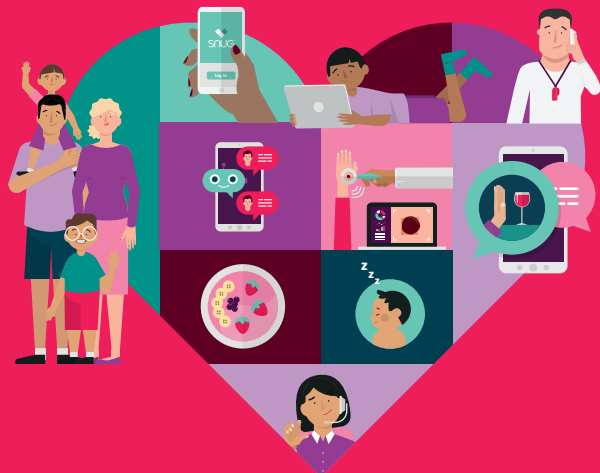


# PUTTING YOUR HEALTH AND WELLBEING FIRST THAT'S UNCOMMON

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

- give you the confidence and support to take action early
- provide you with access to 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.



# GET STARTED ON YOUR HEALTH JOURNEY

 **13 13 34**  
MON-FRI 8AM-8PM AEST/AEDT  
SAT 9AM-5PM AEST/AEDT

 [hcf.com.au/members/manage-your-health](https://hcf.com.au/members/manage-your-health)

 Visit a branch



# HEALTH PROGRAMS TO HELP YOU ON YOUR WELLBEING 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



### FREE MENTAL WELLBEING CHECK-IN

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

[hcf.com.au/mental-support](https://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 can get a 20% discount on a 12 month Sleepfit subscription.

[hcf.com.au/sleepfit](https://hcf.com.au/sleepfit)



### ONLINE MENTAL HEALTH SUPPORT

Eligible members can 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.

[hcf.com.au/mental-support](https://hcf.com.au/mental-support)



### 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.

[hcf.com.au/daybreak](https://hcf.com.au/daybreak)

## FAMILY AND CHILDREN SUPPORT



### HEALTHY EATING FOR FAMILIES

Our educational resources offer support for eligible members with kids aged 0 to 17 to develop healthy eating habits and reduce the risk of chronic conditions in the future.

[hcf.com.au/healthyfamilies](https://hcf.com.au/healthyfamilies)



### MENTAL WELLBEING SUPPORT FOR KIDS

Eligible members can access Calm Kid Central, an online educational and support program designed for you and kids on your policy aged 4 to 11 to manage their big feelings and emotions.

[hcf.com.au/calmkids](https://hcf.com.au/calmkids)



### ONLINE GP CONSULTATIONS

Book an online GP consultation to access a range of services including getting sick notes, referrals and prescription medications with GP2U.

[hcf.com.au/gp2u](https://hcf.com.au/gp2u)

## CHRONIC DISEASE SUPPORT



### JOINT HEALTH

The *Healthy Weight for Life* Osteoarthritis program supports eligible members to reduce pain in their joints, improve mobility or prepare for hip or knee surgery.

[hcf.com.au/hwfl](https://hcf.com.au/hwfl)



### Second Opinion

Eligible members can 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](https://hcf.com.au/secondopinion)



### HEART HEALTH AND DIABETES

Team up with one of our qualified health coaches to take you through The COACH Program®, supporting eligible members with heart conditions or diabetes.

[hcf.com.au/coach](https://hcf.com.au/coach)



### WEIGHT MANAGEMENT

Develop healthier habits, lose weight and prevent the onset of various chronic conditions with our evidence-based programs. Eligible members can work with a team of dietitians to help achieve your goals with the *Healthy Weight for Life* Essentials program, or lose weight and keep it off with the CSIRO Total Wellbeing Diet.

[hcf.com.au/hwfl](https://hcf.com.au/hwfl)

[hcf.com.au/csiro-total-wellbeing-diet](https://hcf.com.au/csiro-total-wellbeing-diet)



### PREVENTIVE HEALTH SCREENINGS

Eligible members can access free Victor Chang Heart Health Checks and Molemap Skin Checks, available at scheduled times and at selected HCF Dental and Eyecare Centres. Check the website for locations and dates.

[hcf.com.au/victorchang](https://hcf.com.au/victorchang)

### IMPORTANT INFO

For more information about whether you're eligible or for more details about our health programs, visit [hcf.com.au/members/manage-your-health](https://hcf.com.au/members/manage-your-health)

