



Helping you return to wellness and to life.

## Recover, restore and optimise wellness

Welcome to Hannover Re's wellbeing support services. Our suite of complimentary wellness programs are uniquely personalised for you.

### Wellness programs to support you

We can provide support to guide you towards optimal health and wellbeing. Our programs are holistic. We aim to understand your unique circumstance and provide personalised health and wellbeing solutions for your recovery.



### Your wellness plan may involve:

- Exercise conditioning programs
- Ergonomic worksite reviews and equipment provision
- Fatigue management programs
- Cancer rehabilitation programs
- Functional programs
- Mindfulness-based relaxation programs
- Health coaching

### Rehabilitation specialists to guide you

Our wellbeing services are delivered to you by degree-qualified rehabilitation specialists from varying allied health backgrounds including physiotherapists, occupational therapists, exercise physiologists, rehabilitation counsellors and psychologists.



Sometimes people just need a guiding support person.

They will listen to you and aim to understand your unique circumstance, your goals and work with you and your treating providers including your GP, to tailor a purposeful, meaningful and suitable wellness program for you.

Many of your programs are based on the latest research evidence that guides best practice.

## Return-to-work plans to assist you

When you are fit to RTW, we have specialised vocational rehabilitation programs to assist you.



### Your return-to-work plan may involve:

- Return-to-work support at the workplace
- Vocational assessment
- Career coaching, advice and redirection
- Job seeking assistance - resume preparation, interview skills development
- Business coaching
- Re-skilling or retraining

## Ready to support your recovery

We are ready to support you in your recovery and back to wellness.

### Contact

If you would like to know more, please speak with your Hannover Re Claims Assessor. They may then put you in touch with our Rehabilitation Consultant for a more in-depth conversation and discuss what programs and services might be suitable for you.

### Our wellness programs are free

Yes! There is no charge for our complimentary wellness programs that have been specifically developed for you, provided your policy has a rehabilitation benefit\*.

\*Please refer to relevant PDS



Wellness for life.