

SESLHD Planned Care for Better Health aims to provide patients with:

Better health outcomes and quality of life

Reduced waiting times for health care services

Greater access to community-based care

Fewer Emergency Department presentations, and reduced number of hospitalisations

Reduction in duplication of services through better sharing of information between health care providers

Contact details.

- Phone: 9540 8175
- Fax: 9540 8164

Email: SESLHD-Intake-integratedCareUnit@health.nsw.gov.au

South Eastern Sydney
Local Health District



SESLHD Planned Care for Better Health

Population and Community Health

What is SESLHD – Planned Care for Better Health?

A free service that helps people at risk of going to hospital for chronic health conditions. We will work with your GP to better manage your health care.

Planned Care for Better Health can help you:

- Learn more about your health problems.
- Help you develop the skills you need to manage your future health needs.
- Talk with your doctor and other health services.
- Understand how to take your medications and why you take them.
- Link you with services to help you manage your illness and stay at home.

How Does PCBH Care Coordination work

Our PCBH team works with you to support a health plan that your GP has put in place to meet your health needs.



The PCBH Care Coordination team provide Health Coaching, Care Coordination and Care Navigation which helps you:

- Decide what changes you can make to help improve your health.
- Stick to your health plans.
- Get the most out of every visit to your doctor.

The Care Coordinator will support you and your doctor to

- Coordinate your health care.
- Work out what services you need and how to access them.
- Share information with all the people involved in your care so they are up to date with your plan.

What to do next

If you think you would benefit from assistance to manage your chronic condition or to achieve your health goals, please contact our intake officer via the contact details listed in this brochure.

Alternatively, you can talk to your GP or other health care provider to refer you to our program.

Once you are enrolled in our program, a Care Coordinator will get in contact with you to arrange a time to come and see you and discuss your health needs and goals.