Chronic Obstructive Pulmonary Disease

Health Program
Chronic Obstructive Pulmonary Disease program

The Chronic Obstructive Pulmonary Disease (COPD) program is a self-management education and support service developed to help you take charge of your condition on a day-to-day basis. It aims to reduce symptoms, optimise function, prevent deterioration and improve self-management.
Who delivers the program?

Remedy Healthcare is a leading provider of highly targeted, evidence-based self-management programs and health coaching. Remedy Healthcare assist eligible Defence Health members to manage their health through the following programs:

- chronic heart disease
- diabetes
- lung disease
- peripheral vascular disease (circulation disorders)
- osteoporosis and bone health
- rehabilitation in the home
- hospital in the home
- falls prevention and safety in the home, complex and integrated care
- other risk factor management.

All programs are based on Australian clinical guidelines, a clinical decision support system, and an advisory panel of medical specialists.

Defence Health have been working with Remedy Healthcare for over 9 years, helping Defence Health members to better manage their health.
How does the program work?
The Chronic Obstructive Pulmonary Disease program is telephone-based. Once you are enrolled in the program, you will receive a phone call every three to four weeks for a period of twelve months to provide support and personalised advice to help manage your Chronic Obstructive Pulmonary Disease.

I’m so busy these days, how much time will it take?
Remedy Healthcare will schedule telephone appointments with you at a time that is most suitable and convenient for you. The duration each call will be approximately 30 minutes. The program is tailored to your needs and your Remedy Health Coach can be flexible in the length of your appointments.

Do I have to sign a contract?
No. There is no lock-in contract or any obligation to continue with the program. You can choose not to continue at any time.

I already see a GP or specialist for my condition, do I need this program?
The program aims to complement your existing GP/specialist management, not to replace it. Many individuals participate in the program as well as attending other health services simultaneously; for example GP, specialist, physiotherapists and rehabilitation.
Do you keep my personal health information confidential?
Yes. All the information you provide to both Remedy Healthcare & Defence Health is kept in strict confidence in line with our respective privacy policies. You can view these privacy policies at remedyhealthcare.com.au and defencehealth.com.au.

The information you provide to us is used only to provide the health service to you. Defence Health does not receive your health information. We will receive notification regarding your enrolment and completion of the program.

How much does it cost?
Defence Health covers the costs of the program on your behalf. There will be no cost to you, either directly or through your premiums.
Managing your health made easy

Your Remedy Healthcare Health Coach will be your partner on the road to improving and sustaining your health. Experienced coaches will help you to establish your health goals and to identify and overcome barriers that may have prevented your success in the past.

Remedy Healthcare Health Coaches have helped thousands of people better manage their chronic conditions. The programs are convenient, personalised and motivational.

**Convenient**

- Conducted over the phone, via a twelve month series of phone-based consultations.
- Have a question or need advice? You are welcome to call your Health Coach outside of consultation times.

**Personalised**

- The program is tailored to you, your Health Coach will spend time getting to understand your health needs.
- You will speak to the same Health Coach each time.

**Motivational**

- Set health goals that are appropriate and realistic for you.
- Get support to make small but important changes that fit into your lifestyle and improve your health.
About COPD

Chronic Obstructive Pulmonary Disease (COPD) is the term used to describe a group of lung diseases that cause airways to become obstructed or blocked; these include chronic bronchitis, emphysema and bronchiectasis. The main symptoms are breathlessness, chronic cough and sputum production.

The COPD program provides you with support to help you recognise the early warning signs and symptoms of a flare up, the lifestyle changes you can make to help you stay well, when to seek appropriate early treatment from your GP and what you can do to minimise exacerbations.

The COPD program can help you to:

- Improve your knowledge of the condition; including symptom recognition and exacerbation planning.
- Ensure your treatment is in line with the evidence-based guidelines of the Australian Lung Foundation.
- Improve and maintain optimum quality of life, and minimise the need for hospitalisation or emergency department care.
- Link into the community based services and supports that can help you to stay safe, well and supported at home.

Your Health Coach will support you to make achievable changes to fit into your daily life. Helping you to understand the various tests, measurements and checkups recommended for people with COPD, when you should have them and what they mean for you. The program complements the advice of your doctor and any hospital rehabilitation programs you may be involved in, offering you a personalised approach to your health.
Contact Us

For more information about Remedy Healthcare and the Chronic Obstructive Pulmonary Disease program please call 1300 224 334 or visit remedyhealthcare.com.au

For more information on our Health Programs or your Private Health Insurance, please call Defence Health on 1800 335 425 or visit defencehealth.com.au