

# HELPING YOU THROUGH YOUR RECOVERY



HEALTHIER, LONGER,  
BETTER LIVES

## Helping you through your recovery

We know people recovering from illness and injury are not always able to access services or help they need. It's natural to feel nervous about returning to work after illness or injury. We can support you on this journey.

By guiding you to access community resources and developing a personalised program for your circumstances, our Rehabilitation Consultants can help restore your wellness and readiness for work. AIA Australia's rehabilitation team is one of the largest and most experienced in the life insurance industry. Our team members have a wealth of experience, including return to work support and allied health experience in the health care system.

The most common conditions and injuries people experience are cancer, musculoskeletal conditions which often result in chronic pain, or mental health conditions. We have a suite of programs to support you from the beginning of your diagnosis, during treatment and through to recovery. Our programs range from health coaching, wellness programs and return to work support.



Our return to work support will provide you with the tools you need to return to work in either the job you did before you became unwell or injured, or support you into a new or more suitable job. We will always put you at the center of this program and you will be in control. The support will include:

- Communication with you, your healthcare team, and your employer to determine a return to work goal
- A workplace assessment
- The provision of ergonomic equipment and/or workplace modifications (if required), and
- Return to work planning, development, and support of graduated return to work plans.

To see more information about the programs that may be offered to you, please turn over. All programs are paid for by AIA Australia.

## Support for cancer



At the beginning of your journey, you'll be offered our CancerAid Coaching Program, it's a 6-week coaching and education program with weekly learning modules and access to professional health coaches who specialise in cancer recovery. The program covers five topics:

- Physical symptoms
- Activity and exercise
- Diet and nutrition
- Sleep, and
- Cognitive techniques.

It's used in conjunction with the award-winning free app called CancerAid. It's designed to improve wellbeing, build healthy behaviours, and ensure a support network throughout your cancer journey.

CaRe Movement is our specialised exercise program with an accredited exercise physiologist for customers undergoing cancer treatment. During your treatment, it assists in improving health and ability to perform daily activities using the most appropriate exercises to improve your health, function and goals all while focussing on being enjoyable.

Our RESTORE CaRe cancer recovery program is aimed at wellness and work readiness. An experienced Rehabilitation Consultant works with you to improve your overall health, wellbeing and function. Your tailored program may include:

- Returning to your routine and undertaking meaningful activities
- Providing you with strategies to manage fatigue
- Connecting you to community resources to assist in your journey towards wellness, and
- Having a plan to assist you towards returning to the workforce.

## Support for mental health



At the beginning of your journey, you'll be offered Mind Coach, a phone-based program delivered one-on-one from the comfort of your home to help work through any problems or difficult situations you have in your life. The program uses a range of helpful, simple tips and tools to help you to be happier, healthier and to be your best every day.

Comprehensive wellness and work readiness support will be provided with an experienced Rehabilitation Consultant to improve overall health, wellbeing and function using our RESTORE program for mental health. This may include:

- Assistance with accessing evidence-based treatment
- Participating in regular exercise through an exercise physiology program
- Accessing community-based support, and
- Engagement in meaningful activities to build routine and function.

## Support for musculoskeletal conditions and injuries



At the beginning of your journey, you'll be offered Pain Coaching, a phone-based program delivered one-on-one from the comfort of your home. As everyone's pain experience is unique, this is delivered by an experienced Pain Coach who understands your pain and work with you to ensure you are best placed to improve your wellness, life, and work performance.

RESTORE Active is our wellness and work readiness program. An experienced Rehabilitation Consultant works with you to improve your overall health, wellbeing and function and develops a recovery program. An accredited exercise physiologist develops a functional upgrading program to assist in building capacity and confidence in your abilities.

If you are experiencing a condition not mentioned above, your Rehabilitation Consultant will develop a tailored plan to meet your needs.