

**TEACHERS
HEALTH** 

We're for teachers

Katie,
Teachers Health member

MID EXTRAS

PRODUCT SHEET

Effective 1 April 2026

MID EXTRAS

Mid Extras covers things Teachers 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 [teachershealth.com.au/mid-extras](https://www.teachershealth.com.au/mid-extras)

	BENEFIT (UP TO)	YEARLY LIMIT	WAITING PERIOD
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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
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THERAPIES

Chiro and Osteo	\$40	\$250 per person (Includes a sub-limit of \$100 for x-rays)	2 months
Chiro and Osteo – Group therapy	\$20		
Chiro & Osteo X-rays	75% up to \$100		
Physio/Exercise Physiology	\$40	\$300 per person (\$150 sub-limit for group/class therapy)	
Physio/Exercise Physiology – Group therapy/class therapy	\$20		
Podiatry	\$40	\$300 per person	
Psychology – Assessment	\$100	\$350 per person (includes a sub-limit of \$118 for Digital Mental Health Support)	
Psychology – Initial consultation	\$72		
Psychology – Subsequent consultations	\$72		
Psychology Group sessions – (limit of 10)	\$20		
Counselling – Initial consultation	\$50		
Counselling – Subsequent consultations	\$45		
Digital Mental Health Support with THIS WAY UP	\$59	\$400 per person	
Remedial massage, acupuncture, Chinese herbal medicine consultations, myotherapy, shiatsu, Alexander Technique, western herbal medicine and naturopathy	\$38		

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 teachershealth.com.au/healthy-lifestyle

Including weight management, gym membership and more. Visit teachershealth.com.au for a full list of programs.	100%	\$200 per person (sub-limits apply)	6 months
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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.

Pharmaceuticals/Vaccinations (non-PBS requiring prescription by law)	\$60	\$300 per person (includes a sub-limit of \$30 per person for flu vaccinations)	2 months
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EMERGENCY AMBULANCE TRANSPORT

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

BENEFITS AND LIMITS

- All person and family limits are based on a calendar year from 1 January (unless stated otherwise).
- Sub-limits are the maximum you can claim per year for a specific sub-category of a service (like group therapy on your Physiotherapy limit).
- Benefits are limited to one service per person, per provider, per day.

RECOGNISED PROVIDERS

We can only pay for services from professional medical providers who are qualified and registered. Thankfully most providers are, but do check with them before making an appointment.

For info on how to check if a counselling provider is recognised, go to teachershealth.com.au/counselling-provider

To use our provider search tool, go to teachershealth.com.au/extras-providers

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 immediate family
- 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.

TEACHERS HEALTH

We're for teachers



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This Product Sheet contains important information about your private health insurance with Teachers 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 Teachers Health is available to current and prior education union members and their families. Fund policyholders and those covered under a policy are subject to the rules and conditions of Teachers 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 Teachers Health Privacy Policy, available at teachershealth.com.au/privacy. Teachers Health is a signatory to the Private Health Insurance Code of Conduct.

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