



Do you have injured workers on your case list who are not getting back to work regardless of how many services you approve?

Do you have workers who are at risk of high-cost claims but you don't have a path forward?

BOOST Recovery helps claims teams return injured workers to work and full function **through delivery of high-quality, personalised pain rehabilitation.**

The program is a **12-week evidence-based pain education, behaviour change and graded exposure program** delivered 1:1 via telehealth.

BOOST RECOVERY DELIVERS

- » Self-management approach focused on return-to-work.
- » No wait list to start program after insurer approval.
- » Video coaching with post-graduate trained allied health professionals.
- » Digital delivery suitable for regional and remote workers.
- » Results consistently exceeding the national gold standard ePPOC benchmarks in validated functional change outcome measures.

EXPECTED PROGRAM OUTCOMES

- » Re-engagement with return-to-work planning and upgrading.
- » Savings on wage costs over time as worker increases hours and duties.
- » Measurable goals based on individual requirements for RTW and function.
- » Savings on healthcare costs through sustainable self-management skills.
- » Increased workplace attendance; decreased pain flare-ups resulting in reduced absenteeism.
- » Claims closure progressed through enhanced recovery.

EARLIER INTERVENTION = BETTER RESULTS

85.7% of claimants referred within 6 months of injury increased their work hours during the BOOST Recovery Program.

* Please note: while this document uses the term "worker" to refer to clients, BOOST has a proven history of successful outcomes with CTP as well as Worker's Compensation claim clients.

SUITABLE PROGRAM CANDIDATES

- » People experiencing pain that persists after 6-12 weeks.
- » People who are not making functional progress towards returning to work.
- » People who are distressed and/or have been identified as high-risk for developing persisting pain.
- » People with recurring pain with work absenteeism and/or multiple short-term claims.

PROGRAM INCLUSIONS

- » 18 x 45-minute video coaching appointments with pain clinician.
- » 3 x progress reports sent to insurer and healthcare team.
- » Collaborative care with worker’s healthcare team.
- » One year post-program access to the BOOST Recovery app to support continued progress towards recovery.
- » Lifetime access to online education program.
- » Lifetime access to online peer support group.

EDUCATION CURRICULUM

- » Improving function through pacing activity and graded exposure.
- » Thought management and coping skills.
- » Mindfulness and self-regulation.
- » Stress management.
- » Understanding medication and medical care.
- » Values, habits and goal setting.
- » Exercise and fitness.
- » Nutrition for recovery.
- » Flare-up management.

REFERRAL PROCESS FOR BOOST RECOVERY

- STEP 1:** At-risk claimants are identified by claims team, following medical investigation.
- STEP 2:** Claims team discusses referral with claimant and gains their approval.
- STEP 3:** Claims team makes a referral via our referral form, <https://brainchanger.io/refer-a-patient>

Note: The BOOST Recovery system supports early intervention with automated risk screening tools and pre-referral case discussion with our Clinical Director.

RESTRICTIONS

Medication Step Down:
 BOOST Recovery is not a substitute for a medically guided medication cessation program, but can support cessation goals.

Trauma and Post-traumatic Stress Disorder:
 BOOST Recovery is a trauma-informed program. To ensure claimants can engage safely with program strategies, diagnoses of trauma and PTSD need to be discussed with the BOOST Clinical Director as part of the referral process.

EXCLUSIONS

- » The worker is unable to communicate in English.
- » The worker has declined to participate.
- » The worker is unwilling to use digital tools and/or to communicate via email.
- » A limited life expectancy or rapidly deteriorating disease, psychosis, cognitive impairment or cognitive decline.