



Interested in **Natural Therapies?**

Your aim is to be healthy but Medicare doesn't cover all of the services that help you to maintain your health and wellness, such as natural therapies.

For a more holistic approach, many people are turning to natural therapies to support them back to health or keep them well. GU Health offers generous benefits on a range of services including remedial massage, acupuncture, Chinese massage, Chinese herbal medicine and myotherapy. We can help with the cost of these consultations but not for ointment, medications, or herbal remedies required and billed as part of your treatment. To see if you're covered for natural therapies and what your benefit limits are, please refer to *Your Plan Information*.

Please be aware that physiotherapists may provide exercises in your one-on-one consultation that may be considered

Pilates in style. If they are provided within the scope of your physiotherapist's practice, we can pay benefits.

To ensure we can pay benefits towards your natural therapy consultation, make sure you see a therapist that is registered with their relevant industry body. This means we can be confident that you're receiving a high standard of service from a practitioner with all the right training and qualifications.

You have the freedom to visit a registered provider of your choice. GU Health does not restrict the amount you can claim back on a particular service based on a 'preferred provider' list – what you can

claim back is based on the terms of your extras cover policy.

Ask your provider if they are recognised with GU Health before you book your consultation. If they're not registered with HICAPS or GU Health ask them to contact us via our GU Health website. The registration form can be found under the 'Forms and publications' tab. ●

From 1 April 2019 benefits can no longer be paid for the following natural therapies in accordance with the Private Health Insurance Act:

- Alexander technique
- aromatherapy
- Bowen therapy
- Buteyko
- Feldenkrais
- western herbalism
- homeopathy
- iridology
- kinesiology
- naturopathy
- Pilates
- reflexology
- Roling
- shiatsu
- tai chi
- yoga (including yogalates)

We will continue to provide benefits for remedial massage, acupuncture, Chinese massage, Chinese herbal medicine and myotherapy.

Whitecoat

The Whitecoat website is a comprehensive healthcare directory of Australian providers and customer reviews, giving you the ability to find trusted healthcare professionals and book your appointments online. Find out more about Whitecoat by visiting guhealth.com.au/my-membership/find-a-provider

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Please make sure you read **Your Membership Guidelines** in conjunction with **Your Cover at a Glance** and **Your Plan Information**, which you received in your **GU Health Welcome Pack**.

Updated January 2019. The information contained within this document is current from the publication date and is subject to change. If you're planning a treatment for which you anticipate a benefit from GU Health, contact us in advance to confirm your benefit entitlement. For further refinements made to Private Health Insurance reforms by the Australian Government please refer to our website at guhealth.com.au.