

RESTORE Active™

AIA Australia's wellness and work readiness program



HEALTHIER, LONGER,
BETTER LIVES

We would like to talk to you about RESTORE Active™, the AIA Australia Wellness and Work Readiness Program which you may find helpful during your recovery from physical illness or injury.

What is the RESTORE Active™ program?

When you are recovering from a musculoskeletal injury or physical illness, we understand there is often a transition period before you return to wellness and work. There are a number of things that can assist you in getting your life back on track.

The RESTORE Active™ program involves working with a specialist rehabilitation provider to develop a realistic recovery plan, tailored to your needs. We believe the RESTORE Active™ program will provide the support needed to optimise your recovery, moving towards wellness and improving your work readiness.

What is included in the program?

Some examples of the things that have been found to help increase wellness include:

- Confidence in your treatment and recovery plan
- Returning to your routine and undertaking meaningful activities each day.
- Participating in regular exercise; yoga and mindfulness to optimise wellness and recovery.
- Education on nutrition and pain management.
- Working with your medical team to help you to improve your physical condition and optimise mental health.
- Having a plan to assist you towards returning to the workforce.

Is participation compulsory?

Participation is not compulsory so please take the time to consider this and talk it through with your health care professional. We have found that the earlier you start making these small steps, the more successful your recovery can be.

What do I do?

The program entails AIA Australia obtaining information from you about your current situation including the things that are causing you the most difficulties and organising a meeting with one of our carefully selected rehabilitation providers. The provider will meet with you and your health practitioner. Together you will work out a plan to support and improve your recovery and readiness for work. The provider will then help you, step-by-step, through this process.

What does it cost?

There is no cost to you as AIA Australia will fund the services required.

Why is AIA Australia doing this?

We are aware that people recovering from musculoskeletal injuries are not always able to access the services or help they need. By guiding you to access your community resources and developing a tailor made program, we can help restore your wellness and readiness for work.

It is natural to feel nervous about returning to work after illness or injury. We can support you on this journey.

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