WELLBEING SUPPORT PROGRAM

At Your Health Navigator relationships are at the heart of the best care. We offer guidance and service beyond the standard in-hospital and in-home support. If you, or a close family member have recently been in self-isolation, you may be feeling confused and lonely. During this challenging time, some people may require additional health services; have complex health requirements; be awaiting elective surgery that has recently been postponed; have difficulty accessing their usual health care supports such as medication; be at risk of falls and/or be socially isolated.

Your Health Navigator makes a difference to your wellbeing and immediately impacts your quality of life by providing a range of support options. Our ***Wellbeing Support Program*** is fully funded by your private health fund and has been specifically designed to check-in and take care of you while you are feeling particularly vulnerable and uncertain.

Our experienced Registered Nurse will make contact via telephone to gain an understanding of your current situation and your healthcare needs. If required, our clinicians are able to assist by offering the following support services (listed on the reverse side):

your health navigator

1300 145 126

yourhealthnavigator.com.au

WELLBEING SUPPORT PROGRAM

BALANCE PROGRAM
Physiotherapy services to improve mobility and balance

DIABETES MANAGEMENT PROGRAM
Designed to provide individualised information, support and education on topics impacting diabetes management

PREHABILITATION PROGRAM
Physiotherapy telehealth services to develop an exercise program implemented prior to elective surgery

COMPLEX HEALTH PROGRAM
Nursing services to identify individual health management goals and provide support and education

HEALTH NAVIGATION SERVICES
Access to additional services such as further nursing assessment and follow up and coordination of other in-home supports

SOCIAL SUPPORT
Scheduled social calls to stay connected and improve overall wellbeing

These services can be offered via telehealth (allowing us to reach you in any location) or in your home. Your overall wellbeing is what matters most to us and we consider it a privilege to be able to provide guidance and support.

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