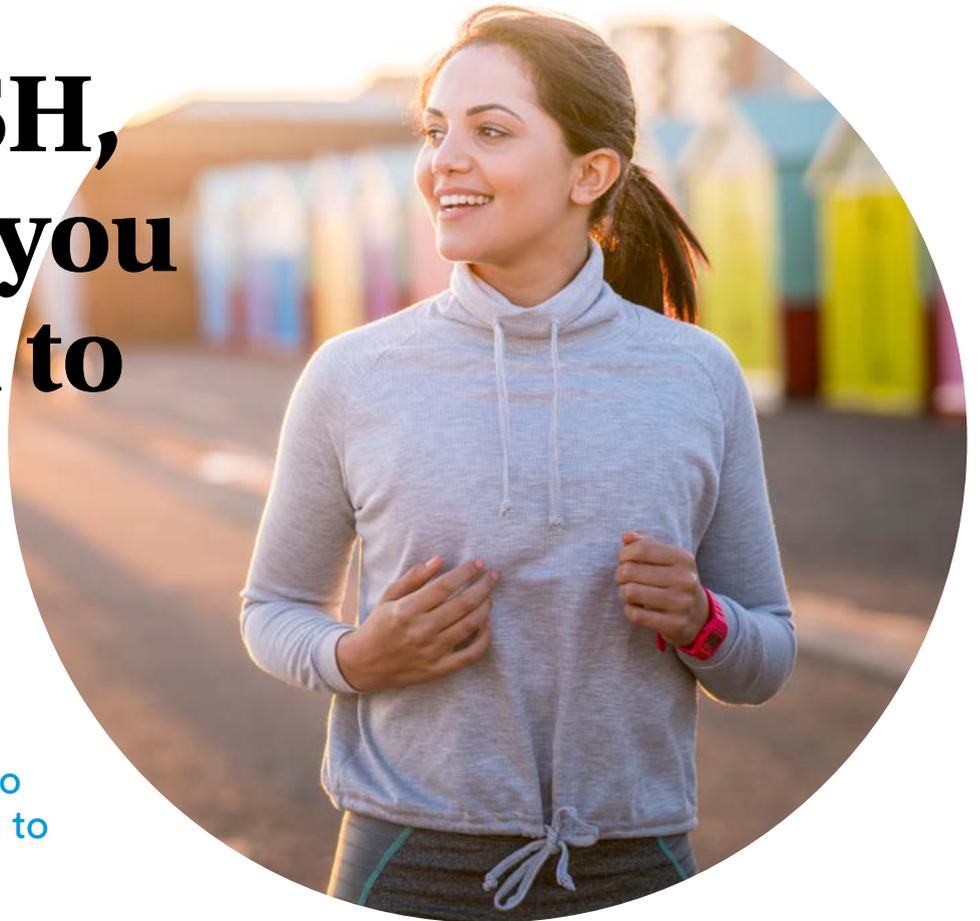


NOURISH, helping you get back to health



NOURISH is a MetLife program for people who need support returning to health and wellness.

Wellness includes physical health and function – being able to do the range of activities you need and want to do – but also good mental health and ability to cope with health challenges.

NOURISH is a program for MetLife customers that is personalised to your health issues and needs and delivered in partnership with your treating health practitioners. The requirement for the program will be determined by the MetLife Claims Assessor and Health Recovery Team.



360Health defends you against serious illness, so you can live healthier for longer.

What is NOURISH?

NOURISH is part of MetLife’s 360Health framework – a range of programs designed to help people have the best quality of life they can, wherever they are in their health journey.

NOURISH is one of our ‘Return to Health’ programs, targeted to those who are unwell and need extra support.

Not only does being unwell have an impact on you, your illness can have an impact on your family, relationships, work and finances – creating extra stresses when your focus should be on taking care of yourself. This is a challenging time and MetLife is here to help you.



What's involved?

You will be assigned a dedicated NOURISH Practitioner, who is an allied health professional, independent from MetLife who has the expertise needed to manage your return to health.

