



## RAWI Remote

### Recovery and Wellness Initiative

Our allied health professionals, based across Australia, engage with clients via teleconferencing to deliver OccHealth's Recovery and Wellness Initiative (RAWI), remotely. Through a series of on-line sessions, RAWI Remote supports clients to return to work and their pre-injury lifestyle.

RAWI Remote enables clients to engage with the program from their home or local community facility. Through face to face teleconferencing sessions with Accredited Exercise Physiologists (AEPS) and Physiotherapists, clients receive the expert care and support they need, week by week, to aid their health, wellbeing, recovery and return to work.

### Personalised, Collaborative Support

Our RAWI Remote allied health professionals bring the same personalised recovery, health, wellbeing and workplace educational focus to their client's remote appointment. Clients receive homework activities to support their recovery, wellbeing and self-management and our team provides regular updates and reports to keep all stakeholders in the loop.

### Connect to RAWI Remote via Laptop, Tablet or Smartphone

RAWI Remote is simply set up via an online platform using your laptop's web browser or via an App for teleconferencing via your smartphone or tablet. We provide comprehensive onboarding support to guide you through the process.

### Who May Benefit from RAWI Remote?

- Those living in remote regions who are now able to access equal treatment opportunities through RAWI Remote.
- Those wishing to reduce the barriers associated with travelling to appointments – travel costs and time.
- Carers of young children – removes the need to arrange childcare for a face to face appointment.
- Employees unable to leave work – RAWI Remote enables face to face lunchtime sessions via their mobile device.
- Clients experiencing difficulties attending medical appointments due to disability or frailty.

## RAWI Remote Offers:

- Psychosocial education via teleconference with our Accredited Exercise Physiologists (AEPs) to limit potential for secondary overlay to impact return to work.
- Biological/Psychosocial support to minimise the potential for pain, dysfunction or fear avoidance.
- Professional nutrition and diet advice to enhance recovery prospects and reduce weight gain while not working.
- Functional education for the safe and sustained performance of activities of daily living and the incorporation of these into a work hardening approach.
- The prescription of graded exercises in collaboration with treating health professionals.
- Participation in medical case conferencing if or as required.
- Guidance on sleep hygiene, community engagement and social interaction as key features of wellness and recovery.
- A maximum of eight weeks intervention one on one with our AEPs with the frequency of sessions each week tailored to meet individual needs.
- Access to an extensive library of resources on exercise, health and lifestyle information.

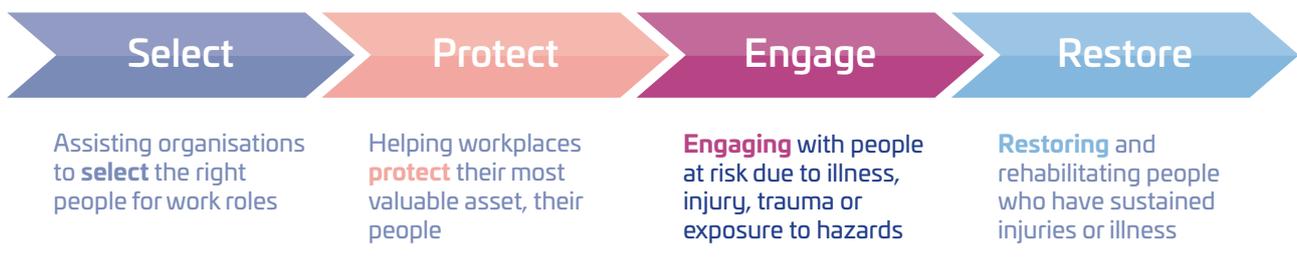
## For Organisations

Organisations should look to nominate appropriate claims for the Remote RAWI under the following criteria:

- Employees unable to easily access in-person treatment due to residence or physical limitations.
- Employees that have exhausted local treatment providers.
- Employees with internet access and Telehealth system requirements.
- Employees that require more personalised support or have a history of no-shows and cancellations.

*“RAWI Remote enables our consultants to contact their clients remotely in a safe and accessible way, to provide efficient, effective care with real-time exercise demonstrations and education. Through teleconferencing we are also able to collaborate with other stakeholders such as a treating doctor, allied health or rehabilitation provider, which is key to the success of RAWI Remote. We provide the same service offered via face to face sessions, to stay engaged with our clients remotely and provide a holistic approach to recovery, health, wellbeing and return to work”.*

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## Get in touch with us:

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**OccHealth**  
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