

STEP

BY

STEP

One-on-one
tailored solutions
to support your
health challenges



1

GET IN TOUCH

If you have an existing condition that is outlined in our brochure, or may be at risk of developing a condition and think the program may apply, call us on 02 9685 7567 or email wellness@cbhs.com.au and our award-winning support team will check if you qualify.



2

GETTING STARTED

The Wellness Team will guide you through the process over the phone. Once we have your consent to participate, our wellness partners will give you a call to enroll you into an appropriate program.



3

KICKSTART YOUR ROAD TO WELLNESS

Our wellness partners will help guide you through your tailored program so you can focus more on the things that matter.

For more information on the programs available to you, please contact our Wellness Team on 02 9685 7567 or email: wellness@cbhs.com.au

CBHS Better Living is provided free of charge to members who hold Hospital or package products for the duration of the program. However, additional costs may be payable depending on your personalised program.