

Comprehensive Extras

Effective 1 January 2019

Please read this product guide in conjunction with information on our website and the Important Information Guide.

The extras cover that works as hard as you do. When you're not willing to compromise on looking after your health and well-being, this is the cover for you. With dental, optical, natural therapies, health and wellness programs, and much more, you'll be feeling better in no time!

Extras cover

Limits are per person, per calendar year, unless otherwise stated. Benefits are only payable up to the annual limit.

Services	Waiting periods (months)	Benefit	Annual limit
Dental			
General	2		
Preventive dental		Set dental benefits depend on item number	No limits apply
General dental			No limits apply
Major	12		\$3,400+
Crowns and bridges		Set dental benefits depend on item number	\$750+
Dentures			\$650+
Endodontia			\$400+
Periodontia			\$400+
Dental implants			\$500+
Inlays, onlays, facings			\$400+
Anti-snore device			\$300
Orthodontia			\$1,000
Optical	2		Set benefits apply
Frames only		\$167	
Complete set of glasses		100%	
Single vision lenses		\$127	
Bi-focal lenses		\$130	
Tri-focal lenses		\$113	
Graduated/progressive lenses		\$147	
Repairs to frames		\$60	
Contact lenses—hard/soft toric		\$165	
Contact lenses—hard/soft spherical		\$125	
Disposable contact lenses (single/pair)		\$30/\$60	
Physiotherapy	2		\$700+ overall
Initial/subsequent consultations		\$55/\$47	
Exercise physiology		\$26	\$200
Hydrotherapy consultations		\$25	
Group physiotherapy/exercise physiology/Pilates/hydrotherapy		\$20	\$250
Paediatric assessment (one per year)		\$63	
Antenatal/postnatal physiotherapy	2	\$17	\$140+
Chiropractic	2		\$400+
Initial/subsequent consultations		\$42/\$33	
X-rays (one per year)		\$63	


Dental items are as defined by the Australian Dental Association (ADA) schedule and at TUH's discretion. Contact TUH when you have obtained an itemised treatment plan from your dentist for information on actual benefits payable. The surgical removal of teeth (including wisdom teeth) is included in general dental.

Replacement every 3 years from date of previous supply.

The lifetime limit for orthodontia with Comprehensive Extras is \$2,800. See the Important Information Guide for details.

No benefit for additional lens treatments (eg. tinting/hardcoating/transitional).

Must be provided as part of a treatment plan.

Limits increase 
The plus icon indicates where limits increase with years of membership. See page 4 for details.

Services (cont.)	Waiting periods (months)	Benefit	Annual limit
Natural therapies —aromatherapy, Bowen therapy, homeopathy, massage therapy, myotherapy, naturopathy	2		\$400+/person \$800+/membership
Consultation only		\$37	
Psychology/hypnotherapy	2		\$400+
Initial/subsequent consultations		\$85/\$81	
Psychometric assessment (one per year)		\$116	
Group consultations (psychology only)		\$35	
Podiatry	2		\$400+
Initial/subsequent consultations		\$42/\$37	
Podiatric surgery (outpatient)		85%	
Orthotics	12		\$300+ overall
Orthopaedic shoes (custom-made)		85%	
Orthotics (custom-made)		85%	
Orthotics (customised/moulded)		85%	\$240
Orthotics repair	2	85%	\$100
Osteopathy	2		\$400+
Initial/subsequent consultations		\$42/\$37	
X-rays (one per year)		\$63	
Speech therapy	2		\$400+
Initial/subsequent consultations		\$60/\$34	
Paediatric assessment (one per year)		\$90	
Family/group consultations		\$17	
Occupational therapy	2		\$400+
Initial/subsequent consultations		\$50/\$35	
Group consultations		\$22.50	
Paediatric assessment (one per year)		\$71	
Other therapies			
Acupuncture (initial/subsequent)	2	\$38/\$33	\$400+
Orthoptics (initial/subsequent)	2	\$32/\$25	\$200+
Mechanical/health devices	12		\$620+ overall
Blood glucose/blood pressure monitors/nebuliser			\$550+
Mechanical health appliances			\$200
Health aids		85%	\$120
CPAP/APAP/BiPAP machine			
CPAP accessories (mask/tubing/chin strap) and repairs			\$100
Home nursing and lactation nurse	2		\$600+
Home nursing		\$80/day	
Lactation nurse		\$30/day	
Remote travel and accommodation	2		\$100
Accommodation		\$50/night	
Return travel over 300 kilometres		Up to \$100	
Ambulance emergency transport	2	Refer to the Important Information Guide	

Provider must be a registered natural therapist approved by TUH.

