

HEALTH AND WELLBEING PROGRAMS

We want you to get the most out of your life. So we've designed a range of health support and wellbeing programs to help you make a positive change and be your healthiest self.



FIND A PARTICIPATING NO-GAP DOCTOR

We're the first private health insurer to partner with Healthshare to help you and your GP find a specialist that will charge no-gap or a reduced gap. Available free to all Australian GPs, our members and non-members, the tool can help you access the right information to make a better-informed health decision and minimise your out-of-pocket costs. To find out more go to hcf.com.au/findaprovider



A GP AT YOUR FINGER TIPS

We've partnered with online GP service GP2U which allows you to book and receive a GP consultation via mobile or desktop. Online GP consultations can't be claimed from Medicare or private health funds, but as an HCF member you can save up to 20% on GP2U's standard rates. For more details, visit hcf.com.au/gp2u



FREE VICTOR CHANG HEART HEALTH CHECKS

The Victor Chang Cardiac Research Institute conducts roving free heart health checks for HCF members aged 18 and over with extras cover at selected HCF branches.

Visit hcf.com.au/victorchang for more information and upcoming dates and locations.



EXERCISE CLASSES AND GYM MEMBERSHIP FEES

If you have a specific medical condition and your doctor has prescribed an exercise program, you may be able to claim benefits towards it on eligible extras products. A 2 month waiting period applies.

Visit hcf.com.au/members/manage-your-health/health-management-programs for more information.



CHILDBIRTH EDUCATION

On eligible extras products, you may be able to claim for classes run by an HCF recognised childbirth educator. You must have held an eligible extras product for at least 2 months. For more information call **13 13 34**.

For information on starting a family, visit pregnancybirthbaby.org.au



BREASTFEEDING CONSULTATION

On eligible extras products you can also claim for a visit from a lactation consultant on breastfeeding your baby. A 2 month waiting period applies. Please make sure that the consultant is certified by the International Board of Lactation Consultant Examiners and recognised by HCF. For more information call **13 13 34**.



LEARN TO SWIM COURSES

You may be able to claim for swimming lessons run by swim schools that are: ASSA members, AUSTSWIM (Gold and Silver level) or Swim Australia swim centres. Squad training or recreational swimming is not covered. You must have held an eligible extras product for at least 2 months. For more information call **13 13 34**.



FREE SUBSCRIPTION TO HEALTH AGENDA MAGAZINE

Our *Health Agenda* magazine empowers readers to make healthier choices. It's filled with insightful pieces on nutrition, fitness, technology and physical and mental health.

Members can subscribe to receive our free quarterly magazine by post at hcf.com.au/subscribe



HCF THANK YOU

HCF Thank You is our way of showing our appreciation for choosing us as your partner in health. Eligible HCF members can access a great range of exclusive offers and rewards. And the longer you stay with us the more ways we can say thank you.

To learn more, visit hcf.com.au/hcfthankyou



WEIGHT MANAGEMENT

To help you achieve a healthy weight, you may be able to claim on eligible extras products towards dietician-led HCF approved weight management programs.

HCF may also pay towards some weight loss medications that are registered on the Australian Register of Therapeutic Goods (ARTG) and used to treat the specific conditions listed for those drugs. Eligible members could claim up to \$50 for a one month's supply of approved weight loss medications in a 12 month period.

A 2 month waiting period applies and subject to annual limits. For more information, call us on **13 13 34**.

HEALTHY WEIGHT FOR LIFE

You may qualify for the free Healthy Weight for Life program if you're overweight or obese and have Type 2 diabetes, a chronic heart condition, or osteoarthritis. You must have held an eligible hospital product for 12 months.

For more details, visit hcf.com.au/hwfl



PREPARING FOR HOSPITAL ONLINE

If you need to go to hospital, understanding more about your procedure can provide welcome peace of mind.

Our online resource will help you understand how it works, how to prepare, what questions to ask, what to expect in hospital, what aftercare you may need and an idea of average cost using our cost indicator tool.

Visit hcf.com.au/preparing-for-hospital for more information.



QUIT SMOKING PROGRAMS

To help you stop smoking, you can claim towards an HCF approved quit smoking program on eligible extras products. A 2 month waiting period applies. For more information call **13 13 34**.

For more information about how to quit, visit quitnow.gov.au



SECOND OPINION SERVICE

If you have an illness or condition currently affecting you or someone in your family you may be able to access a world-leading medical expert using the HCF *My Global Specialist* service.

For more details including eligible levels of cover, visit hcf.com.au/mgs



BOWEL CANCER SCREENING

Bowel screening helps to save lives by detecting cancer early. The test is non-invasive, simple and can be done at home. If you're outside of the free testing ages through the National Bowel Cancer Screening Program, you may be eligible to claim towards the bowel cancer screening kit under your extras cover.

A 2 month waiting period applies. For more information call **13 13 34**.

For more information about this test, visit cancerscreening.gov.au

Before you make a claim, check that your receipts contain:

- the name of the member who received the service
- the name of the person and or organisation providing the program and their address (must be printed or stamped, not handwritten, on the receipts)
- the dates that the member started and completed the program.

For more details on how to claim, visit hcf.com.au/insurance/health/how-to-make-a-claim