

BUILDING YOUR RESILIENCE

A complimentary support service for OnePath customers.

Building your resilience gives you the strength to manage adversity and move forward.

We (OnePath Life) connect you with specialist allied health professionals who can help you build your resilience and increase your wellbeing. This typically involves:

- developing and organising a daily routine
- reviewing personal and family goals
- engaging in community support programs
- organising volunteering work in your local area
- discussing your personal goals with your treatment providers.

This service is provided by OnePath Life, so there is no cost to you.

How does it work?

We will work with you to engage the right allied health professional to support you to achieve your goals.

Your allied health professional could be a social worker, psychologist, rehabilitation counsellor, occupational therapist or exercise physiologist depending on your needs. Their support includes:

- an initial meeting to decide on your goals
- regular catch-ups to discuss progress
- helping you take the next steps as your goals are achieved.

Is this program right for me?

No matter what stage of your recovery, you can participate in this service.

Your goal-setting program will be designed to work with your current treatment plan.



What if I don't feel ready to go back to work yet?

Even if you're not ready to go back to work now, building your resilience and wellbeing can help you balance and maintain your return to work when you are ready.

For more information or to access this service, speak to your Claims consultant or email claims.rehabilitation@onepath.com.au

Case study

Vincent lodged an income protection claim due to a knee injury he had while working as a carpenter. After lodging his claim, Vincent was also diagnosed with an invasive melanoma. Vincent reported feeling fatigued, and he was worried he'd let his family down due to his poor health.

We spoke with Vincent about setting some goals with support from an allied health professional. Vincent mentioned that he missed being involved in his local football club.

Vincent's allied health professional supported Vincent to develop a sleep schedule which helped with his fatigue. From there, Vincent was supported to create some goals around re-engaging with his football club as a treasurer.

With this support, Vincent felt his wellbeing had improved and he was confident he would be able to continue to plan his recovery and return to work.

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