**Who is Osara Health?**

Osara Health is transforming the way we provide cancer care by empowering people and organisations affected by cancer to thrive using expertise, empathy and technology. Participants gain access to digital tools, dedicated health coaching and evidence-based educational resources, assisting them to feel supported, informed and in control of health outcomes and their wellbeing.

**How does Cancer Coach work?**

Cancer Coach is an education, support and behaviour change program designed by oncologists to help people take back control of their cancer care and achieve better outcomes.

It is delivered flexibly over 6 - 12 weeks through a mix of telephone calls with a Health Coach, via email and in-app. When you enrol, you will be contacted by a Health Coach who will walk you through everything.

**It has the following features:**

● Dedicated Health Coach for support and education with scheduled called over 6-12 weeks

● Weekly digital education modules covering the key areas of cancer self-management (including activity & exercise, symptom tracking, diet and nutrition, mindfulness and sleep).

● Motivational articles to help you make positive behaviour change

● Access to the Osara Health app to track your symptoms and take back control of your diagnosis

**It has the following benefits:**

● **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.

**How does Cancer Caregivers work?**

Cancer Caregivers is designed to equip people with the support, information and skills to best look after their loved one living with cancer and improve their clinical outcomes.

It is delivered flexibly over 6 - 12 weeks through a mix of telephone calls with a Health Coach, via email and in-app. When you enroll, you will be contacted by a Health Coach who will walk you through everything.

**It has the following features:**

● Dedicated Health Coach for support and education with scheduled calls over 6-12 weeks

● Weekly educational modules, based on the specific caregiving challenges affecting you and your loved one (for example, how to get equipped with relevant information, balancing your loved one’s needs with your own, fear of prognosis and living with uncertainty, relationships, adjusting to your new role)

● Resources that provide practical strategies to improve your ability to look after your loved one whilst looking after your own physical and mental health

● Access to the Osara Health app so your loved one can track their symptoms and manage their diagnosis.

**It has the following benefits:**

● **Additional Support**: One on one sessions with a dedicated health coach to talk things through with.

● **Communicate better with your loved one:** Learn communication techniques, so you’re able to provide the best support and not feel in the dark.

● **Purposeful and manageable goal setting**: With reliable, relevant resources readily available, from ‘living with uncertainty’ to ‘managing relationships’, your coach will make sure you maintain your own well-being through positive behaviour change while supporting your loved one.

● **Work better with your team**: Learn how to navigate family dynamics as a caregiver, feel confident with unpacking medical jargon and support with managing other responsibilities such as work.

**FAQs applicable to both programs**

Available on the association intranet (PDF to download).

**Will any of my personal information be provided back to [association]?**

Osara Health will hold your information, in line with their [privacy policy](https://legal.canceraid.com/privacy-policy/en-NZ/20220630). All information is encrypted at rest and in-transit, and no information is shared with [association] without participants’ permission.Your participation, including Health Coach calls, is entirely confidential.

**Who is eligible?**

All [members] and immediate family members of [association] are eligible to enrol as participants.

Immediate family members defined as an [members] parents, siblings, spouse, and children.

**Who pays for the service?**

The cost is covered by [association].

**How do I enrol?**

Visit the [association] Osara Health landing page for further information and access to the two enrolment methods.

[Osara Health landing page link]

There are two methods of enrolment:

* 1. **Self-enrolment (for members or a family member):** You can enrol yourself confidentially.
  2. **Referred by Association:** The Association can refer you directly if you are comfortable sharing your diagnosis or caregiving responsibilities with a member of the Association.

**What happens once I enrol (both methods)?**

The participant will receive a welcome email and within 48 hours they will be contacted by an Osara Health Coach to walk them through the support available. The participant will then receive scheduled calls as agreed over the next 6 - 12 weeks, and begin to receive the content via email and the Osara Health smartphone application.

**What is the time commitment?**

Typically, Osara offers programs of 6-12weeks, although this is entirely flexible depending on the participant.

**Who are the Health Coaches?**

Osara Health Coaches are healthcare professionals who have had experience providing care to patients with cancer. Your Osara Health Coach will support you to create a personal care plan and help you make more educated decisions about your health.

The Health Coach is not a replacement for the medical care team and will not provide any advice on diagnosis, prevention, monitoring, treatment or improvement of your or your loved one’s clinical condition.

**(Participant) I need some more information**

If you’d like more information, please visit [association Osara Health Landing Page link] or contact [association contact]