



Your ClearView guide to recovery and return to work

# Recovery and wellbeing services you can access

Real support. Tailored to your health, your goals, your policy.

Recovery isn't one-size-fits-all and neither is our support. If you're on claim with ClearView, you may be eligible for personalised rehabilitation and wellbeing services designed to help you stabilise your health, rebuild capacity, and return to meaningful work or life roles.

Whether you're recovering from injury, illness, or navigating a serious health condition, we offer more than just claims assessment. We provide real, practical support delivered by trusted providers, at no extra cost, and tailored to your insurance cover.



# What recovery might look like

Recovery isn't linear. You might stabilise, rebuild, and return to work – or you might prioritise what helps you feel more comfortable, capable and supported day to day.

Here's how ClearView supports you across three key phases:

## Phase 1

### Stabilising your health

**Focus:** Rest, routine, and reassurance

**What you might need:**

- Ways to manage fatigue, pain or emotional stress
- Support building a daily routine
- Guidance on sleep, nutrition, and stress

**ClearView offers:**

- Pre-rehab programs to build healthy habits
- Exercise physiology for chronic conditions, cancer, and mental health
- Movement-based mental health therapy and coaching
- Fatigue management using Heart Rate Variability monitoring.

## Phase 2

### Rebuilding confidence and capacity

**Focus:** Function, strength, and self-belief

**What you might need:**

- Help improving physical function
- Support navigating chronic pain or burnout
- Encouragement to reconnect with goals.

**ClearView offers:**

- Work conditioning programs
- Wellbeing activity modules
- Cancer Coach Program
- Chronic pain coaching.

## Phase 3

### Returning to meaningful work

**Focus:** Purpose, planning, and possibility

**What you might need:**

- Gradual return-to-work plan
- Ergonomic assessments
- Vocational counselling or career pivot support.

**ClearView offers:**

- Return-to-work planning
- Vocational services: skills analysis, market assessments, job placement
- Business and executive coaching
- Ergonomic and functional assessments.

## Our trusted partners

We work with a network of trusted partners who offer tailored support across recovery, return-to-work, wellbeing, and vocational planning to ensure every customer has access to the right expertise at the right time.

| Partner                                  | Services provided                                                                            |
|------------------------------------------|----------------------------------------------------------------------------------------------|
| Guardian Exercise and Specialised Health | Exercise physiology, fatigue management, movement-based mental health therapy                |
| WorkCom                                  | Return-to-work planning, ergonomic assessments, worksite evaluations, case management        |
| On Track OT                              | Assistive technology assessments, workplace modifications, mobility and access solutions     |
| Pivotl                                   | Business and executive coaching for professionals, career pivot planning                     |
| Assessability                            | Vocational assessments, transferrable skills analysis, labour market research, job placement |
| Coachmewell                              | Mental health coaching, resilience training, wellbeing planning                              |

## Real support. No extra cost.

ClearView's recovery services are available at no additional cost while you're on claim. We partner with rehabilitation specialists across Australia to deliver support that's tailored, timely, and aligned with your recovery goals.

You don't need to navigate this alone. We'll make sure the support you receive is practical, compassionate, and designed to help you reclaim what matters most.

## How to access support

If you're on claim or considering making one – accessing recovery support is simple:

### Option 1: Speak with your Claims Consultant

They'll assess your situation and refer you to the most suitable services, coordinating with your treating professionals.

### Option 2: Reach out directly

Email our rehabilitation team at **rehabilitation@clearview.com.au** to explore what's available.

Phone **1300 730 832** Monday to Friday, 9am–5pm AEST

Email **clearviewlifeclaims@clearview.com.au**



This document dated 7 October 2025, is prepared by ClearView Life Assurance Limited (ABN 12 000 021 581, AFSL 227682) (ClearView). The information is general in nature, it does not take into account your objectives, financial situation or needs. Before determining whether to apply for or hold the product(s) you should read the Product Disclosure Statement and Policy Document (PDS) and consider the appropriateness of the product(s) to your circumstances. A copy of the PDS can be obtained by calling us on 132 979 or on our website at [clearview.com.au/pds-and-brochures](http://clearview.com.au/pds-and-brochures). Information about the Target Market Determination(s) for this product(s) is available at [clearview.com.au/tmd](http://clearview.com.au/tmd). ClearView ClearChoice is issued by ClearView. ClearView ClearChoice Super is issued by HTFS Nominees Pty Limited ABN 78 000 880 553, AFSL 232500, RSE Licence L0003216 as trustee of HUB24 Super Fund, ABN 60 910 190 523, RSE R1074659. All benefits are paid in accordance with policy terms and conditions. Premiums, regardless of premium type, are not guaranteed and may be increased or decreased in the future. Please refer to the 'Premiums and Other Costs' section of the relevant PDS for more information. This information does not in any way constitute tax, legal or health advice. Before relying on this information, you should seek independent expert advice. Whilst ClearView have taken all care to ensure the information in this document is accurate and reliable, to the extent the law permits, we will not assume liability to any person for any error or omission in the document however caused. ClearView can vary or withdraw this document at any time. You should always check with ClearView to confirm that this document is up to date. This document is current as at the date of publication.