



Your guide to

lite package bronze plus

Bronze with extras and
health improvement benefits.

Hospital cover

Your ahm hospital cover can pay towards services you receive when you're admitted to hospital and treated as a private patient. It can't pay towards any services when you're not admitted to hospital (eg. seeing your GP or specialist).

We won't pay benefits towards services that aren't covered by Medicare or listed on Medicare Benefit Schedule (MBS).

Call us on 134 246 before any treatment to check what we'll pay towards and what out-of-pocket costs you may incur.

✓ Included Service

We pay benefits towards overnight and same day hospital accommodation, intensive care and medical services where a Medicare benefit is payable.

ahm has arrangements with most private hospitals and day surgeries in Australia - these are known as Partner Private hospitals. You'll generally get better value if you go to one of these providers.

If you're treated at a non-Partner Private hospital, we'll generally pay lower benefits and you may incur significant out-of-pocket expenses.

Where you're treated as a private patient in a public hospital, we'll pay benefits towards overnight and same-day accommodation in a shared room.

R Restricted Service

We pay the minimum benefit set by the government towards hospital accommodation.

If you're treated in a private hospital for a Restricted Service, you are likely to incur substantial out-of-pocket expenses because this minimum benefit will not be enough to cover all hospital costs.

For Restricted Services as a private patient in a public hospital we'll pay minimum shared room benefits.

X Excluded Service

We won't pay any benefits towards these Excluded Services, including any hospital accommodation or medical services.

There are a number of MBS items that will also be included to support the services under this cover where a benefit is payable. These may include items like in-hospital consultations, and some scans and anaesthetics that are associated with your hospital admission.

¹Your hospital cover does not include non-PBS drugs. We will only pay towards cancer-related surgery where that surgery is an Included or Restricted Service under your cover.

²For Dental surgery performed by a dentist rather than a medical practitioner we only pay benefits towards hospital charges. If the surgery is performed by a medical practitioner and Medicare benefits are payable, we will pay benefits towards the hospital and medical charges.

The table below shows what's Included, Excluded and Restricted in your hospital cover.

Rehabilitation	R
Hospital psychiatric services	R
Palliative care	R
Brain and nervous system	✓
Eye (not cataracts)	✓
Ear, nose and throat	✓
Tonsils, adenoids and grommets	✓
Bone, joint and muscle	✓
Joint reconstructions	✓
Kidney and bladder	✓
Male reproductive system	✓
Digestive system	✓
Hernia and appendix	✓
Gastrointestinal endoscopy	✓
Gynaecology	✓
Miscarriage and termination of pregnancy	✓
Chemotherapy, radiotherapy, immunotherapy for cancer ¹	✓
Pain management	✓
Skin	✓
Breast surgery (medically necessary)	✓
Diabetes management (excluding insulin pumps)	✓
Heart and vascular system	X
Lung and chest	✓
Blood	X
Back, neck and spine	✓
Plastic and reconstructive surgery (medically necessary)	X
Dental surgery ²	✓
Podiatric surgery (provided by a registered podiatric surgeon)	X
Implantation of hearing devices	X
Cataracts	X
Joint replacements	X
Dialysis for chronic kidney failure	X
Pregnancy and birth	X
Assisted reproductive services	X
Weight loss surgery	X
Insulin pumps	X
Pain management with device	X
Sleep studies	X

But wait, there's more...



Ambulance Services

Unlimited benefits for medically necessary ambulance trips to the nearest hospital that is able to provide the level of care you require. TAS and QLD have State schemes to cover ambulance services for residents of those States.

Accident Override

Accident Override means that services which are normally Restricted or Excluded will be treated as Included Services where you require hospital treatment as the result of an Accident that occurred after joining this cover.

Benefits are payable for the initial and ongoing hospital treatment for injuries resulting from the Accident under Accident Override.

TENS machine

Benefits are payable towards the hire or purchase of a TENS machine when recommended by a medical practitioner.

Benefit replacement periods (3 years for purchase, 1 year for hire). Contact us to find out more.

Excess explained

Excess is the amount you pay towards your hospital admission (same-day or overnight), often at the time of your admission, before we pay any benefits.

