

HCF is a private health insurance company partnering with My Mirror to provide the following services:

- **Healthy Minds Check In** – this is a service where HCF pay for the first psychology session for all of their members . Every HCF member can access 1 of these free sessions per calendar year.
- **Employee Support** – this is a service where HCF pays for 3x psychology sessions per year for their employees.

Requirements

Survey to be completed after the first Healthy Mind Check in Session to track referral pathway - <https://mymirror.snapforms.com.au/form/hcf-healthy-minds-referral-pathways>

The focus for both services follows a **typical first intake session** – where you identify bio-psycho-social needs, identify goals and motivations for reaching out for support and then explore/engage (as clinically appropriate of course) any psycho-education or brief interventions that might be relevant.

****We also ensure that clients who would benefit from longer term therapeutic support are supported to either access private health benefits, or other funding stream like an MHTP, NDIS, DVA etc ****

Pay Scale and Tiers

Psychologists who opt in will receive **\$118 per 50 minute session** (fixed) and the sessions will accrue towards your overall tier. If you have 20 minute sessions selected/available within your profile will **receive \$61 per 20 minute session** (fixed) and as per standard, this will accrue 30 mins (2:1) towards your tier calculation.

HCF products or services that the helpseeker might have available to them, or in case a helpseeker asks you about them

1. This Way Up Online Cognitive Behavioural Therapy (free if referred by clinician otherwise \$59 program fee may be reimbursed by HCF up to available extras limits) - <https://thiswayup.org.au/hcf-partnership>
2. Daybreak by Hello Sunday Morning Alcohol Support (free for all Australians) – hcf.com.au/daybreak
3. 12-month free subscription to Sleepfit App to improve sleep habits and identify sleep issues – hcf.com.au/Sleepfit
4. 12-month free subscription to Calm Kid Central for children aged 4 to 11 and their parents/cargivers to improve confidence, cooperation and to deal with life challenges – hcf.com.au/calmkidcentral
5. Free access to HCF Healthful App to manage your health, set goals and track healthy behaviours – hcf.com.au/healthful

They also have other health programs available on their website, including

- CSIRO Total Wellbeing Diet Weight Management Support
- The COACH Program and Cardihab for members with cardiac and diabetes conditions
- GLAD for members with joint conditions