

Chronic diseases can often have profound effects on a person's physical, emotional and mental wellbeing, making it difficult to carry on with daily routines and relationships.

The *positive news* is that in many cases, chronic diseases can be 'managed' and even prevented by adopting specific behaviours and making lifestyle changes. But this can be difficult to do alone. We want to help you improve your health and enjoy a better quality of life.

### *what's it all about?*

If a doctor has diagnosed you with a chronic disease and/or multiple risk factors for developing a chronic disease, our health4life program can help you make the changes you need to improve your health and your quality of life.

Chronic diseases include (but are not limited to) conditions such as asthma, diabetes, arthritis, depression, cancer and heart disease, and they affect up to 70% of all Australians. While most were once associated with 'getting older', today they are becoming more prevalent in all age groups and affecting men and women alike. Our health4life program is designed to help our members prevent or manage the effects of chronic disease in their lives.

There is no single test for all chronic diseases. Many are preceded by signs and symptoms, but some people can have a chronic disease for years without even knowing it. You will need to see your GP for a diagnosis if you are concerned.

### *here's how it works*

- 1 You'll be assigned a case manager who will work with you throughout the course of the program. This will be either a six or 12-month period, depending on the severity and complexity of your condition.
- 2 Through a series of regular phone consultations, you'll be provided with information about your condition and assistance in developing strategies to help manage it through positive health behaviours.
- 3 You'll be supported in setting goals and achieving them, with a focus on clearing away the barriers and roadblocks that may have prevented you from making a change for the better in the past.
- 4 You'll receive up-to-date advice, information and referrals to the additional support and services available to you.

### *interested in finding out more?*

The health4life program is available absolutely free to rt members with any hospital cover who have served the minimum two-month general services waiting period.

It is important that you undertake the program with the knowledge of your GP to ensure that it is consistent with any other health advice, treatments or medications you are currently receiving, so we will need your GP to complete a program referral form before giving you the go-ahead to participate.

**Call or email us for a referral form or download one from our website**

**1300 886 123**

[help@rthealthfund.com.au](mailto:help@rthealthfund.com.au)

[www.rthealthfund.com.au](http://www.rthealthfund.com.au)

*contact us*

## Our commitment to helping you *be well, get well and stay well.*



**pregnancy, birth + beyond** – provides support from the time of conception until your baby's first birthday. Includes unlimited telephone and email access to midwives, information-packed pregnancy website and a special gift to welcome your new arrival.



**hospital at home** – offers an alternative to a hospital admission or enables you to leave hospital early and receive treatment in your own home.



**health4life** – helps people self-manage existing or potential chronic diseases (including asthma, diabetes, arthritis, heart disease and others).