Excess levels available on this product are \$500 per person (up to a maximum of \$1,000 per couple / family) and \$750 per person (up to a maximum of \$1,500 per couple / family). Excess applies per member, per Membership Year.

Membership Year is the annual period commencing on the date that you join an ahm hospital cover, or change to a new ahm cover for hospital treatment, and renews every year on that date.

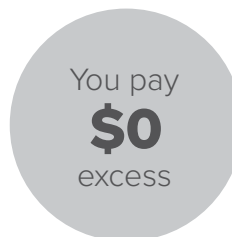
Don't forget you won't pay an excess for Dependants on this product.

Here's an example of \$500 excess level:

Your first hospital admission



Next and ongoing hospital admissions
in the same Membership Year



GapCover

How to reduce your in-hospital medical out-of-pocket expenses

GapCover is designed to help eliminate or reduce your out-of-pocket expenses for in-hospital doctor's charges.

Where your doctor decides to charge more than the MBS fee (the set government fee), you will be left with an out-of-pocket expense, commonly referred to as the 'gap'.

Doctors can choose to participate in GapCover on a claim-by-claim basis.

Check upfront with each doctor involved if they'll participate in GapCover for each claim as part of your treatment, to help reduce your out-of-pocket expense. Out-of-pocket expenses may still apply.

It's important to know GapCover doesn't apply to diagnostic services.

Going to hospital?

It can be a little daunting going to hospital.

Get help with our simple Going to hospital checklist from ahm.com.au/forms-guides

Hospital Waiting Periods

A Waiting Period is a set amount of time you must wait before any benefits are payable for items and services that are included under your cover. Benefits are not payable for items and services received during a Waiting Period.

Waiting Periods apply when you first join private health insurance. If you have a gap of more than 30 days between cancelling and re-joining, or switching to ahm from another insurer, Waiting Periods may apply. They also apply if you change to a level of cover that has additional services or higher benefits on services, or changing cover to reduce any Excess and/or Daily Charges.

1
day

- Ambulance services
- Hospital treatment as a result of an Accident that occurred after joining this cover

2
months

- Rehabilitation, Hospital psychiatric services and Palliative care (regardless of whether it is a Pre-Existing Condition)
- Hospital treatment for Included and Restricted Services (where there are no Pre-Existing Conditions)

12
months

- Pre-Existing Conditions
An ailment, illness or condition that, in the opinion of a Medical Practitioner appointed by ahm, the signs or symptoms of which existed at any time in the 6 month period prior to the day on which you became insured under the policy or changed your cover.
- TENS machine purchase and hire.

Joining us from another insurer?

You may not need to re-serve Waiting Periods if you join ahm within 30 days of leaving your previous health insurer, and you've already served the Waiting Period for that service.



Extras cover

With ahm lite package bronze plus you get one flexi limit to spend across all of your included extras each financial year AND a separate optical limit.



\$900
flexi limit

+



\$200
optical limit

Extras waiting periods

Like hospital cover, waiting periods on extras are the set amount of time you must wait before you can receive benefits for a service included in your cover. If you switch to us from another private health insurer or change to a different cover with us, we'll generally recognise any waiting periods you've already served for comparable extras.

Included extras

Annual limits apply per person and reset every financial year.

Service	Item number	Benefit	Waiting Period
Routine dental* (most common listed)		This cover includes no gap dental check-ups at select dentists. Learn more at ahm.com.au/nogap	
Comprehensive examination ¹	011	\$30.00	2 months
Periodic examination ¹	012	\$30.00	
Topical fluoride application ²	121	\$18.00	
Clean and polish ³	111	\$33.65	
Scale and clean ³	114	\$50.00	
Non-surgical extraction	311	\$65.30	
Surgical extraction	324	\$160.15	
Complex dental*			
Preparation of one root canal	415	\$131.60	12 months
Filling of one root canal	417	\$119.55	





* We'll only pay benefits towards dental treatments that are delivered in person and by a recognised provider.

