

Health Programs & Support

Who doesn't love a little bonus? And that's what our health programs are – a little something extra to help you keep on top of your health and out of hospital.

Health Programs

You could receive confidential, one-on-one support over the phone to help manage things like anxiety, depression, diabetes, obesity, heart disease and more. These programs are designed to help you keep on top of your health and live a healthier life.



The Coach Program

Hear that whistle? That's your coach calling! We've got an innovative coaching program to help with chronic conditions such as managing conditions like type 2 diabetes, heart disease and Chronic Obstructive Pulmonary Disease (COPD). It's a proven health coaching program Provided over the phone and by regular written communication.



Healthy Weight for Life

The Healthy Weight for Life program is a program that can assist with heart disease, diabetes and osteoarthritis management with strategies to help you maximise your overall health, strength and quality of life. Healthy Weight for Life can help you with weight loss, strength exercises and education to help you maintain healthy habits.



MindStep

Feeling down or anxious? Not sure how to manage your worrying thoughts? If you've had these feelings, you're not alone. MindStep is here to help you. MindStep is a mental health program for Peoplecare members to help you manage the symptoms of anxiety or depression.



Strive for Health

Strive for Health is a chronic disease management program that looks at your individual risk factors for a disease and gives you the power to stay healthy. How? Loads of useful health info, caring support and helpful advice to give you the reins to manage your health risk, any chronic conditions and boost your health and wellbeing.

Psst, you'll need to be on one of our Mid (Basic Plus)*, Premium (Gold)*, Silver, Silver Plus or Gold hospital covers, have served your 2-month waiting period and meet the program criteria to be eligible.

Health Online

Free health support right at your fingertips!



My Health Online

Your own personal health record – store & send health info to your doctor, track your health and more. Think of this record as your very own health filing cabinet. It gives you a place for secure storage of important health info, medical docs and keep track of your personal health files.



Health Risk Assessment

Find out more about your health. The Health Risk Assessment only takes about 10 – 20 minutes to do and you'll end up with a health report showing where you're doing well and what you might need to look out for.

Hospital Substitution Programs^A

Get out of hospital earlier or recover where you're most comfortable, better yet, avoid it completely with in-home hospital services.



Hospital at Home

Going to hospital? Want to be back in your own home recovering as soon as possible? Say goodbye to embarrassing hospital gown mishaps and hello to watching trashy TV in your favourite PJs with our Hospital at Home program. It's a program that lets you receive short-term therapy services such as IV antibiotics and wound care at home.



Rehab at Home

We've got a treatment program called Rehab at Home that can help get you home from hospital sooner – we hear the food isn't that great in there anyway! Rehab at Home is a hospital substitute treatment program that covers you for rehab services such as physio & occupational therapy in the comfort of your home rather than staying in hospital.



Chemo at Home

Did you know that if you are covered on Peoplecare's hospital cover for chemotherapy, you can get your chemo treatment at home? That's a nice touch for what is a pretty disruptive treatment. Our trusted providers have a program called Chemo at Home. You can get the treatment you need (if it's covered by Medicare) delivered in your home including chemo, targeted cancer therapies and targeted therapies for inflammatory bowel disease.

Psst, you'll need to be on one of our Bronze, Basic (Basic Plus)*, Mid (Basic Plus)*, Premium (Gold)* Silver, Silver Plus or Gold hospital covers, have served your 2-month waiting period and have a referral from your treating doctor to be eligible. Please note, anything that is a pre-existing condition will have a 12-month waiting period (except rehab, psych and palliative).

*Basic (Basic Plus), Mid (Basic Plus) & Premium (Gold) Hospital covers are closed to new members.

^A Hospital Substitution Programs, Hospital at Home, Rehab at Home and Chemo at Home can ONLY substitute hospital treatments you are covered for. Exclusions and restrictions apply. Please contact us on 1800 808 690.

Want to know more?

Ask our friendly team of experts! Our resident health program experts love a chat. If you're a member who's keen to know more about our health programs or hospital options, we're here to help. Ask one of our experts on our website at peoplecare.com.au/askourexperts or give us a buzz on **1800 808 690**.