

AltiusLife

The Holistic Digital Solution to Support Rehab and Wellbeing

Challenges in Rehab

- Influencing external psychosocial factors
- Maintaining engagement and motivation
- Limited face to face support
- Changing workplace environments not accommodated within traditional approach
- Empowering individuals to drive own wellbeing outcomes
- Normalising wellbeing behaviour
- Reliable, accessible education tools in one place

Evidence based behavioural activation and engagement solution

- The platform is based on neuroscience to activate healthier behaviours and creation of new habits
- Access AltiusLife at any time, conveniently on a mobile device or desktop
- Tailored to support individual physical, emotional and social health, regardless of starting point on the wellbeing journey
- Supported by a national team of allied health professionals delivering face to face expertise
- Include wellbeing surveys to measure mental, physical and social health, leading to life action prompts supporting incremental change
- Content is regularly updated with engaging evidence-based articles, tips, ideas, health trackers and rewards

How AltiusLife Supports Recovery and Return to Work

- Addresses non compensable elements that impact on health, recovery and wellbeing
- Increased wellbeing is associated with decreased disease risk of illness or injury, better immune functioning, speedier recovery, sustained outcomes and increased longevity

- Individuals with high levels of wellbeing are more productive at work, more capable of finding and engaging in meaningful work activity and are more likely to contribute to their communities
- Increasing self-efficacy and independence to actively participate in recovery and wellbeing results in increases in autonomous motivation, perceived competence, and psychosocial outcomes
- Support for clients outside of face to face and telehealth options ensures continuity of education, reminders of recovery enabling life actions and consistency of goal setting

Subscription model

- On consultant recommendation and insurer approval, clients access a 12 month subscription guided by their assigned rehabilitation consultant
- Clients are supported with an integrated approach through their recovery and return to work plan
- Access continues beyond rehabilitation engagement to enable sustainability of wellbeing

The Impact

