

Employers



Cancer Coach.

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

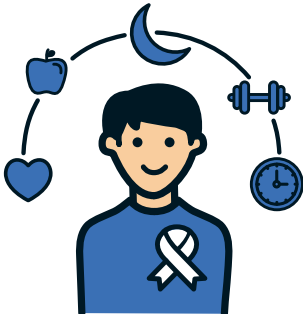


*Fidelity Life has an A- (Excellent) financial strength rating from A.M. Best. The rating scale that this rating forms part of is available for inspection at our offices. For more information please visit fidelitylife.co.nz.

Cancer Coach.

Empowering your employees' 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 your employees take control of their health and lifestyle response, guiding them 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 how to respond to cancer 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.

What does it cost?



Your employees will be eligible for Cancer Coach if they're covered by **Fidelity Life Group Trauma Insurance cover** and have received a cancer diagnosis (regardless of claim status). There's no additional cost for eligible individuals 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 supports your employees.



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



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



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



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

Helping your employees return to health.

A look at the benefits offered by Cancer Coach support:



73%

improvement in return-to-work rates.¹



16.5

Employees return to work 16.5 weeks faster.¹



87%

report an improvement in achieving their health goals.²



83%

report they trust their employer more post-program.³

SOURCES:

¹ A retrospective cohort analysis of return-to-work outcomes for cancer survivors using a digital coaching intervention. Aung et al Journal of Clinical Oncology 2022 40:16_suppl, 1566-1566, 7.

² Osara Health internal survey data 2023 (79 Australian patients over a 6 month period).

³ Osara Health internal survey data 2023 (30 Australian patients over a 6 month period).



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Te 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.