

A photograph of an elderly couple sitting on a wooden deck next to a swimming pool. The woman, on the left, has short grey hair and is wearing a yellow t-shirt and light blue pants. The man, on the right, has grey hair and is wearing a blue and white striped polo shirt and light blue pants. They are both smiling and looking towards the right. The background shows lush green trees and a clear blue sky. A white curved line separates the photo from the dark blue footer.

***‘Tailored
cancer support
from home’***

Cancer Support
Complete Program

You are not alone.

Cancer is the most common disease facing Australians today. Treatments such as chemotherapy and radiation therapy can take a toll on your day-to-day life, even after finishing treatment.

That's why Valion Health developed the Cancer Support Complete Program - to help you maintain physical and mental wellness and manage side effects such as fatigue and loss of strength. By joining the program you'll have the support you need to get back to the activities you enjoy.

Valion Health's Cancer Programs support people learning to live well with cancer

Cancer Support **Complete Program**

➤ Is this right for me?

Cancer Support Complete is a **12-16 week program** for people who have **had a cancer diagnosis** and who require:

- multidisciplinary support in recovery areas such as exercise, nutrition and mental health
- a better understanding of their cancer, their treatment and how best to manage symptoms and side effects, and
- help navigating their care.

Cancer Support Complete. Explained

How does the program work?

Valion Health's Cancer Support Complete is a virtual care program. Our team connects with you using video call, phone and other tools to provide you with high quality, personalised cancer care and support from the convenience of your own home. When you join the program your own care team will come together and work with you on a plan that suits your needs.

How much time will it take?

Cancer Support Complete typically runs for a 12-16 week period.

Do I need to be good with phones & computers?

No. Valion Health makes digital health easy for even the least technically savvy. We'll set you up with everything you need to get started, and if anything goes wrong we're just an email or call away.

How will it help me?

Over the program you'll have an expert care team support you and to improve your fatigue and energy levels and develop your muscle strength and fitness levels. You'll learn the skills to boost your mood, and get a better night's sleep. We'll also tailor the program to cover any other issues you want to focus on, such as loss of appetite, mobility, supporting carers or advice on managing side effects such as neuropathy.



Component	Overview
Nursing care coordination	Personal support One of our oncology nursing care coordinators will work with you on a personalised care plan, monitor your side effects, link you in with local services and provide education that is individualised to your needs.
Exercise physiology video-call sessions	Exercise as medicine As recommended by the Clinical Oncology Society of Australia (COSA), our exercise professionals work with your to develop an individualised exercise programs. Exercise during and after treatment is safe, and proven to increase your strength and endurance, while improving energy levels.
Dietitian video-call sessions	Have your nutrition questions answered An optimal diet is crucial for supporting your immune system and boosting energy during and after treatment. Our experienced, oncology focused dietitians work with you to overcome common nutritional problems such as decreased appetite, nausea and changes in taste.
Mental health support video-call sessions	Sessions with a psychologist A cancer diagnosis takes its toll on all aspects of life, from relationships to finances, sleep and mood. Our psychologists offer provide you with practical tools and strategies to assist your recovery. This service draws on current best practice guidelines.
Educational modules and participant app	Access to the Valion Health participant app A place to upload your health data, contact your health team, and track your progress. We regularly send you a range of tailored educational resources.
Care Box or Yoga	As a welcome to the program we send you a personalised care pack or you can take part in online small group yoga classes with one of our yoga team.

The Cancer Support Complete Experience

How the program has helped others to live well with cancer.

Anne's Story

'I found I had so much more energy than before.'

Anne, a 36 year old teacher was diagnosed with breast cancer. Anne notified her insurer who recommended the Valion Health program as she was worried about her diagnosis, and her treatment was causing fatigue, loss of strength and poor sleep.

With Valion Health Anne participated in remote cancer education with her nursing care coordinator, took part in regular exercise physiology sessions, consulted with one of our dietitians and joined one of our regular online yoga classes. Following the program Anne reported she was able to ride her bicycle and play violin again!

Rachel's Story

'The video calls enable patients to participate with the program in the comfort of their homes and not be stressed about arranging transport.'

Rachel, 57, was referred to our Cancer Support Program during her treatment for ovarian cancer. With a goal of returning to work, Rachel completed regular video calls with one of our expert dietitians, psychologists and exercise physiologists, with regular contact with her nursing care coordinator.

At the end of the program, Rachel had decreased her fatigue, increased her exercise levels and improved her confidence in managing her health. She described feeling empowered and excited for the future.



Cancer Support Complete

Valion Health is a team of experienced nursing and allied health oncology professionals. We are an Australian based virtual health clinic that can be accessed by anyone from anywhere with an internet connection.

We bring human connection to virtual care