



GOOD NEWS

*To keep Tasmanians out of Hospital
& enjoying a healthy life at home.*

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HELPING MORE TASMANIANS STAY STRONG AND WELL

For many people, moving a little more can make a big difference. That is why we are so pleased to share that Salveo Healthcare has acquired the Tasmanian operations of Healthy Business.

Along with workplace wellbeing services and the Falls Prevention Program, this change brings the Exercise Treatment Program into Salveo Healthcare. It also grows our team to a multidisciplinary one including health professionals such as exercise physiologists. Together, this helps more Tasmanians get support to build strength, improve balance and feel better in everyday life.

The Exercise Treatment Program is free for eligible participants and is funded by Primary Health Tasmania. It is for older Tasmanians who have, or may be at risk of, a long-term health condition. It is not about pushing too hard. It is about helping people move in a safe and steady way, with exercises made to suit their needs.

Over time, people can feel stronger, fitter and more confident doing everyday things. One client said, *"I feel stronger now and I am more confident moving around each day. The group was friendly and made it easier to keep going."* That sense of support is a big part of what makes the program special.



The program runs for 14 weeks and includes an assessment at the start, 12 weekly group sessions, and another assessment in at the end. Sessions are face to face, led by qualified health professionals and tailored to you.

Along the way, people also learn simple health tips they can use at home. Another client shared, *"It was great to have exercises made just for me. I learnt simple ways to stay active and look after my health."*

The program is offered across Tasmania, including many regional towns, so it is easier for more people to take part close to home.

You can join by asking a GP, nurse or allied health provider for a referral, or refer yourself by visiting exercisetreatmentprogram.com.au, calling us on 1300 655 530 or by sending an email to ETP@salveohealth.com.au. •

HUMANS OF SALVEO HEALTHCARE



**Lionel Young,
Consumer
Advisory Council
Representative**

Falls Prevention
Program graduate

Meet Lionel Young, a proud Tasmanian who has spent his life serving the community, staying active and sharing life with friends and family. At 80, Lionel keeps well by walking his dog, riding his electric bike, doing home gym and eating well. He believes in taking an active role in his health, asking questions and staying on top of appointments and medications. With his warmth and determination, it is no surprise he has already booked the venue for his 100th birthday.



**Sophie,
Health Coach**

Meet Sophie Parkin, an Exercise Scientist who loves helping people feel stronger, healthier and more confident. She supports people from all walks of life

to build their health literacy and reach personal goals. One of her proudest moments was seeing a participant regain enough shoulder movement to hang out the washing again after just six weeks of exercise. Sophie's favourite health tip is simple: *something is better than nothing*. Outside work, she enjoys cricket, travel, reading and spending time at home.

CEO UPDATE

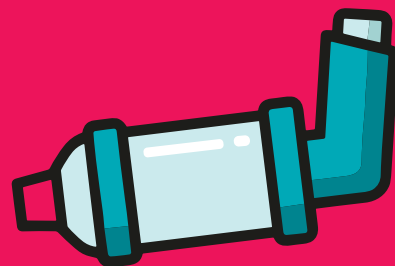


At Salveo Healthcare, we believe everyone deserves the chance to stay well, feel supported and live with confidence.

Over the past nine years, we have helped Tasmanians stay healthy at home through postnatal care and the Advanced Preventative Care Program. The new Health Reset Program supports people living with long-term health conditions with nursing and allied health care support that helps them feel stronger and more in control.

We are proud to provide Support at Home (Aged Care) for older Tasmanians, helping people stay independent in the place they know best. The addition of Healthy Business' Tasmanian operations means we can now offer the Falls Prevention Program, the Exercise Treatment Program and workplace wellbeing services. With our recent private hospital registration, we are also creating hospital in the home services so more people can get care close to home, in their own community.

**Darren Mathewson
Chief Executive Officer**



DID YOU KNOW?

Using your asthma inhaler properly helps the medicine reach deep into your lungs. A **spacer** is highly recommended for use with asthma puffers. Check your technique with your health professional. Visit asthma.org.au for more information.

SIMPLE STEPS TO STAY PROTECTED

The National Immunisation Schedule gives free vaccines to people who are most at risk of getting very sick. It helps protect older people, pregnant women, Aboriginal and Torres Strait Islander people, and people with some health conditions.

A free pneumococcal vaccine is available for people aged 70 and over, or from age 50 for Aboriginal and Torres Strait Islander people. A free shingles vaccine is available for people aged 65 and over, Aboriginal and Torres Strait Islander people aged 50 and over, and some people with eligible medical conditions.

A free flu vaccine is available every year for people aged 65 and over, pregnant women, Aboriginal and Torres Strait Islander people, and people with some health conditions. During pregnancy, free vaccines for whooping cough and RSV are also recommended to help protect both parent and baby.