¹ These services have a combined limit of 2 services per person per financial year

² Maximum 2 services per person per financial year

³ These services have a combined limit of 3 services per person per financial year

Service	Benefit	Waiting Period	
Therapies			
Remedial massage	\$20	2 months	
Acupuncture	\$20		
Chinese medicine (consultation only)	\$20		
Physiotherapy			
Initial consultation Max. 1 face to face per person per financial year. Max 1 telehealth per person per financial year.	\$37		
Subsequent consultation	\$30		
Group or class (hydrotherapy, antenatal and rehabilitation) All classes must be provided by an ahm recognised physiotherapist.	\$16		
Chiropractic			
Initial consultation Max. 1 face to face per person per financial year.	\$35		
Subsequent consultation	\$28		
Osteopathy			
Initial consultation Max. 1 face to face per person per financial year.	\$37		
Subsequent consultation	\$30		
Hypnotherapy Service must be provided by an ahm recognised psychologist.			
Initial consultation Max. 1 face to face per person per financial year.	\$71		
Subsequent consultation	\$45		
Group hypnotherapy consultation	\$45		
Speech therapy			
Initial consultation Max. 1 face to face per person per financial year. Max 1 telehealth per person per financial year.	\$50		
Subsequent consultation	\$26		

Service	Benefit	Waiting Period
Diet and nutrition		
 Means you'll need to complete a 'Health improvement benefit approval form' to claim on this service, download at ahm.com.au/forms		
Dietitian and nutritionist		2 months
Initial consultation Max. 1 face to face per person per financial year. Max 1 telehealth per person per financial year.	\$32	
Subsequent consultation	\$25	
Weight loss  Some conditions may apply, see the Member Guide for more info.		
Per class/course	\$8/\$80	
Health improvement benefits (some conditions may apply, see the Member Guide for more info)		
Quit smoking		2 months
Per course	\$85	
Per item for nicotine replacement therapy (e.g. patches, gum, lozenges, inhalers)	\$40	
Disease management association fees		
Per association (asthma, diabetes, heart, arthritis, colitis, coeliac, ostomy, Crohn's disease, Australian Breastfeeding Association fees)	\$40	
Cancer Council UV products		
Per item (sunscreen, swimwear, hats and sunglasses)	\$40	
Stress management courses		
Per course	\$80	
Preventative tests, scans and screenings		
Per test (mammograms, skin cancer screenings, bowel cancer tests and scans, bone mineral density tests)	Up to \$52	
Health checks		
Per check (doctor's health checks, heart checks)	\$40	
Exercise classes 		
Per class/course	\$12/\$250	
Swimming lessons (for ages 0 - 17 years) 		
Per lesson/course	\$8/\$250	

Service	Benefit	Waiting Period
Prenatal and postnatal services and birthing courses (must be provided by a registered midwife)		
Consultations and classes	\$25	2 months
Birthing courses	\$120	
Lactation consultant	\$25	
Pregnancy compression garments (evidence of hospitalisation or medical need is required) Max. 2 garments per financial year. Must be approved by the Therapeutic Goods Administration (TGA).	\$50	
Psychology and Counselling (service must be provided by an ahm recognised psychologist / counsellor)		
Psychology		None
Initial consultation Max. 1 face to face per person per financial year. Max 1 telehealth per person per financial year.	\$71	
Subsequent consultation	\$45	
Group psychology consultation	\$45	
Counselling		
Individual consultation	\$32	
Couple/family consultation	\$32	
Group consultation	\$32	
Pharmacy		
Eligible general prescription pharmaceuticals such as hormonal implants, contraceptives for medical reasons, preventative/travel vaccines Excludes PBS scripts, over the counter medicines, vitamin and herbal medicines.	Up to \$50 each item above the general patient PBS amount	2 months


Your separate optical limit


Service	Benefit	Annual limit	Waiting Period
Optical			
Frames, prescription lenses and contact lenses Only payable on scripted sight correcting products.	100%	\$200	6 months

Got questions? We're here to help


You can find out more information in our Member Guide at ahm.com.au/forms-guides - it's full of health insurance goodness.


Monday to Friday

 Chat at ahm.com.au

 Call 134 246
8am - 7pm Monday to Friday (AEDT)

or ask anytime

 facebook.com/ahm.health.insurance

 [@ahmhealth](https://twitter.com/ahmhealth)

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