No benefit paid for counsellors.

HICAPS item numbers 429-475 and 541-562 payable when performed in rooms.

When recommended by an approved health professional.

Limit 2 per person, per visit.

Look out for:

Per person/membership

An individual within a family, single parent, or couple cover can claim up to the per person limit, provided the membership limit has not been exceeded.

Initial consultation

Limit of one per year.

Must be ordered by a medical practitioner and the written order must be provided to TUH.

Must be custom-made or customised and prescribed and fitted by a qualified medical practitioner.

Replacement every 3 years from date of previous supply.

Provided by a registered nurse for a specific condition.

Benefits are payable towards the cost of travel and/or accommodation for the provision of hospital, medical and extras that cannot be obtained within 150 kilometres directly from the home address. Refer to the Important Information Guide for more details.

Services (cont.)	Waiting periods (months)	Benefit	Annual limit
Other			
Active Health Bonus	6	100%	\$75/single \$150/family
Audiology (initial/subsequent)	2	\$60/\$50	\$200+
Dietetics (initial/subsequent)	2	\$41/\$22	\$400+
Hearing aids	12	\$1,000/ear	\$2,000
Health and wellness (see next page)	2	80%	\$270/single \$540/family
Midwife services	6	\$60	\$600
Prostheses (custom-made)	12	85%	\$1,500+
Pharmaceuticals (approved only)	2	\$54	\$550+

Only available in combination with any Total Care Hospital cover. Participation in online Health-e-Profile required.

Replacement every 3 years from date of previous supply.

An individual within a family, single parent, or couple cover can claim up to the per person limit, provided membership limit has not been exceeded.

One per year. For non-implanted, TUH-approved prosthetic appliances when ordered by a medical practitioner.

Increasing annual limits

Limits are per person, per calendar year, unless otherwise stated.

Services	Limits			
	1-2	3-4	5-6	7+
Years of membership				
Major Dental	\$3,400	\$3,725	\$4,050	\$4,695
Crowns and bridges	\$750	\$825	\$900	\$1,050
Dentures	\$650	\$730	\$810	\$900
Endodontia	\$400	\$440	\$480	\$560
Periodontia	\$400	\$440	\$480	\$560
Dental implants	\$500	\$550	\$600	\$765
Inlays, onlays, facings	\$400	\$440	\$480	\$560
Optical	\$250	\$260	\$270	\$280
Home nursing and lactation nurse	\$600	\$630	\$660	\$720
Mechanical/health devices	\$620	\$655	\$690	\$725
Blood glucose/blood pressure monitors/nebuliser	\$550	\$580	\$605	\$660
Therapies				
Acupuncture	\$400	\$420	\$440	\$480
Antenatal/postnatal physiotherapy	\$140	\$145	\$155	\$170
Chiropractic	\$400	\$420	\$440	\$480
Natural therapies	\$400/person \$800/membership	\$420/person \$840/membership	\$440/person \$880/membership	\$480/person \$960/membership
Occupational therapy	\$400	\$420	\$440	\$480
Orthoptics	\$200	\$210	\$220	\$240
Orthotics	\$300	\$315	\$330	\$360
Osteopathy	\$400	\$420	\$440	\$480
Physiotherapy	\$700	\$720	\$740	\$760
Psychology/hypnotherapy	\$400	\$420	\$440	\$480
Podiatry	\$400	\$420	\$440	\$480
Speech therapy	\$400	\$420	\$440	\$480
Other				
Audiology	\$200	\$210	\$220	\$240
Dietetics	\$400	\$420	\$440	\$480
Prostheses	\$1,500	\$1,575	\$1,650	\$1,800
Pharmaceuticals	\$550	\$580	\$605	\$660

Health and wellness

Please contact us for details of approved Wellbeing programs. Due to legislation, benefits are only payable if not claimable through Medicare.

