

Why not join the many others who've taken the first step?

To get started now visit:
healthwellbeing.westfund.com.au
or call 1300 937 838

We look forward to meeting you.

Contact us

For more information on our Health Programs or your Private Health Insurance, please call Westfund Health Insurance on 1300 937 838 or visit westfund.com.au

The Remedy MindStep® program is owned, operated and provided by Remedy Healthcare to eligible Westfund customers with the funding of Westfund Limited ABN 55 002 080 864

more ups fewer downs

MindStep is a six-week phone-based program, designed to support you when and where you want. You'll be supported by a dedicated mental health coach who is trained to empower you with practical strategies and tools so you can better manage your mental health. Everyone's different, so we get to know you as an individual first, then tailor your program for the best results.

At Remedy Healthcare MindStep we understand **this**. And we're here to help.

Living with anxiety and depression **isn't easy**.

fatigue

pain

loss of motivation

trouble sleeping

we're on
your team

stress

I'm already getting support for my mental health, can I still access MindStep?

Practical

Remedy Healthcare's **MindStep** is tailored to your needs and you can access it via telephone while receiving care from your GP, psychologist or psychiatrist. All at a time that suits you and in the privacy of your home.

- ✓ Learn how to identify and replace unhelpful thoughts and behaviours
- ✓ Take steps to conquer your fears and manage anxiety in practical, achievable ways
- ✓ Overcome feelings of isolation, sadness and low self-esteem
- ✓ Stress management techniques
- ✓ Relapse prevention strategies and resilience building tips

Proven

MindStep has been designed for Australian lifestyles, and is based on a successful national mental health program in the UK. The results speak for themselves. 55% of people enrolled in **MindStep** recovered from their mental health condition and 76% saw a clinically significant improvement in symptoms.¹

¹Flinders Human Behaviour and Health Research Unit. Remedy Healthcare IAPT service pilot program (the **MindStep** Program): evaluation report. September 2016.

anxiety

low mood

emotional eating

MindStep can be completed as a standalone telephone coaching program or together with other supports. A coach will discuss this with you to ensure **MindStep** is right for you.

Will it cost me anything?

No, participation in **MindStep** is provided at no additional cost by a number of insurers, corporate groups and organisations.

What qualifications do the MindStep coaches have?

MindStep coaches have all completed intensive training with Flinders University in low intensity cognitive behavioural therapy techniques. All coaches also receive regular supervision by qualified mental health professionals from Flinders University to support a high quality service.

I'm feeling good at the moment; is it worth using this service now?

Yes! In addition to gaining skills to manage low mood, anxiety and stress, your coach can help you set up strategies so you can continue to feel well and recognise the signs of relapse.

