

A healthier Work-life Balance starts here!

GENERAL & NURSE PRACTITIONERS

Scripts, Referrals and Annual Health Checks with personalised and actionable management plan including recommendations and reminders to keep on top of your health.



DIETITIANS

Meal Plans, Intolerances, Eating for energy, support and guidance to set and reach your healthcare and wellbeing goals.

HEALTH COACHES

Use a Wellbeing plan to work on setting your unique lifestyle goals, and determine which members of our collaborative care team may be a good fit to support you on your wellbeing pathway.



PSYCHOLOGISTS AND COUNSELLORS

Explore comprehensive mental health support, connecting you with psychologists and counsellors tailored to address all your mental health concerns.

Login at **my.cuhealth.com.au**

Or scan the QR code
to register today!



Employer Funded Access

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CU Health services are completely confidential and no information about your care is shared with your employer.