



## Introducing Osara Health - support for customers living with cancer

ClearView has partnered with Osara Health to offer a holistic support program, empowering people with cancer using expertise, empathy and technology.

In the Cancer Coach program, you'll work with experts who understand what you're going through, and will encourage you to live your best life.

Your wellbeing is our priority.

“My health coach understood exactly what I was going through and provided a wealth of resources on how to manage my stress, as well as other tips on food and exercise that I wouldn't have otherwise.

**Cancer Coach program participant**

# What are the benefits of the Cancer Coach program?



## 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 changes.



## 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.

## What do participants say about the Cancer Coach program?

**50%** reported an improvement in physical health<sup>1</sup>

**53%** of members reported an improvement in fatigue<sup>1</sup>

**96%** likely to recommend the program to a friend or colleague<sup>2</sup>

The main thing having access to a coach has given me is don't be afraid to talk, don't bottle up your emotions. When you go into the app, you can watch and read people's experiences and it gives you the reassurance that you're not on your own, it gives you the encouragement and belief in yourself that it's not all negative.

**Andy, police officer and program participant**

1. Seebacher N et al, Usability and Quality of Life Assessment of a Digital-Based Coaching Intervention for Cancer Survivors, Victoria Cancer Survivorship Conference Accepted Abstract, March 2022.

2. Osara Health. (2023). Customer Satisfaction Analysis: based off unpublished raw data

# The Osara Health experience

## You've got access to:

### Your own personal Health Coach

One-on-one support and personalised education from a trained professional. Your coach will empower you to take action and make decisions that improve your health, while guiding you every step of the way.

### Evidence-based resources and exercises

The program focuses on Osara Health's clinical framework for cancer care encompassing the five pillars; symptom tracking, sleep, diet, nutrition and mindfulness/mental health. Whether it's getting more sleep, working through uncertainty, speaking to doctors or getting back to normality. Every resource gives you real-world coping strategies, curated by experts.

### App support

An accessible expert and community that's in your corner and in your pocket via the Osara Health smartphone app.

### Care when it suits you

Confidential health coaching and resources via a program that works around your schedule and at your pace.

## How do I access the program?

### Step 1

#### **Enrol today**

Contact us on [rehabilitation@clearview.com.au](mailto:rehabilitation@clearview.com.au) to find out if you are eligible. We'll then refer you on to the program.

### Step 2

#### **We'll get in touch**

Your coach will get in touch directly to discuss your program. You can learn more about the program, and decide how you would like to proceed.

### Step 3

#### **Start your program**

Your health coach will create your tailored program. You'll get personalised modules sent to you and you can begin scheduling calls with your health coach whenever it suits you.



# Frequently asked questions

## Who are the Osara 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 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.

## How long does the program go for?

Cancer Coach typically runs for 6-12 weeks, but this is entirely flexible depending your situation. On average, participants spend about 30 minutes each week reading and implementing what they've learned.

## Do my interactions get shared with my ClearView?

After your membership information is verified, your participation with a Health Coach and Osara Health Resources is entirely confidential. Osara Health will hold your information in line with ClearView's privacy policy.

All information is encrypted at rest and in-transit, and no information will be shared with ClearView without the participants' permission.

## Who is it designed for?

The program has been designed for all stages, cancer types, and people. Once you're on board, a Health Coach will personalise the program for you, your goals and needs.

## Do I have to be tech-savvy?

Not at all, access to the Osara program is simple and easy. If you have access to phone calls and an email address, we can deliver the program.

To find out more, go to  
[clearview.com.au/wellbeing](https://clearview.com.au/wellbeing)



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