

QR Code
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Supporting our members impacted by cancer

We've partnered with Osara Health, to offer **support and behaviour change programs for members and their families impacted by cancer.**

- Programs for people with cancer and caregivers.
- Free and confidential access for members and immediate family.
- Educational modules around living with cancer.
- Access to a dedicated Health Coach to support you.

Scan the QR code above to learn more.



OSARA HEAL+H

Co-branding

"The program flows through all aspects of your life. At work, it's allowed me to be able to talk more openly about my situation and my communication has improved when asking for help."

Coach Program Participant



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Supporting our members impacted by cancer

We've partnered with Osara Health, to offer **support and behaviour change programs for employees impacted by cancer.**

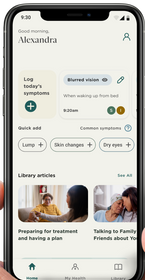
- Programs for people with cancer and caregivers.
- Free and confidential access
- Educational modules around living with cancer.
- Access to a dedicated Health Coach to support you.
- The Osara Health companion app.

Scan the QR code above to learn more.



OSARA HEAL+H

Co-branding



Whether you've been diagnosed or you're caring for a loved one with cancer, Osara Health is there for you during moments that matter.

Cancer Coach

by OSARA HEAL+H

Cancer Caregivers

by OSARA HEAL+H



Additional support

One-on-one sessions with a dedicated health coach to talk things through with.



Better conversations with medical professionals

Resources to support you and help make positive behaviour change.



Purposeful and manageable goal setting

Evidence-based cancer care management strategies such as symptom tracking, sleep, diet and general wellbeing advice on mindfulness and exercise.



Strengthen habits

Access to the Osara Health app to track your symptoms and join a community where you learn from others' experiences.



Take back control

If and when applicable, further support on employment planning and resetting your relationship with work.

My Health Coach helped me understand how I was feeling and remain productive at work while caring for my loved one... It was support I didn't realise I needed.

Your own, personal health coach

Evidence-based resources

Our Companion App

Scan the QR code to learn more or enrol in a program today.

Free and confidential access for members and their immediate family.

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