

# BOOST RECOVERY

## INFORMATION FOR DOCTORS

*For people struggling with persisting pain, there is no “usual care pathway” to recovery.*

As the weeks progress and things seem to be getting worse, not better, the way forward becomes more tangled and overgrown. As a doctor, you recognise there is a difficult path ahead, for both you and your patient.

- » Who do you refer this person to next, and will they really help?
- » How do you help this person manage their distress?
- » Will there be a long waiting list?

### Clearing the Path to Progress

**BOOST Recovery is built on the same trusted scientific foundations as ‘gold standard’ established pain programs, but our unique approach makes all the difference.**

**BOOST makes recovery personal.** Instead of the current one-size-fits-all model delivered in a group setting, each person’s BOOST Recovery Program is customised to their unique needs, and delivered 1:1.

### BOOST Recovery

**BOOST empowers people to be active participants in their recovery.** We establish clear channels of communication for sustainable care, and provide people in pain with clear, practical, specialised advice.

BOOST Recovery is delivered 100% online via telehealth over two phases:

1

#### BOOST PATHFINDER

4 SESSIONS OVER 2 WEEKS +  
A COMPREHENSIVE PATHFINDER REPORT.

THE PATHFINDER REPORT IS CREATED IN COLLABORATION WITH THE PATIENT AND IS SENT TO THE CLAIMS TEAM AND ALL MEMBERS OF THEIR TREATING HEALTHCARE TEAM. IT INCLUDES FUTURE TREATMENT RECOMMENDATIONS AND IDENTIFIES IF THE PATIENT WOULD BENEFIT FROM CONTINUED BOOST SUPPORT.

2

#### BOOST RECOVERY PROGRAM

4 OR 14 FURTHER SESSIONS +  
COMPREHENSIVE REPORT(S).

THE BOOST RECOVERY PROGRAM SUPPORTS PATIENTS WHO HAVE DEMONSTRATED READINESS AND ENGAGEMENT TO PUT THE PATHFINDER INTO PRACTICE.

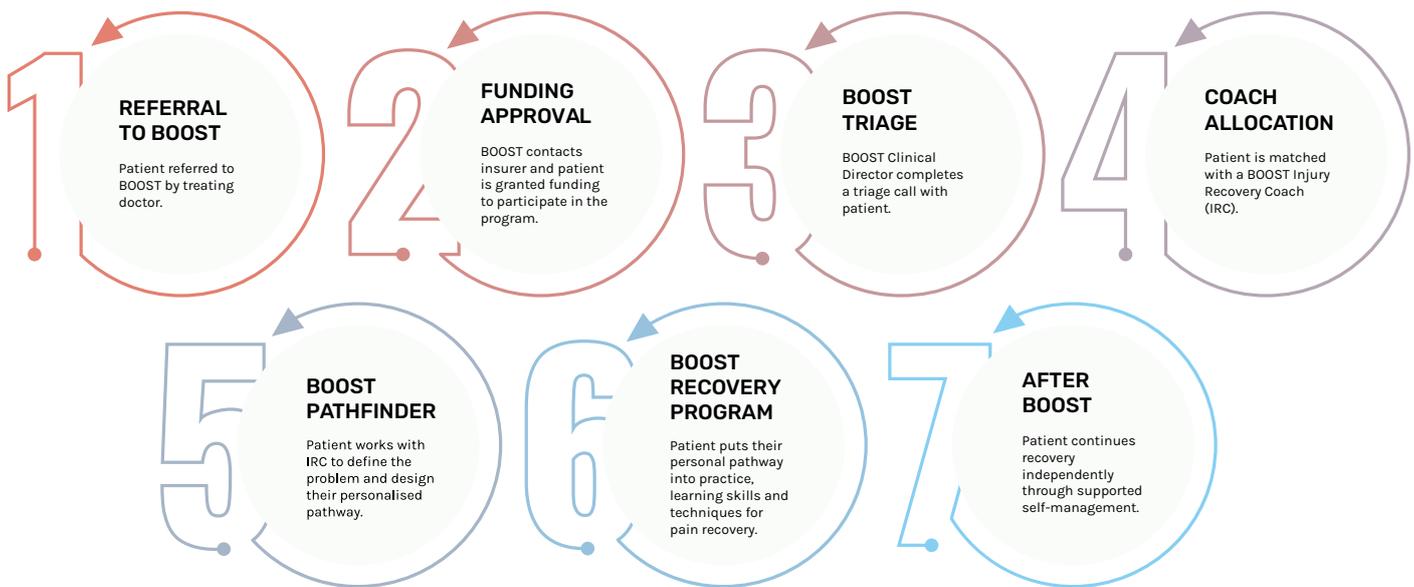
**BOOST Injury Recovery Coaches are expert allied health professionals, specifically trained in pain science and evidence-based psychologically-informed care.**

**MAKING A REFERRAL IS EASY!  
JUST FILL OUT OUR ONLINE REFERRAL FORM:**

**<https://brainchanger.io/refer-a-patient/>**

All referrals are actioned by the BOOST Health Labs team within 24 hours.

# Help Your Patients Find Their Path Out of Pain



## Finding the Right Fit for Referrals

### Mandatory Criteria:

- » 8 weeks+ post-onset (date of injury); and
- » Unfit/limited capacity for work.

### AND include one or more of the following:

- » Pain reported to be limiting function (e.g. can't do ADLs or work-related tasks due to pain);
- » Opioid use;
- » Presenting with fear avoidance, particularly leading to not participating in regular social or work-related activities;
- » Presenting with pain score of 5/10 or more (and not improving as expected).