

# Health improvement benefit approval form



This form must be completed by your Doctor, Dietitian, Exercise Physiologist, Physiotherapist, Osteopath, Chiropractor, Occupational Therapist, Psychologist, Diabetes Educator or Aboriginal Health Worker stating what condition the exercise classes or program are intended to manage.

## 1 Your details Please use black pen and print in UPPERCASE

Member number	Title	First names		
Surname				Date of birth
				DDMMYY

## 2 Practitioner details

Practitioner name	Practitioner number	
Practitioner speciality		
Practitioner address		
Suburb	State	Postcode

## 3 Health condition details

Benefits can only be paid for classes or programs that have a start date after the date your condition was identified.

What condition are the classes aimed to manage?

- Arthritis       Asthma       Body Mass Index (BMI) over 26 for adults or unhealthy BMI for children  
 Diabetes       High blood pressure       Muscular skeletal disorder  
 Other condition – please detail (must be a diagnosed condition):


The member has had this condition since: DDMMYY

Which benefit is the member seeking? (See overleaf for note about recognised providers)

- Exercise Physiology  
 Exercise classes conducted at a gym or by a personal trainer  
 Pilates (unless conducted by a Pilates accredited physiotherapist when no form is required)  
 Yoga  
 Swimming lessons for children 0-17 years  
 Weight Loss classes

How long should the activity be undertaken? (Note: this form lasts for a maximum of one year and will need to be renewed after that time)

- 3 months  
 6 months  
 12 months  
 Other (please specify)

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**4 Declaration by health practitioner** I declare that the benefit sought by the member is intended to manage a specific health condition(s) that I have identified and that all the information contained in this form is true and correct.

Health practitioner's signature

	Date: / /
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## Important information about claiming health improvement benefits

**Private Health Insurers in Australia are only allowed to pay benefits for health improvements when the programs or classes are to manage a condition that has been identified BEFORE you start the programs or classes.**

The programs or classes must form part of a health management plan recommended by your GP or other recognised health practitioner (as listed on the front page).

Some classes or programs that you undertake must be by an ahm recognised provider. To be recognised by ahm, providers must meet the following criteria:

- Swimming lessons need to be provided by an Austswim® or Swim Australia accredited swim school or instructor
- Weight Loss classes need to be conducted by a Weight Management Council of Australia member.

When you're ready to claim for health improvement benefits, you'll need to complete a claim form and attach a receipt for the service you've received. Claim forms can be downloaded from [ahm.com.au/downloads](http://ahm.com.au/downloads) or contact us and we can send you one in the mail.

Your claim form, receipt and completed Health Improvement Benefit form needs to be mailed to **ahm Health Insurance, Locked Bag 1006, Matraville NSW 2036.**

## Common questions

### Why are there so many rules?

In Australia there are strict criteria that health insurers must follow to determine whether or not we can pay benefits for health improvement programs or classes.

We're not able to pay benefits unless you can provide proof that a specific condition was identified before you started the classes or program. This can be provided by a health management plan recommended by a GP or other ahm recognised health practitioner.

We also have a responsibility to ensure that all service providers are accredited. We want to ensure that our members are receiving the best treatment and service from the most highly accredited and properly insured providers.

### Why do I need to complete this form to claim health improvement benefits?

This form must be completed by your GP or other recognised health practitioner so that you can claim for health improvement benefits. ahm can only pay towards these benefits if certain conditions are met and the form is used to identify these conditions and confirm whether you're eligible for benefits.

### Who's a recognised provider?

It is important that we recognise service providers so that you receive quality health care from the providers you choose.

Recognising a provider means we get specific details and credentials from them to make sure they meet both legislative and our criteria for benefit payment. All service providers must be recognised by ahm Health Insurance before we can pay benefits.

To find out if your service provider is recognised by us, contact us or use the ahm online provider search tool at [ahm.com.au/find-a-provider](http://ahm.com.au/find-a-provider)

### What's a specific health condition?

A specific health condition is an ailment or condition that's been identified by your GP or ahm recognised health practitioner. The health program that you're claiming for must be for the management or prevention of that condition. Examples of specific health conditions include (but aren't limited to) asthma, arthritis, unhealthy BMI, high blood pressure, muscular skeletal disorders.

It is not enough to simply state something like 'core strengthening' or 'flexibility' as these aren't specific health conditions.

### What happens if my GP (or other health practitioner) recommends a program for more than 12 months?

We can only pay benefits for programs up to 12 months in duration on the basis of the information contained in this form. If your program goes for longer than 12 months you will need to provide us with a new Health Improvement Benefit Form every 12 months.

This form can be downloaded from our website at [ahm.com.au/downloads](http://ahm.com.au/downloads) or contact us we can send you one in the mail.

**Your privacy** We're subject to the *Privacy Act 1988* and comply with the principles for handling your personal information. View our Privacy Policy at [ahm.com.au](http://ahm.com.au) or contact us to have a copy posted or emailed to you.