learn to self-manage your health challenges.

- No out of pocket expenses for participating in a program
- Learn useful, proactive measures to manage your health
- Ongoing 1-on-1 phone support during your program.

HOW DO I GET STARTED?

If you think you might face, or have an ongoing health problem like diabetes, high blood pressure, high cholesterol, obesity, osteoarthritis, or issues involving heart, lung or mental health, you can contact the CBHS Wellness Team on 02 9685 7567 or at wellness@cbhs.com.au

The CBHS Wellness Team will organise our program providers to call you to discuss your individual circumstances.

HOW DO THE PROGRAMS WORK?

All of our health programs are personalised, 1-on-1 phone-based coaching from health care specialists. They supply you with the individual guidance and care you need to make demonstrable changes in your quality of life.

Depending on your circumstances, our mental health programs may also include in-home visits from health professionals.

TAKING CONTROL OF YOUR HEALTH



Diabetes

Additional support to help you manage Type 2 Diabetes

- Review your knowledge and understanding of nutrition
- Help adjust your diet
- Advice on managing your blood glucose levels
- Develop an exercise regime
- Get access to services, programs and professionals in your community



Mental Health

Support to help you with what's going on in your mind

- Visits from registered mental health nurses
- Assessing your individual needs
- Supporting medication regimes
- Improving your social situations
- Determining and coordinating appropriate care



Cardiac Health

For those with heart or coronary artery disease

- Review your nutritional knowledge
- Help adjust your diet
- Develop an exercise regime
- Guidance in understanding your blood tests, measurements and check-ups
- Advice on how to manage your medications



Vascular Health

For those with peripheral vascular disease (PVD)

- Provide advice on how to manage cholesterol
- Help develop exercise tolerance
- Improve your circulation
- Work on leg pain strategies

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Those At-risk

Life-changes to prevent you from developing heart disease or type 2 diabetes

- Familiarising you with health tests
- Provide advice on dietary changes
- Develop an exercise regime
- Guidance on how to manage any medications you might be taking



Heart Failure

For those who have, or are at risk of having congestive cardiac failure

- Improve your knowledge of heart health
- Learn to recognise symptoms
- Get advice on how to manage your medications
- Get connected to community services and support



Lung Health

For those who are experiencing lung disease

- Provide knowledge on your specific condition
- Advice on what treatment may best suit your needs
- Reduce risk of returning to hospital or emergency care
- Get connected to community services and support



Bone Health

For those with low bone density, osteoporosis and/or osteoarthritis

- Help manage your diet
- Advice on what treatment may best suit your needs
- Provide guidance on how to manage your medication
- Explain and provide action on your test results
- Develop your overall muscle strength

THE SPECIALISTS GUIDING YOU TO A HEALTHIER LIFE

YOUR HEALTH COACHES

Dietitian

How they can help: A Dietician provides expert nutrition and dietary advice for people of all ages. They can educate you and help you decide what foods are right for you now and in the future. They can give you meal ideas or recipes and offer support when you need it.

Physiotherapist

How they can help: Physiotherapy is a healthcare profession that assesses, diagnoses, treats, and works to prevent disease and disability through physical means. Physiotherapists are experts in movement and function who work in partnership with their patients, assisting them to overcome movement disorders, which may have been present from birth, acquired through accident or injury, or are the result of ageing or life-changing events.

Mental Health Clinicians

How they can help: Our Mental Health Clinician enables you to calmly address your problems and issues in a supportive environment so that a greater understanding can be achieved. This can assist you to make positive changes or it may help someone accept a difficult situation and become more resilient.

Exercise Physiologist

How they can help: An Exercise Physiologist specialises in the benefits of exercise to help and treat patients with a medical condition through exercise. They can prescribe exercise for fitness or rehabilitation and are able to work with complex medical conditions.



Specialist Registered Nurse

How they can help: A Registered Nurse will be your health coach and will help coordinate your plan. They will assist by discussing and helping you understand your disease, recording symptoms, setting an action plan for flare ups, goal setting, educating you on the impact of healthy weight and help you to find services available in your area that may assist with your condition. Each program is tailor-made depending on your circumstances and may complement any existing treatments.

How do I qualify?

You need to hold an appropriate level of CBHS Hospital cover or package product.

For more information on the programs available to you, please contact our

Wellness Team on 02 9685 7567 or email: wellness@cbhs.com.au

MANAGING CHRONIC CONDITIONS IS MORE IMPORTANT THAN EVER



More than half of Australians have a chronic condition,
45% of people over 45 have more than two.



DIABETES

1.2 million

**AUSTRALIANS IN 2014-15
HAD DIABETES**
(based on self-reported data)

10%



**1 million
hospitalisations
were associated
with diabetes in
2014-15**



MENTAL ILLNESS

VISITS TO GP

Estimated
17.6 million
mental health-related
GP encounters in 2014-15



50% (estimated)

**Australians will experience
a common mental disorder
in their lifetime**

DEPRESSION + ANXIETY + SLEEP DISTURBANCE

were the 3 mental health-related problems
that GPs most frequently managed in 2014-15



CARDIOVASCULAR DISEASE (CVD)

2014 > 2015

1 in 5 adults

22% | 4.2M

PEOPLE

CVD

had cardiovascular disease
based on self-reported data



4 million

**HOSPITALISATIONS
were associated with
with CVD in 2014-15**

PRINCIPAL AND/OR ADDITIONAL DIAGNOSIS

11%

of all hospitalisations
in Australia

29%



OF AUSTRALIAN DEATHS

HAD **CVD**

as the underlying
cause of death

45,000

DEATHS IN 2014

VISIT OUR WEBSITE

Tel: 02 9685 7567

<http://www.aihw.gov.au/mental-health>
<http://www.aihw.gov.au/cardiovascular-disease>
<http://www.aihw.gov.au/diabetes>



Feedback

CBHS Health Fund appreciates any feedback regarding any of the programs described in this brochure.

If you have comments or feedback please email them directly to wellness@cbhs.com.au

General Enquiries



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