

# Health Reset Program



**Take control of your health** in a way that fits your life

The St Lukes Health Reset Program, in partnership with Salveo Healthcare, helps you take control of your health in a way that fits your life. This program gives you support as you work toward your health goals when and where it works best for you. Your plan is made with you, and you'll get regular check-ins from our nurses and allied health team to help you along the way.

**salveo**  
healthcare

**st.lukes**

**P** PO Box 5377 Launceston TAS 7250 **T** 1300 313 375  
**E** [general@salveohealth.com.au](mailto:general@salveohealth.com.au) **W** [salveohealth.com.au](http://salveohealth.com.au)



## WHO IS THE PROGRAM FOR?

The Health Reset Program is for St Lukes members living with a health condition who would like to take charge of their health. The program gives you the tools, support, and confidence to make choices that work for you, so you can lead your health journey, your way.

## HOW DOES IT WORK?

The program runs for up to 12 weeks and you can do it from home (either in person or online). You'll get useful tools and support from our nurses and allied health team to help you reach your health goals. The program is all about you - your goals, your choices, and your health journey. We'll help you make a simple plan, so you feel informed, confident, and in control.

It's flexible and it's free for eligible St Lukes members.

## AM I ELIGIBLE?

You may be able to join the program if:

- Aged 18 years old and over
- Diagnosed with one or more chronic condition
- Must be a St Lukes member for 1 year (minimum) with hospital cover
- Ability to use mobile phone or tablet apps (not essential)

## WANT TO JOIN THE PROGRAM?

Choose the option below that suits you best:



Talk to your health practitioner to complete a referral



Call the St Lukes Care Coordinator on **1300 651 988**



**Scan the QR code** to access and complete an Expression of Interest form

To read the terms and conditions of the program, visit <https://www.stlukes.com.au/health-reset-program-terms-and-conditions>

## FIND OUT MORE

Visit our website: [salveohealth.com.au/health-reset-program/](https://salveohealth.com.au/health-reset-program/)