

THE COACH PROGRAM

ACHIEVING YOUR RISK FACTOR TARGETS



Bupa



THE COACH PROGRAM®

MAKING HEALTHY
CHOICES EASIER

BUPA. FIND A HEALTHIER YOU

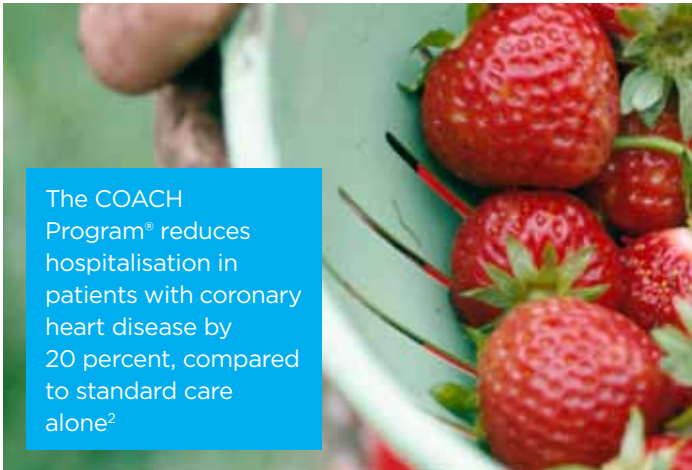
ABOUT THE COACH PROGRAM®

Bupa is proud to offer this award winning¹ program aimed to help you achieve and maintain long-term cardiovascular health.

Based on over 16 years of research, The COACH Program® (Coaching patients On Achieving Cardiovascular Health) has been proven to help people with cardiovascular disease meet the recommended National Heart Foundation and National Stroke Foundation targets for specific risk factors, reducing their chances of future complications.

It's fully covered for Bupa members with hospital or hospital and extras cover — it's part of our commitment to helping you take the right steps towards a healthier you.

By achieving your risk factor targets you may reduce your chance of cardiovascular disease recurring by up to 80 percent.



The COACH Program® reduces hospitalisation in patients with coronary heart disease by 20 percent, compared to standard care alone²

TAKE CONTROL OF YOUR HEALTH

We understand that being admitted to hospital following a heart attack, stroke or for other cardiovascular events or procedures can be a worrying time. It usually involves several days in hospital followed by ongoing advice from your doctor.

To help prevent or reduce your risk of further complications, you can take steps to improve your cardiovascular health. This often means making significant lifestyle changes once you leave hospital. The COACH Program® can help you through this challenging period. You'll be teamed with a personal 'coach', who is a qualified dietitian trained in cardiovascular disease management.

Your coach will work closely with you to help achieve your relevant risk factor targets including:

- smoking, nutrition, alcohol, physical activity and weight (known as lifestyle or behavioural risk factors)
- lipids, blood pressure and diabetes (known as biomedical risk factors)



YOUR QUESTIONS ANSWERED

My doctor is already taking good care of me. Why do I need The COACH Program®?

Our dietitians work with your doctor's advice, enhancing your follow-up care and helping you to meet and maintain your risk factor targets.

I'm currently participating in a rehabilitation program at the hospital. Is this the same?

No. The COACH Program® will complement your hospital rehabilitation by tailoring the advice you receive to your individual targets. Running for up to six months, it's a longer term approach to your recovery (whereas your hospital program typically runs from four to six weeks).

How long does the program run for?

The program lasts approximately six months. However, if you meet all of your targets before then, your coach can graduate you from the program early and simply follow up your ongoing progress with regular check-ups.

Do I have to go anywhere to participate?

No. Your coaching sessions happen over the phone at a time that suits you.

How much does it cost?

As a Bupa member with hospital or hospital and extras cover, you're fully covered for this program as part of your membership.

¹ National Winner - 2009 Telstra Australian Business of the Year

² Findings of an independent audit conducted by the Victorian Department of Human Services. Vale MJ, et al. Four-year follow-up of the multicenter RCT of The COACH Study shows that The COACH Program® keeps patients out of hospital. *Circulation* 2004; 110:Suppl: 111-801.

HOW DOES IT WORK?

One of our coaches will call you to discuss the program and offer advice on how you can start achieving your risk factor targets. Your coach supports the advice of your doctor and any hospital rehabilitation programs you may be involved in, offering you a personalised approach to your recovery and health.

The program runs for approximately six months. During this period your coach will call you every four to six weeks, at a time that suits you. You're also welcome to contact your coach between sessions if you have any questions about the program.

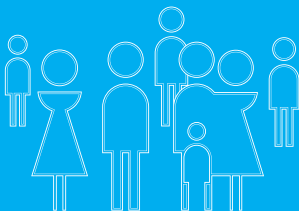
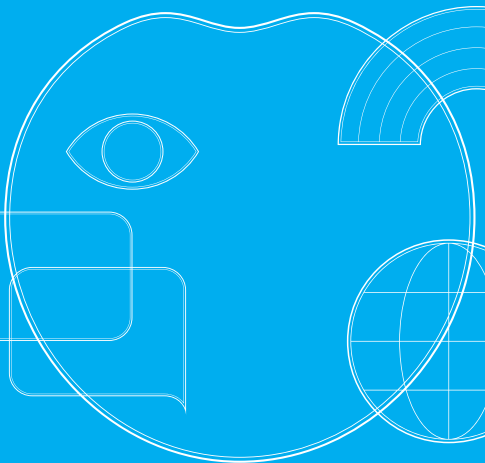


A program offered by Bupa:

 **Call us on 134 135**

 **Email thecoachprogram@bupa.com.au**

Disclaimer: The COACH Program® works to support advice given to you by your doctor or hospital rehabilitation program. It is not a replacement for medical advice and you should consult your doctor or healthcare professional if you have any specific concerns before undertaking any major change to your diet or lifestyle. To the extent possible, Bupa excludes any liability for any loss or damage suffered as a result of any recommendations made or participation in The COACH Program®.



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10467-10-11S



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