Services

	Benefit	Annual limit
Health and wellness		\$270/single \$540/family
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	80%	\$110/person
Wellbeing Quit smoking programs, nicotine replacement products (where not covered under the PBS), illness related association memberships, health education classes, lithotripsy, medical bracelets, stress management, yoga	80%	\$140/person
Weight loss and fitness Weight loss, exercise and health programs as recommended by your practitioner	80%	\$140/person
Other Childbirth education class, when conducted by a doctor, hospital, or midwife (one per membership)	80%	\$200/membership

Per single/family cover

An individual on a single cover can only claim up to the single limit, whereas persons under a family, single parent, or couple cover can claim up to the family limit.

Highlighted items

These 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 or provided by your medical practitioner.

You can apply by submitting a Health Program Approval form (completed by your medical practitioner prior to commencing a program/service), along with valid receipts. Please visit our website tuh.com.au or contact us on 1300 360 701 for the form. Benefits are only payable when not claimable through another benefit category.

Visit tuh.com.au or contact us on 1300 360 701 for more information about products and services, government initiatives, our privacy policy, the complaints process, and fund rules.

Family Extras

Effective 6 September 2018

Please read this product guide in conjunction with information on our website and the Important Information Guide.

Designed with families in mind, this cover looks after parents and children alike, with affordable cover for everybody in your family. Services include optical, speech therapy, orthotics, many natural and alternative therapies, and limitless preventative dental.

Extras cover

Limits are per person, per calendar year, unless otherwise stated. Benefits are only payable up to the annual limit.

Services	Waiting periods (months)	Benefit	Annual limit
Dental			
General	2		
Preventive dental		Set dental benefits depend on item number	No limits apply
General dental			No limits apply
Major	12		\$2,000 overall
Crowns and bridges		Set dental benefits depend on item number	\$650
Dentures			\$600
Endodontia			\$450
Periodontia			\$450
Dental implants			\$450
Inlays, onlays, facings			\$450
Anti-snore device			\$300
Orthodontia			\$850
Optical	6	Set benefits apply	\$250
Frames only		\$115	
Complete set of glasses		100%	
Single vision lenses		\$135	
Bi-focal lenses		\$135	
Tri-focal lenses		\$135	
Graduated/progressive lenses		\$135	
Repairs to frames		\$60	
Contact lenses—hard/soft toric		\$140	
Contact lenses—hard/soft spherical		\$100	
Disposable contact lenses (single/pair)		\$31/\$62	
Alternative therapies	2		\$600 overall
Acupuncture (initial/subsequent)		\$50/\$40	
Natural therapies —aromatherapy, Bowen therapy, homeopathy, massage therapy, myotherapy, naturopathy		\$40	\$400
Osteopathy			
Initial/subsequent consultations		\$50/\$40	
X-rays (one per year)		\$63	
Chiropractic	2		\$400/person \$1,000/membership
Initial/subsequent consultations		\$50/\$40	
X-rays (one per year)		\$70	

Dental items are as defined by the Australian Dental Association (ADA) schedule and at TUH's discretion. Contact TUH when you have obtained an itemised treatment plan from your dentist for information on actual benefits payable. The surgical removal of teeth (including wisdom teeth) is included in general dental.

Replacement every 3 years from date of previous supply.

The lifetime limit for orthodontia with Family Extras is \$2550. See the Important Information Guide for more details.

No benefit for additional lens treatments (eg. tinting/hardcoating/transitional).

Provider must be a registered natural therapist approved by TUH.

Look out for:

Per person/membership

An individual within a family, single parent, or couple cover can claim up to the per person limit, provided the membership limit has not been exceeded.

