



The COACH Program™

The COACH Program is available for people with one or more of the following health conditions:

- Heart Disease - Heart Attack - Coronary Bypass Surgery - Stents
- Stroke - Transient Ischaemic attacks (mini strokes)
- Type 2 Diabetes - Pre - diabetes
- Chronic Obstructive Pulmonary Disease (COPD) - Emphysema

The COACH Program helps you improve your health by looking at your risk factors for these conditions based on the national guidelines.

Your Health Coach will guide you on lifestyle changes and suggest medications to discuss with your doctors. Your coach will also send you a summary letter after each session.

The COACH program is flexible to suit your health needs, but usually involves monthly sessions for about 6 months.

To access The COACH Program at Primary Care Connect, please call (03) 5823 3200 and dial option 2 to speak to Intake and secure your appointment today.

