

MyWellbeing

Caring for members' physical and mental health.



MyWellbeing



Best You by Benestar

ACA members now have access to a free holistic and comprehensive health and wellbeing program through a new partnership with Benestar®.

Best You by Benestar offers professional, confidential coaching and support, which is also available free to eligible family members.

The support available includes MyCoach, which provides personalised support to help you in facing a challenging situation, or enhance your overall wellbeing.

MyCoach can also assist with:

- Support for mental health
- Strategies to create better work-life balance
- Managing stress
- Guidance on parenting issues
- Advice on how to improve your fitness and nutrition
- Specialist support for people leaders
- Improving relationships

MyCoach can be accessed online, by telephone or face-to-face. For confidential coaching and support call 1300 360 364 24/7 or if calling internationally on +61 2 8295 2292. Benestar will then connect you with the most appropriate person at a time convenient for you either face to face, on the phone or on-line.

If you think your partner and/or family would benefit from speaking to a psychologist or counsellor, they are also welcome to use this service.

BeneHub

A key part of Best You by Benestar is the BeneHub portal. It's an always-on, always accessible resource that lets you take charge of your own health and wellbeing to become 'your best you'. It's easy to get started and once you've registered you'll have secure access on any device to the portal and the BeneHub app. It also offers a private LIVE CHAT service with a psychologist if that is your preferred way of accessing support.

BeneHub You can use BeneHub to access hours of health and wellbeing resources anywhere, anytime from your preferred device via our app or website. BeneHub is easy to navigate and you can search for content by topic or type (e.g. video, article or activity).

You'll find topics designed to help you with all aspects of your life, for life:

- **LIFE** different life stages, change, grief and loss
- **BODY** exercise, fitness, sleep, nutrition and healthy habits
- **MONEY** budgets, debt, saving and retirement planning
- **RELATIONSHIPS** work relationships, partner relationships and friendships
- **WORK** from better work-life balance to enhancing performance
- **FAMILY** parenting, elder care, family violence, extended and blended families
- **MIND** from managing stress to mental health.



You'll find a variety of content like learning modules, videos and animations, articles, blogs, podcasts, meditations, self assessments, activities and resources toolkits

Download the app or simply visit www.benestar.com and go to the BeneHub Login;

Enter your company details ID: ACA Token: ACA01

Provide a few simple details and create your own password.

Wellbeing Network

The ACA will provide six sessions with a counsellor or psychologist of your choice. Or we can help you find a registered provider that will suit your needs through our National Wellbeing Network.

This service is confidential and your name will be removed from invoices.

For more information on the ACA's wellbeing programs please contact Megan Pauwels at the ACA on mpauwels@auscricket.com.au or 03 9698 7207.

Health Check

The ACA Health Check days are a free service to ACA members and continue to be an important initiative for early detection of health conditions. Approximately 40% of members are referred to specialists for further medical intervention.

A range of health providers are made available for members to access 10-15 minute health checks. Health providers may include the below:



Skin Check

A top to toe skin examination to check for any moles, freckles, or abnormal skin lesions.



Vision Screening

A comprehensive four-point vision screening test for near sight, far sight, colour vision & oculomotor co-ordination.



Health Appraisal

A suite of examinations including cholesterol & glucose 'finger prick' test, hip/waist ratio calculation & blood pressure measurement.



Bone Density

Bone density testing is a medical procedure used to determine bone density or strength. It can identify osteoporosis or osteopaenia and the risk of future bone fractures.



Audio Testing

In this fully computerised screening, the audiometrist will determine a participant's hearing threshold level' (the softest sound you can hear) and compare the results against standardised 'normal' test results, with any difference being attributed to a deterioration in hearing.

An invitation to register will be provided prior to each event.

Regional Skin Checks

The ACA provides members based in regional areas a \$150 subsidy for the cost of getting an annual skin check.

To submit a claim please contact Megan Pauwels at the ACA on mpauwels@auscricket.com.au or 03 9698 7207.