Services (cont.)	Waiting periods (months)	Benefit	Annual limit
Physiotherapy	2		\$700 overall
Initial/subsequent consultations		\$60/\$50	
Exercise physiology		\$30	\$250
Group physiotherapy/exercise physiology/Pilates/hydrotherapy		\$20	
Paediatric assessment (one per year)		\$80	
Antenatal/postnatal		\$17	
Psychology/hypnotherapy	2		\$400
Initial/subsequent consultations		\$75/\$63	
Psychometric assessment (one per year)		\$116	
Group consultations (psychology only)		\$35	
Podiatry	2		\$300
Initial/subsequent consultations		\$40/\$35	
Podiatric surgery (outpatient)		85%	
Orthotics	12		
Orthopaedic shoes (custom-made)		85%	
Orthotics (custom-made)		80%	
Orthotics (customised/moulded)		85%	\$200
Orthotics repair	2	85%	\$100
School accident cover	2		\$400/person \$800/membership
Return travel		Up to \$100	\$100
Physiotherapy		85%	\$60
Parking expenses		100%	\$100
Remote travel and accommodation	2		\$100
Accommodation		\$45/night	
Return travel over 300 kilometres		Up to \$100	
Speech therapy	2		\$400
Initial/subsequent consultations		\$100/\$50	
Paediatric assessment (one per year)		\$150	
Family/group consultations		\$40	
Occupational therapy	2		\$300
Initial/subsequent consultations		\$50/\$35	
Group consultations		\$17.50	
Paediatric assessment (one per year)		\$60	
Mechanical/health devices	12		\$600 overall
Blood glucose/blood pressure monitors/nebuliser			\$400 overall
Mechanical health appliances			\$400
Health aids		85%	\$200
CPAP/APAP/BiPAP machine			\$120
CPAP accessories (mask/tubing/chin strap) and repairs			\$600
Prostheses (custom-made)	12		\$100
Home nursing and lactation nurse	2		\$500
Home nursing		\$50/day	
Lactation nurse		\$50/day	
Ambulance emergency transport	2	Refer to the Important Information Guide	

Look out for:

Initial consultation

Limit of one per year.

Must be provided as part of a treatment plan.

No benefit paid for counsellors.

HICAPS item numbers 429-475 and 541-562 payable when performed in rooms.

When recommended by an approved health professional.

Covers your dependent child for accidents occurring while attending, or travelling to or from school or an organised school activity. Benefit is limited to single parent and family cover only.

Benefits are payable towards the cost of travel and/or accommodation for the provision of hospital, medical and extras that cannot be obtained within 150 kilometres directly from the home address. Refer to the Important Information Guide for more details.

Must be ordered by a medical practitioner and the written order must be provided to TUH.

Must be custom-made or customised and prescribed and fitted by a qualified medical practitioner.

Replacement every 3 years from date of previous supply.

One per year. For non-implanted, TUH-approved prosthetic appliances when ordered by a medical practitioner.

Provided by a registered nurse for a specific condition.

Services (cont.)	Waiting periods (months)	Benefit	Annual limit
Other			
Audiology (initial/subsequent)	2	\$70/\$60	\$200
Dietetics (initial/subsequent)	2	\$30/\$20	\$300
Hearing aids	12	100%	\$600/ear
Health and wellness (see below)	2	80%	\$240/single \$480/family
Midwife services	6	\$50	\$600
Orthoptics (initial/subsequent)	2	\$32/\$25	\$200
Pharmaceuticals (approved only)	2	\$70	\$500

Replacement every 3 years from date of previous supply.

Health and wellness

Please contact us for details of approved Wellbeing programs. Due to legislation, benefits are only payable if not claimable through Medicare.

Services	Benefit	Annual limit
Health and wellness		\$240/single \$480/family
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	80%	\$120/person
Wellbeing Quit smoking programs, nicotine replacement products (where not covered under the PBS), illness related association memberships, health education classes, lithotripsy, medical bracelets, stress management, yoga	80%	\$120/person
Weight loss and fitness Weight loss, exercise and health programs as recommended by your practitioner	80%	\$120/person
Other Childbirth education class, when conducted by a doctor, hospital, or midwife (one per membership)	80%	\$120/membership

Per single/family cover

An individual on a single cover can only claim up to the single limit, whereas persons under a family, single parent, or couple cover can claim up to the family limit.