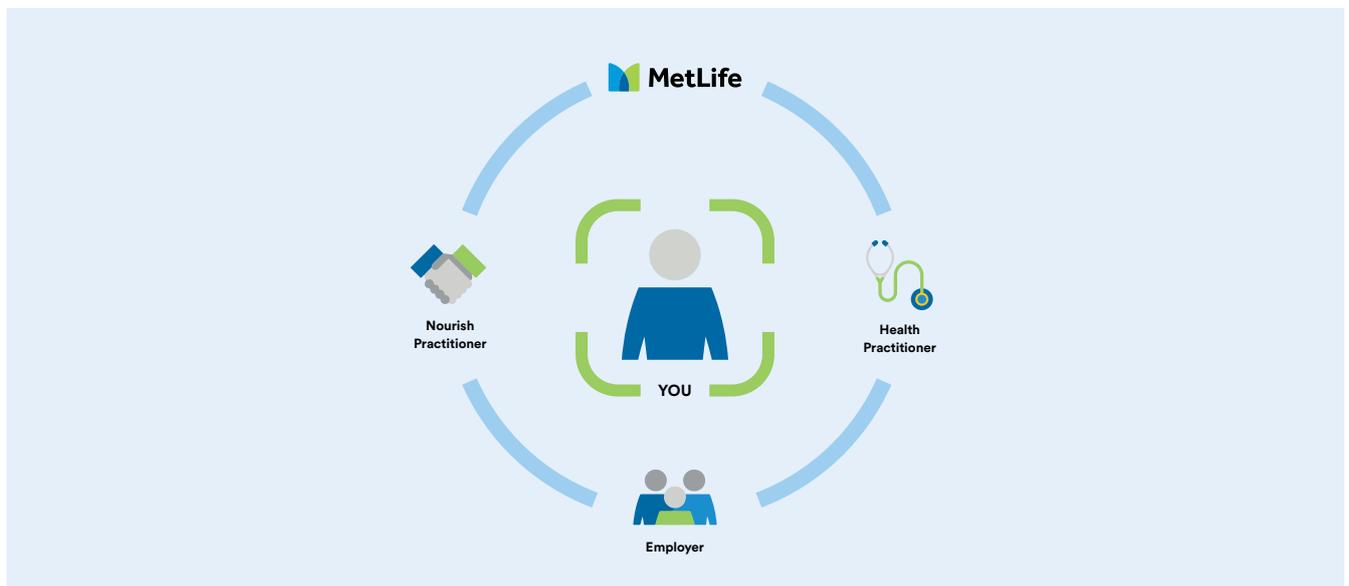
Your NOURISH Practitioner works in partnership with you, your treating doctor and/or other health practitioners and your MetLife Claims Assessor to create your personalised program.

Your NOURISH plan will be designed to help you return to wellness and function in all areas of your life, which means being able to manage daily activities, cope effectively and manage stress, think clearly, participate socially and work (part-time or full-time).

After a thorough consultation, your NOURISH Practitioner will work with your health team to design a plan to meet your goals.

Your program might include self-help programs designed for your condition, help accessing support groups or community services, skills training, working on goal setting or help identifying coping strategies that work for you.

Your NOURISH Practitioner will guide and support you throughout the program, and you can step through it at your own pace.



“By focusing on return to health, we find that people in the NOURISH program are more engaged, more motivated and able to focus on the things that really matter to them.”

Mark Raberger
Head of Health, MetLife Australia

How will NOURISH benefit me?

We understand that health and wellbeing are impacted by a wide range of factors including an individual's illness and injuries, support network, health behaviours, access to healthcare, social and financial issues as well as coping skills. NOURISH takes a holistic approach, focusing not just on your illness but on your overall wellbeing. Unlike other 'rehabilitation' programs, which are aimed at getting people back to work as quickly as possible, NOURISH is

designed to help you overcome obstacles to your return health and maximise your long-term wellness.

Research has shown that participating in targeted recovery programs like NOURISH reduces the risk of long-term poor health or disability. Nearly two-thirds of people who have completed the NOURISH program found it improved their physical and/or mental health.

Further information

If you are interested in finding out more about MetLife's NOURISH program contact your MetLife Claims Assessor or email aurehabservices@metlife.com

[metlife.com.au](https://www.metlife.com.au)

The information about MetLife life insurance is general only and does not take into account your personal situation, needs or objectives. Before deciding whether to acquire, or continuing to hold, any of our products, please read the PDS available at [metlife.com.au](https://www.metlife.com.au). Life insurance products are issued by MetLife Insurance Limited ABN 75 004 274 882 AFSL 238096.

The information provided is general information only and is not health or medical advice. If you have a health or medical concern, please seek professional medical advice immediately.

You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regime, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.

360Health services are not provided by way of insurance (including health insurance) and the provision of these services is not dependent on the occurrence of an insured event under the policy. Access to these services will be at MetLife's absolute discretion and MetLife reserves the right to discontinue or change the services at any time.