

## How to claim your health & wellness benefit

Please refer to the table below as a guide for the documents required when claiming your Health and Wellness benefits. Also note benefits are only payable if not claimable through Medicare.

Health and Wellness benefit category	Documents required
<b>Weight loss and fitness</b>	
Gym membership	Health Management Program Approval Form and accounts/receipts
Weight management	Health Management Program Approval Form and accounts/receipts
NIDDM resistance training	Health Management Program Approval Form and accounts/receipts
Exercise classes	Health Management Program Approval Form and accounts/receipts
Personal health coaching	Health Management Program Approval Form and accounts/receipts
Swimming program	Health Management Program Approval Form and accounts/receipts
<b>Wellbeing</b>	
Stress management	Health Management Program Approval Form and accounts/receipts
Medical bracelets	Health Management Program Approval Form and accounts/receipts
Yoga	Health Management Program Approval Form and accounts/receipts
Quit smoking programs	Accounts/receipts only
Nicotine replacement products	Accounts/receipts only
Health education classes	Accounts/receipts only
Illness related association memberships	Accounts/receipts only
Lithotripsy	Accounts/receipts only
<b>Health screenings</b>	
Mammogram	Accounts/receipts only
Pap smear - thin prep	Accounts/receipts only
Ambulatory blood pressure monitoring	Accounts/receipts only
Health screenings e.g. bone density, coronary CT, and MRI	Accounts/receipts only
Health checks - heart health checks and medical tests prior to fitness training programs	Accounts/receipts only
<b>Other</b>	
Childbirth education classes	Accounts/receipts only

### Health Management Program Approval Form

- Due to Federal Government legislation, we require this form for the benefits outlined above.
- Have your health provider complete, sign and date this form, preferably prior to commencing a program/service.
- This form is valid for 12 months from the provider's signed date.

### Accounts/receipts

- Accounts or receipts should be on the provider's official account or letterhead. All accounts must be itemised and show the name and practice address of the person providing the service. The account must also state the name of the person receiving the service, a description of the service, the date the service was provided and the cost of the service.
- Cash register docket, copies of credit card receipts or bank statements are not acceptable documents for making claims. You should ask the provider to provide you with an itemised receipt as outlined above. Providers are accustomed to doing this and are happy to do so if requested. You will often find it is necessary to request this type of receipt when you are making purchases from chemists.

### General information

- There are no limitations on the number of services/programs you can claim within each benefit category up to your annual limit.
- Limits apply per calendar year (1st January to 31st December).
- There is a two-month waiting period before Health and Wellness benefits can be claimed.

### Medical bracelets

- A pharmacist may sign the Health Management Program Approval Form or provide a pharmacist letter to state who the bracelet is for and for what medical reason it is required.

### Benefits will not be paid

- If Health Management Program Approval Form is not supplied or is incomplete (for services which require the form).
- For first aid kits.
- For food, supplements, vitamins, books, videos, CD/DVDs, online programs.
- For heart rate monitoring.
- If the benefit is claimable through Medicare.