Highlighted items

These 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 or provided by your medical practitioner. You can apply by submitting a Health Program Approval form (completed by your medical practitioner prior to commencing a program/service), along with valid receipts. Please visit our website tuh.com.au or contact us on 1300 360 701 for the form. Benefits are only payable when not claimable through another benefit category.

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Mid Range Extras

Effective 1 January 2019

Please read this product guide in conjunction with information on our website and the Important Information Guide.

Take charge of your overall health and well-being with this mid-range extras cover. You can access benefits for dental, optical, natural therapies, health and wellness programs, and more.

Extras cover

Limits are per person, per calendar year, unless otherwise stated. Benefits are only payable up to the annual limit.

Services	Waiting periods (months)	Benefit	Annual limit
Dental			
General	2		\$600
Preventive dental		Set dental benefits depend on item number	
General dental			
Major	12		\$1,000 overall
Crowns, bridges and dental implants		Set dental benefits depend on item number	\$580+
Dentures			\$550+
Endodontia			\$300
Orthodontia			100%
Anti-snore device			\$300
Optical	6	Set benefits apply	\$220
Frames only		\$130	
Complete set of glasses		\$220	
Single vision lenses		\$106	
Bi-focal lenses		\$105	
Tri-focal lenses		\$90	
Graduated/progressive lenses		\$120	
Repairs to frames		\$50	
Contact lenses—hard/soft toric		\$145	
Contact lenses—hard/soft spherical		\$105	
Disposable contact lenses (single/pair)		\$24/\$47	
Alternative therapies	2		\$400 overall
Acupuncture (initial/subsequent)		\$32/\$27	\$350
Natural therapies —aromatherapy, Bowen therapy, homeopathy, myotherapy, naturopathy		\$30	\$350/person \$700/membership
Massage therapy		\$32	
Osteopathy			\$300
Initial/subsequent consultations		\$31/\$26	
X-rays (one per year)		\$50	

Dental items are as defined by the Australian Dental Association (ADA) schedule and at TUH's discretion. Contact TUH when you have obtained an itemised treatment plan from your dentist for information on actual benefits payable.

The surgical removal of teeth (including wisdom teeth) is included in general dental.

The lifetime limit for orthodontia with Mid Range Extras is \$1,650. See the Important Information Guide for more details.

No benefit for additional lens treatments (eg. tinting/hardcoating/transitional).

Provider must be a registered natural therapist approved by TUH.

Things to look out for

Initial consultation

Limit of one per year.

Per person/membership

An individual within a family, single parent, or couple cover can claim up to the per person limit, provided the membership limit has not been exceeded.

Limits increase

The plus icon indicates where limits increase with years of membership. See page 3 for details.



Services (cont.)	Waiting periods (months)	Benefit	Annual limit
Physiotherapy	2		\$600 overall
Initial/subsequent consultations		\$40/\$35	
Exercise physiology		\$25	\$100
Group physiotherapy/exercise physiology (includes Pilates/hydrotherapy)		\$17	\$150
Antenatal/postnatal		\$17	\$110
Chiropractic	2		\$300
Initial/subsequent consultations		\$32/\$26	
X-rays (one per year)		\$50	
Other therapies	2		\$350 overall
Dietetics (initial/subsequent)		\$31/\$17	\$150
Podiatry (initial/subsequent)		\$34/\$28	\$250
Occupational therapy			\$150
Initial/subsequent consultations		\$35/\$27	
Group consultations		\$17.50	
Psychology/hypnotherapy	2		\$250
Initial/subsequent consultations		\$70/\$55	
Group consultations (psychology only)		\$30	
Speech therapy			\$150
Initial/subsequent consultations		\$50/\$25	
Family/group consultations		\$12	
Other			
Health and wellness (see next page)	2	80%	\$200/single \$400/family
Pharmaceuticals (approved only)	2	\$50	\$400
Ambulance emergency transport	2	Refer to the Important Information Guide	

Provided by a physiotherapist/exercise physiologist as part of a treatment plan.

