

Robynne,
Nurses & Midwives Health member

NURSES 
MIDWIVES
HEALTH

Caring for the carers

MID EXTRAS

PRODUCT SHEET

Effective 1 April 2024

MID EXTRAS

Mid Extras covers things Nurses & Midwives Health members use the most, like dental, optical and physio, plus a range of other services, including psychology and podiatry. To find out more go to nmhealth.com.au/mid-extras

	BENEFIT (UP TO)	YEARLY LIMIT	WAITING PERIOD
DENTAL			
GENERAL DENTAL			
Periodic oral examination (012) – limit of 2 services per person/year	\$40	\$500 per person	2 months
Removal of calculus (114) – limit of 2 services per person/year	\$70		
Topical application of remineralising agent (121) – limit of 2 services per person/year	\$27		
Removal of tooth (311)	\$90		
Filling: adhesive restoration – 3 surfaces (533)	\$115		
MAJOR DENTAL			
Orthodontia (lifetime limit of \$2,500 per person)	\$300	\$300 per person	12 months
Surgical removal of a tooth requiring bone removal (324)	\$240		
Inlays/Onlays – tooth coloured – 1 surface (551)	\$273		
Inlays/Onlays – tooth coloured – 2 surfaces (552)	\$300		
Crown – veneered (615)	\$300		
Bridge pontic – direct (642)	\$300		
Dentures – upper and lower (719)	\$300		
OPTICAL			
Frames	\$100	\$200 per person	6 months
Single vision lenses – pair	\$100		
Bifocal lenses – pair	\$100		
Multifocal lenses – pair	\$100		
Contact lenses – pair	\$165		

	BENEFIT (UP TO)	YEARLY LIMIT	WAITING PERIOD
--	-----------------	--------------	----------------

THERAPIES

Chiro and Osteo	\$40	\$250 per person (sub-limits apply)	2 months
Chiro and Osteo – Group therapy	\$20		
Physio/Exercise Physiology	\$40	\$300 per person (sub-limits apply)	
Physio/Exercise Physiology – Group therapy/class therapy	\$20		
Podiatry	\$40	\$300 per person	
Psychology – Assessment	\$100	\$350 per person (sub-limits apply)	
Psychology – Initial consultation	\$72		
Psychology – Subsequent consultations	\$72		
Counselling – Initial consultation	\$50		
Counselling – Subsequent consultations	\$45		
Remedial massage, Acupuncture, Chinese herbal medicine consultations, Myotherapy.	\$36	\$400 per person	

HEALTHY LIFESTYLE

Health-related programs to address a specific health or medical condition. You're required to submit a Healthy Lifestyle Program form every 2 years, download a copy from nmhealth.com.au/healthy-lifestyle

Including weight management, gym membership and more. Visit nmhealth.com.au for a full list of programs.	100%	\$150 per person (sub-limits apply)	6 months
---	------	-------------------------------------	----------

PHARMACEUTICAL

Benefits towards non-PBS prescription medication, that's approved by the Therapeutic Goods Administration (TGA), to treat a medical condition. Benefits are not payable for contraceptives prescribed without a medical condition. A \$280 sub-limit applies for erectile dysfunction medication

Pharmaceuticals (non-PBS requiring prescription by law)	\$60	\$300 per person (sub-limits apply)	2 months
---	------	-------------------------------------	----------

EMERGENCY AMBULANCE TRANSPORT

Emergency ambulance transport	100%	\$6,000 per person	1 day
-------------------------------	------	--------------------	-------

IMPORTANT THINGS TO KNOW

WAITING PERIODS

To keep health insurance fair for everyone, you may need to wait for a while before you can claim on your Extras cover – this is a ‘waiting period’.

Waiting periods may apply if you’re **new to private health insurance**, or if you **upgrade to a higher level of cover** (with us or when you switch from another fund).

If you leave another health fund, you need to join us within 60 days to avoid re-serving any applicable waiting periods.

You don’t have to wait if you switch from another fund to the same or lower cover with us, and you’ve already served your waiting periods.

EXTRAS WAITING PERIODS

Major dental, Orthodontia	12 months
Optical, Healthy Lifestyle	6 months
All other services	2 months
Emergency ambulance transport	1 day

BENEFITS AND LIMITS

- All person and family limits are based on a calendar year from 1 January (unless stated otherwise).
- Benefits are limited to one service per person, per provider, per day.

**NURSES
MIDWIVES
HEALTH**

Caring for the carers



WHAT WE WON'T PAY FOR

We won't pay for things like:

- two services from the same provider on the same day
- services provided by an immediate family member who is covered by the same policy
- claims more than two years old
- claims where no charge has been raised, such as gift vouchers for massages
- services where benefits are payable from a third party (i.e. compensation)
- services received during any period when your membership is unfinancial or suspended
- services not included in your cover, or for which you are serving waiting periods
- services from an unrecognised provider
- claims without official receipts
- services or goods received overseas.
- Please be aware you *can* claim for face-to-face dental consultations only. You *can't* claim for home (DIY) dentistry – **this includes teeth whitening kits, orthodontic aligners and occlusal splints. If unsure, you can contact us to find out whether a benefit is payable, we're here to help.**

This is not an exhaustive list and additional exclusions may apply based on the Fund Rules.

GPO Box 9812
Sydney NSW 2001
1300 344 000

Overseas callers +61 2 8346 2134
info@nmhealth.com.au

nmhealth.com.au

This Product Sheet contains important information about your private health insurance with Nurses & Midwives Health. Please read it carefully in conjunction with the Membership Guide and retain for future reference.

The information contained within this brochure is current at the time of printing. Membership of Nurses & Midwives Health is available to current and prior members of the Australian Nursing & Midwifery Federation and its branches, and their families. Fund policyholders and those covered under a policy are subject to the rules and conditions of Nurses & Midwives Health as well as applicable government legislation and laws. This brochure contains a summary of the main rules and conditions. Premiums and benefits are subject to change. Fund policyholders are encouraged to review the Nurses & Midwives Health Privacy Policy, available at nmhealth.com.au/privacy. This brochure should be read carefully in conjunction with the Membership Guide and retained.

Teachers Federation Health Ltd ABN 86 097 030 414 trading as Nurses & Midwives Health. A Registered Private Health Insurer.

NMH-MEPS-04/24