

HCF


HCF Programs to keep you healthy


Our Health Management programs offer a benefit for a range of services that:


- help you to have a fit and healthy life
- address health issues such as stress, smoking and weight
- help manage specific medical conditions


You can claim a Health Management program if you have an eligible level of cover and served six months waiting period. You can check your Standard Information Statement for information about cover and annual limits.


What can I claim for?


 **Exercise and gym membership fees:** For an exercise program that your doctor has prescribed to address or improve a specific medical condition. Your medical practitioner is required to fill out the HCF Exercise & Gym benefits authorisation form, which can be found at www.hcf.com.au/pdf/GymForm_4.pdf


 **Weight Management:** For HCF approved programs that include a consultation with a dietician and conducted by a qualified health professional.


 **Childbirth Education:** A program delivered by a childbirth educator or qualified health professional such as a midwife or nurse. (Excludes Healthmate Starter, Healthmate Advanced, Healthmate Executive and Healthcover).


 **Lactation Consultant:** You can claim towards the services of a lactation consultant who is certified by the International Board of Lactation Consultant Examiners and recognised by us. (Excludes Healthmate Starter, Healthmate Advanced, Healthmate Executive and Healthcover).

 **First Aid Course:** For a course that is Workcover approved. (*The Workcover Number for your State is required.*)

 **Learn to Swim:** For lessons conducted by swim instructors holding AUSTSWIM qualifications, who are senior first aid accredited and who hold indemnity insurance. (*Squad and recreational swimming is excluded.*)

 **Stress Management and Quit Smoking:** For stress management and quit smoking programs conducted by a registered psychologist. For information on stress and anxiety you can visit www.beyondblue.org.au. To quit smoking, contact the Quitline Service on 13 78 48 or visit www.quitnow.info.au

 **Diabetes Association membership fees:** For information about diabetes, you can contact Diabetes Australia. www.diabetesaustralia.com.au/about_us

 **My Health Guardian:** A new and unique preventative health program to help you better manage your health, wellbeing and chronic illness. More information can be found at www.hcf.com.au/myhealthguardian

Before you start any program, please contact HCF on 13 13 34 or email service@hcf.com.au to ensure your particular program is eligible for a benefit.

How do I make a claim?

To claim this benefit, please submit your receipts together with a completed claim form. When claiming exercise and gym membership fees you and your medical practitioner need to complete the exercise and gym benefits claim form. Claim forms are available from all HCF branches and our website at www.hcf.com.au/pdf/claimform.pdf.

You do not need to submit a claim for the My Health Guardian program. This is a free service available to all HCF members who have Hospital and/or Extras cover.

Your receipts must contain the following:

- The name of the member participating in the program
- The type of program or service
- Who is providing the program or service
- Where the program takes place (address)
- Start and completion dates of program