Benefits not payable for orthotics and podiatric surgery.

No benefit paid for counsellors.

Increasing annual limits

Limits are per person, per calendar year, unless otherwise stated.

Services	Limits				
	Years of membership	1-2	3-4	5-6	7+
Crowns and bridges	\$580			\$680	
Dentures	\$550	\$600	\$650	\$700	

Health and wellness

Please contact us for details of approved Wellbeing programs. Due to legislation, benefits are only payable if not claimable through Medicare.

Services	Benefit	Annual limit
Health and wellness		\$200/single \$400/family
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	80%	\$90/person
Wellbeing Quit smoking programs, nicotine replacement products (where not covered under the PBS), illness related association memberships, health education classes, lithotripsy, medical bracelets, stress management, yoga	80%	\$110/person
Weight loss and fitness Weight loss, exercise and health programs as recommended by your practitioner	80%	\$120/person
Other Childbirth education class, when conducted by a doctor, hospital, or midwife (one per membership)	80%	\$160/membership

Per single/family cover

An individual on a single cover can only claim up to the single limit, whereas persons under a family, single parent, or couple cover can claim up to the family limit.

Highlighted items

These 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 or provided by your medical practitioner.

You can apply by submitting a Health Program Approval form (completed by your medical practitioner prior to commencing a program/service), along with valid receipts. Please visit our website tuh.com.au or contact us on 1300 360 701 for the form. Benefits are only payable when not claimable through another benefit category.

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Healthy Options Extras



Effective 1 April 2018

Please read this product guide in conjunction with information on our website and the Important Information Guide.

Take the guesswork out of your extras cover and get 60% back on a wide range of treatments up to your annual limits. Treatments available include dental, optical, physiotherapy, natural therapies, and health and wellness services.

Extras cover

Limits are per person, per calendar year, unless otherwise stated. Benefits are only payable up to the annual limit.

Services	Waiting periods (months)	Benefit	Annual limit
Dental			\$1,000 overall
General	2		
Preventive dental		60%	
General dental			
Major	12		
Crowns and bridges			
Dentures			
Endodontia			
Periodontia		60%	
Dental implants			
Inlays, onlays, facings			
Orthodontia			\$700
Anti-snore device			
Optical	6		\$250
Frames only			
Single vision lenses			
Bi-focal lenses			
Tri-focal lenses			
Graduated/progressive lenses		60%	
Repairs to frames			
Contact lenses—hard/soft toric			
Contact lenses—hard/soft spherical			
Disposable contact lenses (single/pair)			
Physiotherapy	2		\$450
Consultations			
Exercise physiology			
Group physiotherapy/exercise physiology (includes Pilates/hydrotherapy)		60%	
Paediatric assessment (one per year)			
Antenatal/postnatal			
Ambulance emergency transport	2	Refer to the Important Information Guide	

Dental items are as defined by the Australian Dental Association (ADA) schedule and at TUH's discretion. Contact TUH when you have obtained an itemised treatment plan from your dentist for information on actual benefits payable. The surgical removal of teeth (including wisdom teeth) is included in general dental.

The lifetime limit for orthodontia with Healthy Options Extras is \$2,100. See the Important Information Guide for more details.

Replacement every 3 years from date of previous supply.

No benefit for additional lens treatments (eg. tinting/hardcoating/transitional).

Provided by a physiotherapist/exercise physiologist as part of a treatment plan.

Services (cont.)	Waiting periods (months)	Benefit	Annual limit
Other therapies	2		\$500
Acupuncture			
Natural therapies —aromatherapy, Bowen therapy, homeopathy, massage therapy, myotherapy, naturopathy		60%	
Podiatry			
Chiropractic			
Consultations		60%	
X-rays (one per year)			
Osteopathy			
Consultations		60%	
X-rays (one per year)			
Psychology/hypnotherapy			
Consultations			
Psychometric assessment (one per year)		60%	
Group consultations (psychology only)			
Other			
Health and wellness (see below)	2	60%	\$150/person \$300/membership

Provider must be a registered natural therapist approved by TUH.

