



The COACH Program®

**Making healthy
choices easier.**

About The COACH Program®

Are you a Bupa member living with cardiovascular disease? If so, we want to help empower you to take control of your health.

That's why we've partnered with The COACH Program® (Coaching On Achieving Cardiovascular Health), and if you have hospital cover with us, you can join this program at no extra cost.*

Based on more than 25 years of research, this personalised telephone based program has been shown to help people with cardiovascular disease meet risk-factor targets set by key health organisations, including the National Heart Foundation, the Stroke Foundation, Kidney Health Australia and the Australian Diabetes Society.

Take control of your health.

Being admitted to hospital after a heart attack, stroke, narrowing of the arteries from plaque build-up, or other cardiovascular events or procedures can be concerning. So, we'd like to help you prevent this from happening again.

Joining The COACH Program® can be your next step to achieving long term cardiovascular health. You'll be teamed up with a personal 'coach', who is a qualified dietitian trained in cardiovascular disease management.

Your coach will work closely with you to help you achieve your targets for:

- Lifestyle or behavioural risk factors— including smoking, alcohol, physical activity, nutrition, and weight management.
- Biomedical risk factors— including lipids, blood pressure, glucose, and/or diabetes management.

Achieving your risk factor targets may reduce your chance of cardiovascular disease events reoccurring by up to 80%.



How does it work?

Your coach takes a personalised approach to your recovery and health, and supports the advice of your doctor and any hospital rehabilitation programs you may be involved in.

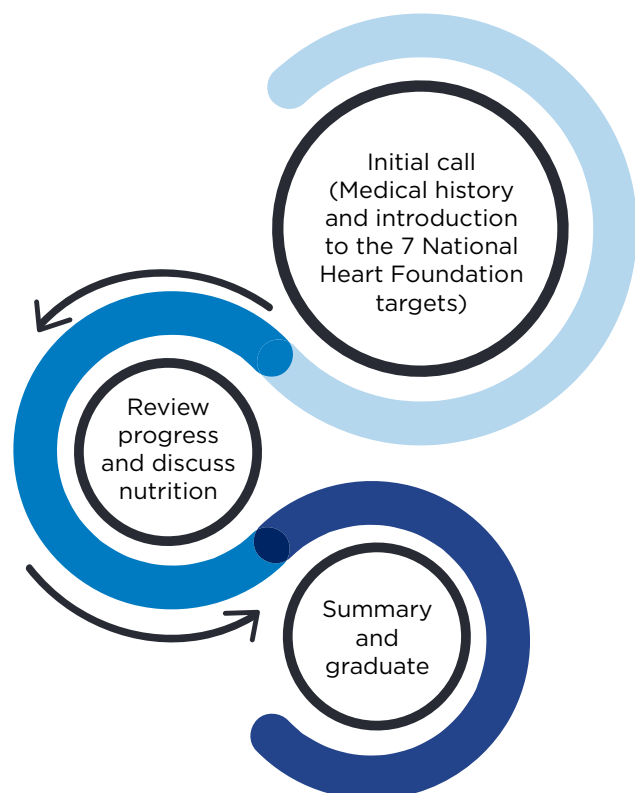
The service is conveniently delivered over the telephone, and runs for about 6 months. However, it is very flexible, and the program can run for shorter or longer if needed.

During the program, your coach will call you every 4-6 weeks, at a time that suits you. All calls are scheduled so you will know exactly when your coach will be calling, and you are also welcome to call or email your coach in-between sessions if you have any questions.

During sessions, your coach will work with you to develop a personalised plan of action to help you achieve your risk factor targets and improve your health. We understand everyone is different so we tailor the information discussed to suit the individual.

Each session is followed by a written summary report that details the key points discussed during the phone conversation for your reference.

During The COACH Program® we encourage you to take an active role in managing your own cardiovascular health to help improve your health outcomes in the long term. You are welcome to re-engage in the program after completion if you have further questions or concerns.



Your questions answered.

Why does Bupa offer The COACH Program®?

We understand that managing your heart and artery health after a cardiovascular event can be challenging, so we offer this program to provide eligible members with one-on-one guidance and support to assist in improving your long-term cardiovascular health.*

My doctor is already taking good care of me OR I am/have a family member that is a medical professional. Why do I need The COACH Program®?

Our dietitians work with your doctor's advice to help improve your follow-up care and help you achieve your risk factor targets.

I've already joined a rehabilitation program at my hospital. Is The COACH Program® the same?

No. The COACH Program® will complement your hospital rehab by tailoring the advice you've been given to achieve your risk factor targets. Plus, The COACH Program® takes a long-term approach to your recovery (compared to a 4-6 week group hospital program).

How long does the program run for?

The program goes for around 6 months. However, you can graduate from the program early once you feel ready to manage your own cardiovascular health.

How much does it cost?

As a Bupa member with hospital cover, you can join the program at no extra cost as part of your membership.*

Do I have to travel anywhere to take part?

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

What if I choose to exit the program early?

The program remains voluntary the whole way through. If at any point you feel the program is not for you, please let us know.

I already feel that I am managing well and have a good understanding of my health. Do I need The COACH Program®?

We encourage all eligible Bupa members to participate. The guidelines for managing health risks are regularly reviewed and updated. We aim to provide you with the most up-to-date advice. We hope that everyone learns something new from the program.



For more information

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🔍 Please search 'The COACH Program' on www.bupa.com.au to find out more

Sources:

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Jelinek M, Vale MJ, Liew D, Grigg L, Dart A, Hare DL, et al. The COACH program produces sustained improvements in cardiovascular risk factors and adherence to recommended medications-2 years follow-up. Heart, lung & circulation. 2009;18(6):388-92.

Vale MJ, Sundararajan V, Jelinek MV, Best JD. Four-year follow-up of the multicenter RCT of Coaching patients On Achieving Cardiovascular Health (The COACH Study) shows that The COACH Program keeps patients out of hospital. Circulation 2004; 110: Suppl: III-801.

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®.

* Eligibility and assessment criteria apply. To find out more about The COACH Program®, contact us. The COACH Program® as described in this brochure is at no cost to eligible members, except for minor out of pocket costs that are phone call and internet charges.