

Health and Wellness

Effective 1 April 2017. Limits are per person per calendar year (1 January to 31 December) unless otherwise stated.

Benefit category Benefits are only payable if not claimable through Medicare	Benefit	Ultimate Choice	Easy Choice	Young Choice	Comprehensive Extras	Family Extras	Healthy Options (60%) Extras	Mid Range Extras
		Overall annual limit	Overall annual limit	Overall annual limit	Overall annual limit	Overall annual limit	Overall annual limit	Overall annual limit
		\$300 single membership \$600 single parent/couple/family membership	\$240 single membership \$480 single parent/couple/family membership	\$150 single membership \$300 single parent/couple/family membership	\$270 single membership \$540 single parent/couple/family membership	\$240 single membership \$480 single parent/couple/family membership	\$150 single membership \$300 single parent/couple/family membership	\$200 single membership \$400 single parent/couple/family membership
Health screenings Mammogram, pap smear – Thin Prep, ambulatory blood pressure monitoring, bone density screening, coronary CT, MRI, health checks - heart health checks and medical tests prior to fitness training programs, foetal screenings	Up to 80%	Sub limit \$120 per person	Sub limit \$100 per person	Sub limit \$85 per person	Sub limit \$110 per person	Sub limit \$120 per person	60% of cost	Sub limit \$90 per person
Wellbeing Quit smoking programs ¹ , nicotine replacement products ² , illness related association memberships, health education classes ³ , lithotripsy, medical bracelets ³ , stress management ³ , yoga ³	Up to 80%	Sub limit \$150 per person	Sub limit \$130 per person	Sub limit \$80 per person	Sub limit \$140 per person	Sub limit \$120 per person	60% of cost	Sub limit \$110 per person
Weight loss and fitness³ Weight loss, exercise and health programs as recommended by your practitioner	Up to 80%	Sub limit \$160 per person	Sub limit \$140 per person	Sub limit \$120 per person	Sub limit \$140 per person	Sub limit \$120 per person	60% of cost	Sub limit \$120 per person
Other Childbirth education classes (one per membership) ⁴	Up to 80%	Sub limit \$225 per membership	Sub limit \$180 per membership	N/A	Sub limit \$200 per membership	Sub limit \$120 per membership	60% of cost	Sub limit \$160 per membership

Notes

1. Please contact us for details of approved programs.
2. Where not covered under Pharmaceutical Benefits Scheme (PBS).
3. All services are to assist people in the management of their chronic disease. Due to legislation TUH can only pay a benefit for these items when there is a health management plan recommended by your medical practitioner. Benefits are paid when TUH receives the Health Program Approval form (completed by your medical practitioner prior to commencing a program/service), along with valid receipts. Please visit tuh.com.au or contact us on 1300 360 701 for the form. Benefits are only payable when not claimable through another benefit category.
4. When conducted by a doctor, hospital or midwife.