

Health and wellness

Effective 1 April 2018. Limits are per person per calendar year (1 January to 31 December) unless otherwise stated. Please contact us for details of approved Wellbeing programs. Benefits are only payable if not claimable through Medicare.

		Ultimate Choice	Easy Choice	Young Choice	Comprehensive Extras	Family Extras	Healthy Options Extras	Mid Range Extras
Services	Benefit	\$300 per person \$600 per membership	\$240 per person \$480 per membership	\$150 per person \$300 per membership	\$270 per person \$540 per membership	\$240 per person \$480 per membership	\$150 per person \$300 per membership	\$200 per person \$400 per 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%	\$120/person	\$100/person	\$85/person	\$110/person	\$120/person	60%	\$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	Up to 80%	\$150/person	\$130/person	\$80/person	\$140/person	\$120/person	60%	\$110/person
Weight loss and fitness Weight loss, exercise and health programs as recommended by your practitioner	Up to 80%	\$160/person	\$140/person	\$120/person	\$140/person	\$120/person	60%	\$120/person
Other Childbirth education class, when conducted by a doctor, hospital, or midwife (one per membership)	Up to 80%	\$225/ membership	\$180/ membership	N/A	\$200/ membership	\$120/ membership	60%	\$160/ membership

Highlighted items (above)

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.

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 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.