Benefits not payable for orthotics or podiatric surgery.

No benefit paid for counsellors.

An individual within a family, single parent, or couple cover can claim up to the per person limit, provided membership limit has not been exceeded.

Health and wellness

Please contact us for details of approved Wellbeing programs. Due to legislation, benefits are only payable if not claimable through Medicare.

Services

	Benefit	Annual limit
Health and wellness		\$150/single \$300/family
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	60%	
Wellbeing Quit smoking programs, nicotine replacement products (where not covered under the PBS), illness-related association memberships, health education classes, lithotripsy, medical bracelets, stress management, yoga	60%	
Weight loss and fitness Weight loss, exercise and health programs as recommended by your practitioner	60%	
Other Childbirth education class, when conducted by a doctor, hospital, or midwife (one per membership)	60%	

Per single/family cover

An individual on a single cover can only claim up to the single limit, whereas persons under a family, single parent, or couple cover can claim up to the family limit.

Highlighted items

These 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 or provided by your medical practitioner. You can apply by submitting a Health Program Approval form (completed by your medical practitioner prior to commencing a program/service), along with valid receipts. Please visit our website tuh.com.au or contact us on 1300 360 701 for the form. Benefits are only payable when not claimable through another benefit category.

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Basic Extras

Effective 1 January 2019

Please read this product guide in conjunction with information on our website and the Important Information Guide.

Take charge of your overall health and wellbeing with Basic Extras. You can access benefits for dental, optical, natural therapies, Health & Wellness programs, and more. This cover stands alone, or you can combine it with a hospital cover—the choice is yours!

Extras cover

Limits are per person, per calendar year, unless otherwise stated. Benefits are only payable up to the annual limit.

Services	Waiting periods (months)	Benefit	Annual limit
Dental	2		\$400
General and preventative dental		Set dental benefits depend on item number	
Optical	2	Set benefits apply	\$160
Frames only		\$70	
Repairs to frames		\$60	
Complete set of glasses		100%	
Single vision lenses		\$90	
Bi-focal lenses		\$90	
Tri-focal lenses		\$100	
Graduated/progressive lenses		\$122	
Contact lenses—hard/soft toric		\$160	
Contact lenses—hard/soft spherical		\$125	
Disposable contact lenses (single/pair)		\$21/\$42	
Other	2		\$400 overall
Homeopathy		\$28	\$200 overall
Massage therapy		\$30	
Naturopathy		\$28	
Osteopathy			
Initial/subsequent consultations		\$37/\$33	
X-rays (one per year)		\$63	
Chiropractic			\$200 overall
Initial/subsequent consultations		\$30/\$23	
X-rays (one per year)		\$63	
Psychology/hypnotherapy			\$250
Initial/subsequent consultations		\$70/\$55	
Group consultations (psychology only)		\$30	
Physiotherapy			\$200 overall
Initial/subsequent consultations		\$33/\$27	
Exercise physiology		\$23	\$100
Antenatal/postnatal		\$17	\$85
Group physiotherapy/exercise physiology (includes Pilates/hydrotherapy)		\$17	\$150
Pharmaceuticals (approved only)		\$50	\$250
Ambulance emergency transport	2	Refer to the Important Information Guide	

Dental items as defined by the Australian Dental Association (ADA) schedule and at TUH's discretion. Contact TUH when you have obtained an itemised treatment plan from your dentist for information on actual benefits payable. Major dental and surgical removal of teeth are not included.

No benefit for additional lens treatments (eg. tinting/hardcoating/transitional).

Provider must be a registered natural therapist approved by TUH.

Initial consultation
Limit of one per year.

No benefit paid for counsellors.

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Queensland Teachers' Union Health Fund Limited
ABN 38 085 150 376