

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.

This form lasts for a maximum of 2 years and will need to be renewed after that time.

Patient details

Who is this claim for?

Member number

First name

Surname

What are you claiming?

- Exercise physiology Weight loss classes Gym membership
 Pilates Yoga Swimming lessons for children 0-17 years
 Exercise classes or Personal training

Health practitioner details

This section must be completed by the practitioner recommending the exercise class or program.

Practitioner name

Practitioner number

Practitioner speciality

Practitioner address

Suburb

State

Postcode

Health condition details

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
 Pregnancy Other - please detail below

The member has had this condition since

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: / /

To submit your Health improvement benefit claim please include:

- This form completed and signed by your health practitioner
- A completed claim form – download from ahm.com.au/forms

Send them to info@ahm.com.au with your **ahm member number** and **'Health improvement'** in the email subject. You can also post to ahm health insurance Locked Bag 4, Wetherill Park NSW 2164.

Please note this approval form is valid for the health benefit specified for 2 years.

FAQs

Why are Health improvement benefits claims different to other extras claims?

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.

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

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.

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.

You can check if your provider is recognised by us at 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 health practitioner recommends a program for more than 2 years?

We can only pay benefits for programs up to 2 years based on the information contained in this form. If your program goes for longer than 2 years you will need to provide us with a new Health Improvement Benefit form every 2 years.

A copy of this form can be downloaded from ahm.com.au/forms

Got questions? We're here to help.

Search our help centre

🔍 help.ahm.com.au

Monday to Friday

💬 Chat at ahm.com.au

📞 Call 134 246

