

# DIETITIANS AND EXERCISE PHYSIOLOGISTS TO SUPPORT YOU ON YOUR HEALTH JOURNEY



## Confidential nutrition and fitness service

Helping you maintain fitness and wellbeing when you're healthy is just as important as helping you recover from illness or injury. AIA MyCare, in collaboration with Teladoc Health, offers you access to a team of Accredited Dietitians and Exercise Physiologists who can help you set and achieve your health goals when you need them most.

This service is available to you, your partner, children, and parents (incl. in-laws). Best of all, it's completely confidential and independent of any claim, so MyCare won't share anything with anyone but the individual who opens a case.

If you are keen to be more active, feel better and have more energy, you can book a session today. Simply contact AIA MyCare, and they'll do the rest, including collecting medical records if required, spending whatever time is necessary on a case, and providing expert guidance at every step.

## AIA MyCare Impact



Quick and simple online access to Accredited Dietitians and Exercise Physiologists



Get help with diabetes, weight management, prenatal nutrition, fitness, injury recovery and much more



Tailored advice with ongoing support



Receive a personalised guide to help you achieve your nutrition and/or fitness goals

## Key member benefits

- No additional cost to you
- Available for you, your partner, children and parents (incl. in-laws)
- Can be used for any condition or injury that affects way of life
- Can be used at any time and as many times as required
- Pre-existing conditions covered

## How does it work?

From the first contact, our clinical team will guide you through the process



### Initiate

Contact us by web or phone.



### Speak with us

Our clinical team will identify how we can best assist and then provide guidance and support throughout the journey.



### Nutrition

A Dietitian gets in contact with you to understand your background and to determine the objectives you want to achieve. Receive recommendations and personalised dietary advice from an Accredited Dietitian.



### Fitness & Recovery

An Exercise Physiologist gets in contact with you to understand your background and to determine the objectives you want to achieve.

## Reasons to contact AIA MyCare

- Need help recovering after an injury or surgery
- You have a medical condition and do not know what to eat
- Want to improve your health but don't know where to start
- Looking to increase mobility and activity but can't find the time

AIA MyCare is available to you and your immediate family\* as part of your corporate policy with AIA and Teladoc Health.

\*Immediate family includes your partner (spouse, civil, or de facto), children (any age), and parents (incl. in laws)

You can access our services by calling  
**0800 425 005** or visiting **www.aiamycare-teladoc.com**