



**acumen  
health**  
our focus. your recovery.



## Putting you first

Acumen Health Management is part of Generation Health. Our team of highly experienced health professionals are committed to client-centred care that puts you at the heart of everything we do. We are focused on delivering better outcomes at every stage of engagement through our Steps to Recovery program.

- We take the time to understand your circumstances
- We listen carefully to ensure we understand what is important to you
- We work with you to determine your personal and return to work goals
- We partner with you to improve your overall quality of life

### **Your journey to recovery**

1. Your consultant listens to your needs and explains what you can expect on your journey to recovery including:
  - The role of different people
  - Key milestones in your recovery
  - How long your recovery may take
2. Your Acumen consultant ensures everyone is working together to help you:
  - Your family & friends
  - Your doctors & other health care providers
  - Your employer &/or Insurance company
3. Your plan is developed with your input and in consultation with all people involved to ensure:
  - The focus in on your recovery and what you can do
  - Everyone is working together
  - Everyone understands your particular needs
4. Our consultant will check in with you every step of the way to ensure:
  - You feel supported
  - Your achievements are celebrated
  - You can discuss your progress
5. We constantly look at how your plan is progressing and:
  - We will change things if needed
  - Ensure the focus remains on you and your recovery
6. By working together and putting you at the heart of all we do, we are getting you back to life the best way possible.



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### Your journey

Your team are with you the whole way during your journey to recovery, ensuring you are fully informed, supported and empowered to ensure your needs are addressed in a way that is right for you.

We will encourage you to be active in your recovery.

We want you to have the confidence to be involved in the planning, monitoring, problem solving and decision making.

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