

Empowering you on your cancer journey

A support service helping
people to live well with cancer

We care about your whole health

At Zurich, we understand that every health journey is unique, and there may be times when you need some extra support while on claim with us. We're here to help you feel healthier by supporting your whole health - physical, mental, social, and financial.

Take charge with the Cancer Support Program

Free, 12-16 week virtual
care program for customers
on claim

Available at any stage
of your journey, before,
during or after treatment

Designed to maintain
physical and mental wellness

Support for a range
of situations, from return
to work to terminal illness

Provided by our trusted
partner, Valion Health





Cancer is one of the most common conditions facing Australians today.¹



Maintain physical and mental wellness with the Cancer Support Program.

About the Cancer Support Program

Treatments such as chemotherapy and radiation therapy can take a toll on your day-to-day life, even after finishing treatment. That's why we've partnered with Valion Health, to offer you the **Cancer Support Program** to help you maintain physical and mental wellness and manage side effects such as fatigue and loss of strength.

Guided by experts

The Cancer Support Program is backed by a team of oncology trained allied health professionals including nurses, exercise physiologists, dietitians and psychologists who will tailor a program based on your specific needs.

Access anywhere

This is a virtual 12-16 week program available via video conferencing, which means you don't need to travel to appointments or sit in waiting rooms to take advantage of these services.







Tailored to you

Your expert team can support you to build strength, reduce fatigue and manage symptoms or side effects of treatment to help you get back to the activities you enjoy. They will tailor a program to support you and your family whether that is improving your health, increasing your quality of life or getting back to work.



Holistic care

The program includes a complete, whole care approach including:

-  **Nursing care**
Working with an oncologist nurse to develop a personalised care plan.
-  **Mental health support**
Video call sessions with a psychologist to provide you with practical tools and strategies to assist your recovery.
-  **Exercise support**
Video call sessions with exercise professionals to build strength, reduce fatigue and increase your fitness levels plus access to optional group virtual yoga sessions.
-  **Progress and education support**
Access to the Program Participant Portal, a place to contact your team, track your progress and read educational resources tailored to you.
-  **Dietitian support**
Video call sessions with an oncology trained dietitian to help overcome common nutritional problems such as decreased appetite, nausea and changes in taste.
-  **Self-care package**
Receive a personalised 'care box' with fluffy socks, tummy settling tea and other health and wellness goodies to support you during the program.



A practical example*

Anne was diagnosed with breast cancer. During a call with her Claims Consultant, Anne was offered the cancer support program. She said her treatment was causing her arm and back pain, fatigue and sleeplessness.

During the cancer support program Anne participated in cancer education, exercise sessions and yoga classes at no cost.

Anne felt incredibly relaxed having the video conferencing appointments at home and felt she could really open up.

Following the program Anne reported she was able to manage her cancer side effects and had started to ride her bicycle and play her violin again.

To get started or find out more simply chat to your claims consultant or email: claims.rehabilitation@zurich.com.au

*This example is hypothetical and is not meant to illustrate the circumstances of any particular individual. Before acting on this information, you should consider the appropriateness of the information, having regard to your needs, financial circumstances and objectives.

References

1. <https://valionhealth.com.au/our-health-programs/cancer-support-for-life-program/>

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