

HEALTHY LIFESTYLE PROGRAM FORM



UPDATED APRIL 2020

CHECKLIST

- Choose your approved program provider
- Complete this form in conjunction with your treating medical practitioner or allied health provider
- Submit your claim ensuring that all declarations are signed and that the original accounts or receipts are attached
- Leaving a section blank or without the required information may delay the processing of your claim

IMPORTANT INFORMATION - PLEASE READ

Am I eligible to claim a Healthy Lifestyle Benefit?

The Healthy Lifestyle Benefit is available under all Nurses & Midwives Health Extras products, providing practical support to help you reach your health-related goals by covering some of the costs of approved health-related programs.

Visit nmhealth.com.au or call 1300 344 000 for a list of approved programs and to find out your calendar year limit for this benefit.

What is the waiting period for Healthy Lifestyle Benefit?

A six month waiting period applies to this benefit.

Why do I have to complete this form?

To ensure that Nurses & Midwives Health complies with the government's legislative requirements, these benefits can only be paid where the program has been recommended by your treating medical practitioner or Allied Health provider to ameliorate a specific health condition.

How often do I need to complete this form?

To continue claiming this benefit you must submit a new Healthy Lifestyle Program form every 24 months.

Can I claim for the cost of getting this form completed?

Costs incurred for the completion of this form by your treating medical practitioner or allied health provider are not covered by Nurses & Midwives Health.

How do I claim this benefit?

- Step 1** Complete this form in conjunction with your treating medical practitioner or allied health provider.
- Step 2** Choose your approved program provider.
- Step 3** Submit your claim ensuring that all declarations are signed and that the original accounts or receipts are attached. Leaving a section blank or without the required signature may delay the processing of your claim.

What documentation do I need to include with my claim?

| Healthy Lifestyle Benefit Category | Documents Required |
|------------------------------------|--|
| Weight management | Healthy Lifestyle Program form + account/receipt |
| Health / Preventative screening | Account/receipt only |
| Disease management subscriptions | Account/receipt only |
| Gym membership | Healthy Lifestyle Program form + account/receipt |
| Training | Healthy Lifestyle Program form + account/receipt |

For a list of approved programs under each of these categories please visit nmhealth.com.au or call 1300 344 000. Where benefits are not payable:

- First aid courses or kits
- Food supplements, vitamins, books, videos/dvds
- Exercise equipment e.g. treadmills, fitballs
- Where benefit can be obtained through Medicare

Accounts or receipts

Accounts or receipts should be on the provider's official letterhead or be stamped with the provider's stamp. All accounts must be itemised showing the following information:

- Name of the provider
- Address of the provider
- Name of the person receiving the service
- Description of the service
- Date the service was provided
- Cost of the service
- Whether the service has been paid for

Cash register docketts, membership agreements, copies of bank statements or credit card receipts are not accepted documents for making claims. You should ask the provider to supply you with a receipt as outlined above.

SOMETHING TO MAKE YOU APPY!

Claim on the go using our member app. Download it today, then simply take a photo of your receipt and form and submit.

It's that easy and there is no need to fill out a claim form when using the app.

Visit nmhealth.com.au/app or call 1300 344 000 for more information.

A. DETAILS OF CLAIMANT

Member number

Date of birth / /

Given names Surname

Is there any entitlement for Workers Compensation, Third Party Insurance or other damages? Yes No

If yes, please download and complete the Accident and Injury form at teachershealth.com.au

B. TO BE COMPLETED BY YOUR HEALTH PRACTITIONER

(e.g. GP, medical specialist, physiotherapist, chiropractor, occupational therapist)

Practitioner name Provider number

Phone number (including area code) Postcode

Please indicate the patient's medical condition

Please indicate the health management regime you are recommending to prevent or ameliorate the patient's medical condition.

Please indicate the length of time you are recommending for this course of treatment months

If applicable, please indicate previous years to which this recommendation applies

Declaration (to be completed by your health practitioner)

I declare that the health management regime for the above mentioned patient under my care is required to prevent or ameliorate a specific health condition and all the information I have provided is true and correct.

Signature

Provider/Practice stamp

Date / /

If the provider/practice doesn't have a business stamp, we'll require a signed letter from the provider/practice on their letterhead, confirming that they don't have a stamp. Please submit this along with the form.

C. DECLARATION - TO BE COMPLETED BY CLAIMANT

I declare that:

- The documents attached, supporting this claim, are for services rendered to myself or a dependant listed on my membership, and
- The information I have provided is true, complete and correct, and
- The claim is received as part of a health management program intended to prevent or ameliorate a specific health condition, and
- I understand that extras benefits cannot be claimed from Nurses & Midwives Health that have been or will be claimed from another source (Medicare or other government assistance programs), and
- I authorise Nurses & Midwives Health to contact any medical practitioner or provider to supply information to enable this claim to be assessed, and
- I acknowledge that a benefit may not be payable or may be reduced if the appropriate level of cover is not held, if applicable waiting periods have not been served, annual or other limits have been reached, the Healthy Lifestyle form is more than 24 months old, or the services claimed are not payable under the Nurses & Midwives Health Fund Rules.

Signature

Date / /

WHAT NEXT? Once form is completed please attach receipts and send to **GPO Box 3874, Sydney NSW 2001** or submitclaim@nmhealth.com.au

Privacy Policy: Nurses & Midwives Health respects your privacy and is committed to managing and protecting your personal and health-related information in accordance with relevant legislation in Australia. If you would like to find out more about Nurses & Midwives Health's privacy policy, visit nmhealth.com.au/privacy. Nurses & Midwives Health Pty Ltd ABN 70 611 479 237. A Registered Private Health Insurer.

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