

A photograph of two women, an older woman and a younger woman, smiling and looking at a tablet held by the younger woman. They are indoors, with a large window in the background showing greenery. The image is partially framed by a white curved line.

***‘Tailored  
cancer support  
made easy’***

# Cancer Support for Life Program

Telehealth Wellbeing Program for Life Insurance Customers



# 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 for Life Program - you'll have the support you need to get back to the activities you enjoy.

**Valion Health's Cancer Support for Life Program supports Life Insurance customers to live well with a cancer diagnosis**

## Cancer Support for Life Program

### ➤ *Is this right for me?*

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

- expert health professional support to improve their wellbeing
- a better understanding of their cancer and treatment to meet their vocational goals
- help navigating their care



# Cancer Support for Life. Explained

## How does the program work?

Valion Health's Cancer Support for Life is a digital health 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 for Life runs for a 12 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 team support you and help you build strength, reduce fatigue and increase your fitness levels. You'll receive virtual exercise coaching, nutritional coaching and mental health coaching support and educational resources to assist your recovery. We'll tailor the program to focus on your needs and vocational goals.

## Program Details

We work with every participant to create an individual plan of care. Elements of your program may include:

Component	Overview
Nursing Education and Care Coordination	<b>Personal support</b> Oncology nursing Care Coordinators will work with you on a personalised care plan, help monitor your side effects, link you in with local services, provide education that is individualised to your needs, while working in partnership with you, your medical team and your insurer.
Exercise Physiology Coaching Telehealth sessions	<b>Exercise for Recovery</b> Our exercise professionals work with you to build strength, reduce fatigue and increase your fitness levels. Our team works with you to develop an individualised exercise program to achieve your goals.
Dietitian Coaching Telehealth sessions	<b>Have your Nutrition Questions Answered</b> Oncology dietitians work with you to overcome common nutritional problems such as decreased appetite, nausea and changes in taste.
Mental Health Coaching Telehealth sessions	<b>Sessions with a Psychologist</b> Mental Health coaching support to provide you with practical tools and care navigation to assist your recovery.
Participant App	<b>Access to the Valion Health Participant App</b> 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	You will receive a personalised welcome pack with health and wellness products to support you doing the program



# The Cancer Support for Life 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 her 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 her 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 was referred to our Cancer Support for Life 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 weekly 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, and met her goal of returning to work.



## Cancer Support for Life

A Valion Health program. Part of the Valion Health digital healthcare from home solutions.

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

**We make digital healthcare easy.**