

# Personal health coaching

## What is personal health coaching?

At Australian Unity we understand that making changes to your health and lifestyle isn't always easy, and that's where health coaching can help.

You'll be amazed at what you can achieve with the motivational advice and support of an expert as they help you to determine your health status, set targeted goals and overcome your personal barriers.

To assist you on your way to a healthier, happier lifestyle Australian Unity will pay members with eligible health cover \$45 towards a yearly personal health coaching consultation with a recognised health professional.

A range of allied health professionals can provide personal health coaching, including dietitians, psychologists, exercise physiologists, physiotherapists and occupational therapists.

## How do I find a personal health coach?

All you have to do is ask your local health professional if they offer health coaching services. Your GP or practice nurse may also be able to recommend a health coach for you.

## What do I need to do?

You or your personal health coach should complete **Part A: Personal health coaching session form**. This section is for you to keep, reminding you of your health goal(s) and plan. However, your coach may prefer to use their own coaching plan.

Ensure you have supplied your name and member number in **Part B: Health provider declaration**.

## What does my personal health coach need to do?

Your personal health coach is required to complete **Part B: Health provider declaration** and sign the form to confirm personal health coaching has taken place.

## To make a claim

Simply send **Part B: Health provider declaration**, along with a valid receipt and your completed Australian Unity claim form to:

Claims Department  
Australian Unity  
Reply Paid 9945  
SOUTH MELBOURNE VIC 3205

(no postage stamp required)

For more information, please call **13 29 39**, 8.30am to 8.30pm EST Monday to Saturday or visit [australianunity.com.au](http://australianunity.com.au)



## Part A: Personal health coaching session form – retain this section for your health records

Practitioner:

Date:  /  /

### Agenda Settings

#### Presenting issues:

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#### General goal options:

- |   |  |
|---|--|
| <input type="checkbox"/> Manage weight          | <input type="checkbox"/> Decrease blood pressure |
| <input type="checkbox"/> Manage medications     | <input type="checkbox"/> Decrease alcohol intake |
| <input type="checkbox"/> Manage stress          | <input type="checkbox"/> Decrease smoking        |
| <input type="checkbox"/> Manage blood glucose   | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Improve nutrition      | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Decrease cholesterol   | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Improve movement       | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Increase energy levels | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Increase personal time | <input type="checkbox"/> _____                   |

#### Other client issues:

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### Goal Setting

#### Selected general goal:

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#### Specific options for achieving general goal:

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#### Specific goal (Measurable, attractive outcome, realistic, time-framed; Frequency, intensity, monitoring, review date, etc.):

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## Part B: Health provider declaration – send this section in to claim

Name of member having health coaching

Australian Unity membership number

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Provider name

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As a registered health provider I, , certify that a health coaching session has been undertaken and that the member has a health goal plan.

Registered health provider signature

Provider number

Date

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#### Registered health provider practice stamp

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