

Employees



Cancer Coach.

Welcome. This brochure provides you with information on Cancer Coach and the support it can provide on your cancer journey.

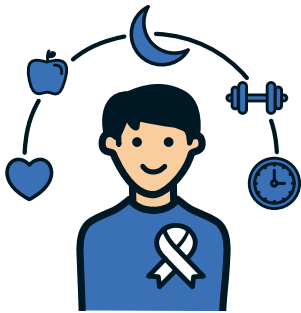


*Fidelity Life has an A- (Excellent) financial strength rating from A.M. Best. The rating scale that this rating forms part of is available for inspection at our offices. For more information please visit fidelitylife.co.nz.

Cancer Coach.

Empowering your cancer journey with personalised coaching, tools and resources.

What's Cancer Coach?



A cancer diagnosis can be a life-changing event. But while navigating all the uncertainties that come along with one, having personalised support can make all the difference.

Cancer Coach is designed to help you take control of your health and lifestyle response, guiding you through every step of the process.

This includes 6-12 weeks of guidance in areas like sleep, diet, exercise, and mindfulness, along with access to symptom tracking and other resources. We know that figuring out your cancer response can be overwhelming – that's why Cancer Coach is tailored to suit each participant's unique situation.

We're working with Osara Health to bring Cancer Coach to you.

Am I eligible?



Cancer Coach is available to all individuals who have a **Fidelity Life Group Trauma Insurance cover**, and a cancer diagnosis (regardless of claim status). There's no additional cost for eligible customers to participate.

For more information on eligibility, read the full terms and conditions [here](#), or get in touch with us at: grouprisk@fidelitylife.co.nz

How Cancer Coach can support you.



Your dedicated Osara Health Coach can help you to make positive adjustments to lifestyle factors of sleep, diet, exercise and mindfulness.



You'll be regularly provided with digital education modules equipping you with tools, resources and real-world coping strategies.



Access to the Osara Health app assists you to track and manage symptoms to share with your treatment team.



Connect with the community feature to access articles and learn from others who have also experienced a cancer diagnosis and what's helped them.

How do I access Cancer Coach?

If you're covered by a Fidelity Life Group Trauma Insurance cover and have received a cancer diagnosis, follow the steps below.

- 01 Raise your diagnosis with your employer, who will arrange for Fidelity Life to be notified.
- 02 We'll supply an online enrolment form to be completed by you.
- 03 Upon completion, your name and contact information will be shared with Osara Health.
- 04 Osara Health will contact you, at a time you choose, to discuss Cancer Coach in more detail.

Results.

A look at how Cancer Coach support has positively impacted participants:



50%

reported an improvement in physical health.¹



53%

reported an improvement in quality of life.¹



96%

likely to recommend the program to a friend or colleague.²

SOURCES:

¹ Osara Health internal survey data 2023 (79 Australian patients over a 6 month period).

² Osara Health internal survey data 2023 (Ongoing collection, 1,000+ Australian patients).



0800 88 22 88
customerservice@fidelitylife.co.nz
fidelitylife.co.nz

Tē Henga
Tāmaki Makaurau
Aotearoa New Zealand

Why choose Fidelity Life?



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Cancer Coach is not a policy benefit and Fidelity Life reserves the right to discontinue it or amend the eligibility criteria at any time. Should you have already commenced participation in Cancer Coach, however, and we elect to suspend or discontinue it, we will work together in good faith with Osara Health to ensure that you will continue to be supported until the conclusion of the service. You can read the full [Terms and Conditions](#) for your use of Cancer Coach on our website.