

E1

**Five Star**  
Extras



## Fact Sheet

# Five Star Health Management Benefits

Five Star Management Benefits are our way of helping you stay healthy and live well throughout all stages of your life.

### What cover do I need to have?

Five Star Health Management benefits are payable on the E1 - Five Star Extras cover only.

### When can I start claiming?

As long as you have served your 6 month waiting period, you can start straight away. Give us a call before you start a health management program to check exactly what you are covered for and what you will need to be able to claim.

### Claiming Requirements:

- If you are diagnosed with a health condition by your medical practitioner and they have recommended a fitness/prevention program to help you manage or improve your condition, you may be eligible to claim.
- A Mildura Health Fund Benefit Approval Form must be completed in order to claim for fitness/prevention program benefits. An approval form is not required for health screenings. The approval must be signed by a medical practitioner and include their Medicare (DOH) Provider number.
- A new Mildura Health Fund Benefit Approval Form is required per health management program, then every 12 months thereafter in order for benefits to continue.
- A fully itemised, receipted account is required in order for benefits to be paid by the Fund.

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### MHF Approved Programs:

HEALTH SCREENINGS #	FITNESS AND PREVENTION PROGRAMS	IMPROVEMENT AND WEIGHT MANAGEMENT PROGRAMS*
Mole Mapping Removal of sun spots MRI, CT & PET scans Bowel cancer test kits Lung function tests	MHF Benefit Approval Required**	
	Swimming Lessons Personal training programs Group training	Quit Smoking Nicotine Replacement Weight Watchers Tony Ferguson Jenny Craig Cohens Weight Loss Metabolic Balance

# Fund Benefits not payable where a Medicare benefit is applicable, \* Benefits payable for weight loss membership fees only

\*\*An MHF benefit approval form can be downloaded from our website [mildurahealthfund.com.au](http://mildurahealthfund.com.au) or emailed to you on request.