

HEALTH PROGRAMS TO HELP YOU ON YOUR WELLBEING JOURNEY

Everyone's health journey is unique. That's why we offer our members access to a range of evidence-based health programs that can support your wellbeing wherever you're at.



WE'RE HERE FOR YOU ON YOUR HEALTH JOURNEY

Whether you live in the city or in regional Australia, our programs are designed to help you get the right support, when and where you need it.

You might be looking to improve your mental wellbeing, manage your heart or diabetes health, maintain a healthy weight or improve your joints - our health programs can help you take control of your health and work towards building healthier habits.

GET GOING, KEEP GOING WITH HCF HEALTHFUL

The HCF Healthful app gives eligible members access to a personalised Health Score, evidence-based health programs, real-time health and wellbeing tracking, goal setting and a 24/7 digital coach.

Download HCF Healthful from the App Store or Google Play, or go to hcf.com.au/healthful



MENTAL WELLBEING SUPPORT



FREE MENTAL WELLBEING CHECK-IN

Eligible members get fast and easy access to a free annual HealthyMinds Check-in with a registered psychologist from one of our partners, with appointments available from early morning to late evening.

hcf.com.au/mental-support



SLEEP SUPPORT

Identify sleep issues, learn how to improve your sleep and access personalised tools with the Sleepfit app. Eligible members get a free 12-month Sleepfit subscription.

hcf.com.au/sleepfit



ONLINE MENTAL HEALTH SUPPORT

Access a range of evidence-based online programs through This Way Up, a mental health platform developed by psychiatrists and psychologists. The programs are designed to help you improve challenges like stress, insomnia, general and perinatal depression, anxiety and chronic pain.

hcf.com.au/mental-support



ALCOHOL SUPPORT

Daybreak by Hello Sunday Morning is a free digital service that gives all Australians an anonymous and supportive environment to set alcohol behaviour change goals, track your drinking for personal, health or financial reasons and connect you with an online like-minded community. HCF members may also have access to additional mental health support.

hcf.com.au/daybreak

FAMILY AND CHILDREN SUPPORT



HEALTHY EATING FOR FAMILIES

Get free access to educational resources for kids aged 0 to 17 to develop healthy eating habits and reduce the risk of chronic conditions in the future. Available to eligible members.

hcf.com.au/healthyfamilies



FREE MENTAL HEALTH CHECK-IN FOR TEENS

To help your teens manage big changes and feelings, our free annual HealthyMinds Check-in includes access to trained psychologists for teens aged 12 to 17. Teens can discuss school stress, social challenges or general mental health concerns and be directed on where to get help.

hcf.com.au/mental-support



MENTAL WELLBEING SUPPORT FOR KIDS

Eligible members have free access to Calm Kid Central, an interactive online program to support parents, caregivers and kids aged 4 to 11 to act bravely and manage tough life situations.

hcf.com.au/calmkids



ONLINE GP CONSULTATIONS

Access a range of services like medical certificates for work and prescription medication with online GP consultations through GP2U at discounted rates. Rural and remote members can access a free annual 15-minute online GP consult.

hcf.com.au/gp2u

IMPORTANT INFO

For more information about whether you're eligible or for more details about our health programs, visit hcf.com.au/health-programs



CHRONIC DISEASE SUPPORT AND PREVENTION



JOINT HEALTH

We offer a range of joint health programs, delivered in collaboration with our health partners, to help eligible members reduce and manage pain, strengthen and improve mobility and prevent, delay or prepare for surgery.

hcf.com.au/joint-health-programs



SECOND OPINION

Eligible members get a free, confidential second opinion if you've had a consultation with a specialist for a joint replacement surgery or other included health conditions.

hcf.com.au/secondopinion



HEART HEALTH AND DIABETES

We offer a range of preventative health programs for eligible members managing heart conditions and diabetes, including phone coaching to support your heart condition and diabetes and a digital, home-based cardiac prevention program.

hcf.com.au/heart-health-programs



WEIGHT MANAGEMENT

Eligible members can get free access or save on the evidence-based CSIRO Total Wellbeing Diet. Created by Australia's national science agency, it combines a higher protein, low-GI eating plan with exercise and proven weight management tools to help improve habits and create lifelong positive behaviours.

hcf.com.au/csiro-total-wellbeing-diet



PREVENTATIVE HEALTH SCREENINGS

Eligible members can access free HCF Heart and Diabetes Health Checks and MoleMap Skin Checks, available at scheduled times and at selected HCF branches and Dental and Eyecare Centres. Check the website for locations and dates. Bookings must be made through the HCF website.

hcf.com.au/members/access-medical-resources

GET STARTED ON YOUR HEALTH JOURNEY



13 13 34

MON-FRI 8AM-8PM AEST/AEDT
SAT 9AM-1PM AEST/AEDT



hcf.com.au/health-programs



Visit a branch



wellbeing@hcf.com.au

Scan to learn more about our programs



The Hospitals Contribution Fund of Australia Ltd

ABN 68 000 026 746