

Every day, 63 New Zealanders are diagnosed with cancer.

We understand that cancer can impact your physical, emotional and social wellbeing; your family life; and your ability to work.

People also experience unwanted side effects of treatment such as surgery, chemotherapy and radiotherapy. Every person's experience of cancer is different.

What is the Boost Cancer Rehab Programme?

Boost Cancer Rehab Programme provides you with a dedicated 'Navigator' to help understand your experience of cancer and any challenges you are facing.

They may suggest services to support you in your recovery and help you return to activities you enjoy. The Boost Rehab Programme does not replace treatment already in place, it compliments your treatment plan.

With your permission, the key worker will work closely with your health practitioners to ensure a holistic approach to your healthcare.

What is included in the programme?

Some examples of services that have been found to help increase wellness include:

- Returning to your routine and undertaking activities that are important to you
- Participating in regular exercise, tailored to meet your needs. This could be as simple as starting with a walk around the block
- Physiotherapy to improve your physical function
- Providing you with strategies to manage pain or fatigue
- Linking you with psychological support to improve your mood
- Connecting you with community resources and social support
- Having a plan and health professionals assisting you towards returning to the workforce

Is participation compulsory?

Participation is not compulsory so please take the time to consider the programme and talk it through with your healthcare team. We have found that the earlier rehabilitation support is provided, the more successful recovery can be. You do not need to wait until your treatment is complete.

How do I access the programme?

Your claims assessor can arrange your referral to the Boost Cancer Rehab Programme. The Navigator will then contact you to introduce themselves and arrange an initial meeting. Together you will agree how the programme can best support your needs. The key worker will coordinate the support and help you step-by-step through the process.

What does the programme cost?

There is no cost to you as your life insurer will fund the services recommended.