Some adults with eligible medical conditions may also be able to get extra free vaccines. If you are not sure what you need, talk to your GP, pharmacist or health professional. Visit health.gov.au/immunisation for more information. •

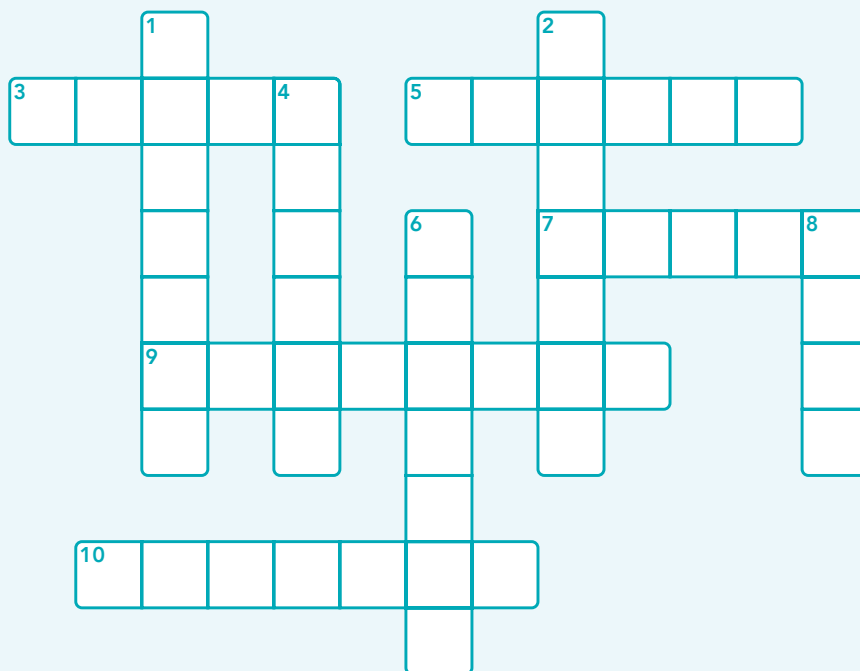
HAND HYGIENE CROSSWORD & WORD SCRAMBLE

ACROSS

- 3. SGMRE
- 5. HAHLET
- 7. NASHD
- 9. CELNIAGN
- 10. FURMHAL

DOWN

- 1. CTEPORT
- 2. SIAGNHW
- 4. LDEOIS
- 6. HDANBUR
- 8. NISK



PARTNERING WITH OUR COMMUNITY:

CONSUMER ADVISORY COUNCIL EVENTS START IN JUNE

We are excited to begin our first Consumer Advisory Panel events with consumer representatives from the Advanced Preventative Care Program, Falls Prevention Program and Postnatal Service. These events are a chance for people to share their stories, ideas and experiences with us. We will also be inviting feedback on other projects across Salveo Healthcare throughout the year. Hearing from our consumer representatives is incredibly valuable, and we look forward to listening, learning and working together to shape the best services we can offer our community.



Photo credit: Eat Well Tasmania

SMASHED BROAD BEANS ON TOAST

Thanks to Eat Well Tasmania for this recipe packed with greens. It works for breakfast, lunch or even a light dinner! Visit eatwelltas.org.au for more great recipes.

Cooking time: 15 mins.

Ingredients

½ cup frozen peas

½ avocado

⅓ cup of cooked broad beans, mashed

2 tbsp olive oil

Juice of half a lemon

Handful of chopped mint

1 thick slice of sourdough or wholemeal bread, toasted with olive oil for drizzling

Black pepper

Pinch of salt

20g goats cheese or feta, crumbled (optional)

Method

Step 1 Put the frozen peas in a bowl and pour over a cup of boiling water. Let sit for five minutes then drain well.

Step 2 Dry the bowl and return the peas. Add the avocado, broad beans, olive oil, lemon juice and mint and smash and mix with a fork. You don't want a smooth paste, keep it chunky.

Step 3 Place the toast on a plate, drizzle with a little olive oil, then spoon on and spread over the green smash.

Step 4 Add pepper and salt, then crumble the cheese over the top.

SIGN UP NOW

Health Reset Program

Learn to manage chronic health conditions and reach your health goals with nursing and allied health support. Up to 12-week program. Free for eligible St Lukes members.

Visit salveohealth.com.au/health-reset-program or call St Lukes on 1300 651 988

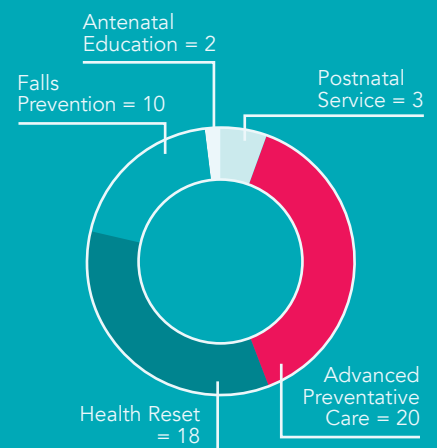
Exercise Treatment Program

Free individually tailored exercise program helping older Tasmanians build strength, balance and confidence. 14-week program. Free for eligible Tasmanians.

Visit exercisetreatmentprogram.com.au or call us on 1300 655 530

CONSUMER CARE DASHBOARD

Program Feedback



Total = 53
(Time period: Feb 2026 – Apr 2026)

Client Reported Incidents

1. Falls
2. Infections
3. Hospitalisations

Have feedback?

Fill in the Feedback Form at salveohealth.com.au, email general@salveohealth.com.au or call 1300 313 375

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