

The CAPICHe Trial
Costs to Australian Private Insurance - Coaching Health

BUPA Fund members
(~3 million)



Meet inclusion / exclusion criteria



A proportion, dependent upon capacity of health coaches,
are randomly selected using SurveySelect



Standard demographic
profiling

Randomisation
[stratified for chronic condition and risk score]
4:1 allocation ratio to intervention and control



Usual Care



CAPICHe Intervention

- Mailed programme awareness

- Mailed programme awareness
- Mailed tailored educational material
- Mailed outreach to encourage the member to talk with health coach
- Outbound health coach outreach and follow up calls (min. 1 call first month)
- Access to inbound health coach call centre
- Mailed health coach material



Minimum Follow-up 12 months
[from randomisation into treatment group]

Primary Outcome:	Total (non-maternity) health care cost per member to the private health insurer
Secondary Outcome:	Cost by type of service; Hospitalisation rate; "Impactable" hospitalisation rate; Hospitalisation by type of service; Same-day hospital admission rates; Inpatient bed days.