



More than health coaching

HealthierMe™

Imagine a trusted health professional that you could speak with at the touch of a button, that would have time to listen to you, time to motivate you, time to help you deal with challenges and setbacks, and navigate you to the right healthcare service.

Remedy Healthcare's HealthierMe is just that.

Everyone wants to feel as healthy as they can. But improving your health is hard to do alone, and everybody is different. At Remedy Healthcare, we work a little differently to support you.

We connect you with a personal health coach who spends time getting to know you and what's important to you.

They can find the right information for you, and help you take control of your health and wellbeing.

But what exactly is a health 'coach'? Your health coach is a qualified health professional that can help you with a wide range of health concerns, goals or questions. They will spend time supporting you to make small changes that can make a big impact on how you feel.

How a health coach will work with you. Your health coach will work with you over the phone, in a way that is helpful and meaningful to you.

With your own health coach you will get advice on topics such as:

- ✓ Managing weight loss and improving your diet.
- ✓ Getting active, staying active and avoiding injury.
- ✓ Understanding and improving your blood pressure and cholesterol levels.
- ✓ Managing conditions like diabetes, heart or lung disease, or osteoporosis.
- ✓ Understanding and managing your medications.
- ✓ Navigating the health care system and linking you to the services you need.
- ✓ Identifying and managing what may be preventing you from living a full life.

Get in touch. To find out more please call 1300 224 334 or email remedy@remedyhealthcare.com.au

