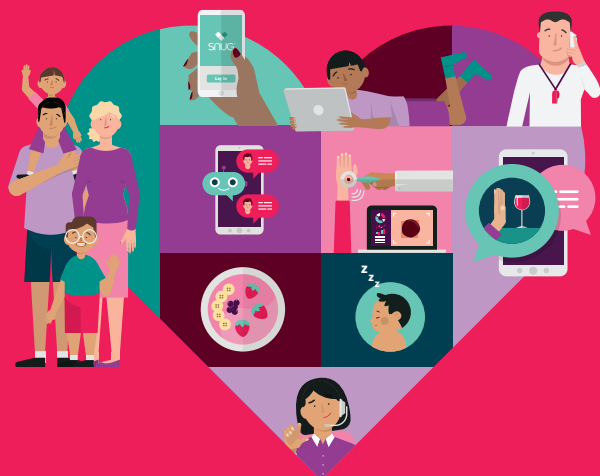


PUTTING YOUR HEALTH AND WELLBEING FIRST THAT'S UNCOMMON

We're always looking for ways to help you be your healthiest self. That's why we provide members with a range of health and wellbeing programs to help you choose what's right for you to:

- give you the confidence and support to take action early
- provide you with the tools and resources to respond to life's challenges in a healthy way
- give you control over your mental health with the freedom to choose what works for you.



IMPORTANT INFORMATION

For more information on our Health and Wellbeing programs, visit hcf.com.au/manage-your-health

- * Must have HCF gold level hospital cover for 2 months. Eligibility is based on clinical need as assessed by PSYCH2U.
- ^ Must have hospital or extras cover. Excludes Overseas Visitors Health Cover. The cost is \$23.90 for 12 months for HCF members (RRP is \$29.90).
- + This service is not affiliated or associated with HCF in any way. You should make your own enquires to determine whether this service is suitable for you. If you decided to use this service, it'll be on the basis that HCF won't be responsible, and you won't hold HCF responsible for any liability that may arise from that use.
- # Some members may be eligible for Medicare benefits for a telehealth consultation with GP2U, in which case GP2U will bulk-bill those members. For all other members, HCF will pay the GP2U consultation fee for a limited time. See hcf.com.au/gp2u
- ** Service is available to all HCF members with any HCF health insurance product (excluding Overseas Visitors Health Cover). See hcf.com.au/healthyfamilies
- ^^ Must have hospital and/or extras cover. Excludes Accident Only Basic Cover and Overseas Visitors Health Cover.
- ++ Service is available free to all members who are financial with hospital and/or extras product for a limited time. See hcf.com.au/mental-support. Excludes Ambulance Only, Accident Only and Overseas Visitors Health Cover.
- ## Must have held hospital cover that covers joint replacement surgery for 2 months, have knee or hip osteoarthritis and a Body Mass Index of 28 and above. Clinical eligibility criteria applies. See hcf.com.au/hwfl
- *** Must have held hospital cover for 12 months and a specialist consultation to use this service. Excludes Accident Only Basic Cover. Conditions apply.
- ^^^ Must have hospital cover, have no chronic conditions, have multiple lifestyle risk factors (eg. smoking, physical inactivity, poor nutrition) and a Body Mass Index of 26 and above. Clinical eligibility applies. See hcf.com.au/hwfl
- +++ Members must have a heart-related condition or diabetes and must have held 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.

HEALTH AND WELLBEING PROGRAMS TO HELP YOU ON YOUR HEALTH JOURNEY

We want to give you and your family the support you need at all stages of your health. That's why we've developed a range of programs that will help support you throughout your journey.



MENTAL WELLBEING SUPPORT



VIDEO MENTAL HEALTH SUPPORT

With PSYCH2U, eligible HCF members* can get easier access to a comprehensive mental health support program that provides customised care through online, telehealth and chronic disease management programs. This includes online video support and navigation to other mental health services as needed.

Visit hcf.com.au/mental-support for more information.



SLEEP SUPPORT

Identify sleep issues, learn how to improve your sleep and access personalised tools with the Sleepfit app. Eligible HCF members^ can get a 20% discount on a 12 month Sleepfit subscription.

Visit hcf.com.au/sleepfit for more information.



MENTAL WELLBEING CHATBOT

Woebot is a mental health chatbot app developed by Stanford University psychologists to help you learn about yourself, boost your mood and manage your state of mind*.



ONLINE MENTAL HEALTH PROGRAMS

Access a range of online programs through This Way Up, a not-for-profit online hub developed by experienced psychiatrists and clinical psychologists, to help you understand and improve mental challenges like stress, insomnia, worry, anxiety and depression*. Some programs are free, and others are at a cost that may be waived if prescribed.



ALCOHOL SUPPORT

Daybreak by Hello Sunday Morning is a free digital service that gives you an anonymous and supportive environment to set alcohol behaviour-change goals and connects you with an online community*.

Visit hcf.com.au/mental-support for more information on our programs.

FAMILY AND CHILDREN SUPPORT



ONLINE GP CONSULTATIONS

With GP2U, you can book an online GP consultation for a range of services including getting sick notes, referrals, and prescription medications. HCF will pay the GP2U consultation fee* for HCF members who aren't eligible for Medicare bulk billing for telehealth, to help you get access to care when you need it most.

Visit hcf.com.au/gp2u or call GP2U on 1300 472 866 for more information.



HEALTHY EATING FOR FAMILIES

Healthy Families for Life is designed to support eligible members** with encouraging their kids of all ages to develop positive nutritional habits for growth and development and reduce the risk of chronic conditions in their future. Eligible members can also access free online educational resources and navigation to further support based on your family's needs.

Visit hcf.com.au/healthyfamilies for more information.



MENTAL WELLBEING SUPPORT FOR KIDS

Eligible HCF members^^ can access Calm Kid Central, an online educational and support program helping kids aged 4-11 manage their big feelings and emotions. The program provides confidential access to an experienced child psychologist who can answer your questions within 48 hours, as well as tools and resources to support you and your child.

Visit hcf.com.au/calmkids for more information.



FREE MENTAL WELLBEING CHECK-IN

To support members with faster, easier access to qualified mental health professionals, you can book a free telehealth HealthyMinds Check-in with a PSYCH2U psychologist for a limited time**.

To book your free HealthyMinds Check-in call 1300 472 866 or email hcfhealthyminds@psych2u.com.au

CHRONIC DISEASE PREVENTION



KNEE AND HIP JOINTS

For eligible members*** who have osteoarthritis in knee and/or hip joints, we offer the Osteoarthritis Healthy Weight for Life program. From the comfort of your home, the program offers strength and mobility support and nutritional and lifestyle guidance to help HCF members lose weight, reduce symptoms, improve mobility or prepare for hip or knee surgery.

Visit hcf.com.au/hwfl for more information.



Second Opinion

If you've had a consultation with a specialist for a joint replacement surgery or other health conditions and would like a second opinion, this service is available at no cost for eligible HCF members***.

Visit hcf.com.au/secondopinion for more information.



WEIGHT MANAGEMENT

Develop healthier habits, lose weight and prevent the onset of various chronic conditions with the Healthy Weight for Life Essentials program. Led by trained dietitians, the program helps eligible members^^^ access to the tools and support you need to reach your health and wellbeing goals.

Visit hcf.com.au/hwfl for more information.



HEART HEALTH AND DIABETES SUPPORT

The COACH Program® is a telephone support program provided at no extra cost for eligible members*** with heart conditions or diabetes. You'll be teamed with one of our qualified coaches who are dietitians, pharmacists or nurses to help you improve your health.

Visit hcf.com.au/coach for more information.