

Bupa and AUSactive

What you need to know. To assist your clients.

Bupa Health Management benefits: Gym memberships and personal training.
To help manage your client's health, Bupa provide a benefit towards some of the costs of gym memberships and personal training delivered by AUSactive recognised providers.

These benefits are available to Bupa members on the following health insurance products:

- ▶ Corporate Everyday Extras
- ▶ Corporate Mid Extras
- ▶ Corporate Advanced Extras
- ▶ Corporate Total Extras

**Eligibility criteria, yearly limits, waiting periods, fund and policy rules apply.*

Gym fees and personal training fees are only claimable when the exercise program is designed to address or improve a specific diagnosed health or medical condition – for example, arthritis. To claim, a health professional such as a GP, medical specialist or exercise physiologist must complete the Health Management Gym and PT Medical Form on your client's behalf. Bupa will only pay benefits for AUSactive recognised Gyms and Personal Training providers.

Who can deliver the personal training sessions?

The Personal Trainer must have graduated from an Australian University with an Exercise Science Degree or completed Certificate IV or Diploma in Fitness with a Registered Training Organisation (RTO), or demonstrate equivalence (see below).

The following courses meet Bupa's minimum requirements:

1. SIS40215 – Certificate IV in Fitness (or equivalent validated by AUSactive)
2. SIS50215 – Diploma in Fitness
3. Incomplete Bachelor degree in the field of Exercise Science mapped by Professional Association that qualifies for registration.
4. Bachelor degree in the field of Exercise Science*
5. Post Graduate degree in the field of Exercise Science*

**The course must meet the requirements for AUSactive Registered Exercise Professional registration.*

How will the Bupa Health Management benefits option, benefit my business / my clients?

As a recognised provider, AUSactive approved personal trainers, and business members can help Bupa members, manage their existing health conditions. For your clients, if they are eligible they can make a claim towards the cost of a personal training session, memberships or classes that is being used to manage a pre-existing health condition.



Can Bupa members claim personal training sessions as part of the Health Management benefits option to improve their general fitness?

No. Due to Government legislation, Bupa cannot pay benefits towards personal training sessions for general fitness, wellness or recreation.

1. Bupa pays Benefits for personal training services outlined below (Recognised Services) at a Bupa Recognised Provider for eligible Bupa Customers under the Health Management category on selected Extras products.
2. Recognised Services must be required by the Bupa Customer to address or improve a diagnosed health or medical condition or conditions.
3. Bupa Customers must provide a signed Health Management Gym and PT Medical form from their doctor or approved allied health provider (e.g. Exercise Physiologist, Physiotherapist or Chiropractor) confirming their need to undertake exercise.
4. Benefits are payable in accordance with Bupa's eligibility criteria, fund and policy rules. Any enquiries should be directed to Bupa.
5. Benefits do not apply for trial periods, joining fees, casual attendances or bundled passes from a Personal Trainer.

How can Bupa corporate members claim benefits for Personal Training sessions, gym memberships or classes?

1. Ensure their gym or personal trainer is a registered AUSactive business or trainer.
2. Download the Health Management Gym and PT Medical form [here](#).
3. Provide the Health Management Gym and PT Medical form to their health professional (eg GP, medical specialist or exercise physiologist). Their health professional will need to complete and sign the form.

4. Make payment for their gym or personal trainer and obtain a receipt with AUSactive registration number and details. Please note that in order for your claim to be accepted, the date on the receipt must be after the date on the signed form by your health professional. Note that Bupa does not pay benefits for trial periods, joining fees, casual attendances or bundled passes at a Bupa recognised provider.
5. Log into [myBupa](#) to submit your claim. They will need to attach a completed form and receipt. (Note: myBupa claiming for this service is via Desktop only at this stage).

Please note: The Health Management Gym and PT Medical Form is valid for 12 months from the date signed by your health professional. They will need to provide a new signed form every year to continue to claim. Please refer to the Bupa website for more information.

All supporting Personal training invoices must display:

- ▶ Client name
- ▶ ABN & Australian business address of Personal Trainer.
- ▶ NIB provider number is your AUSactive Personal Trainer membership number.
- ▶ Details of service provided (e.g 30 minute personal training session).

All supporting AUSactive gym membership invoices, must display:

- ▶ Client name
- ▶ Business name
- ▶ ABN and Australian address of the exercise facility
- ▶ Your nib provider number is your AUSactive business membership number and must be displayed
- ▶ Details of service used (e.g. 45min weight training, cardio equipment, classes).

Need more information?

Advise your clients to check their limits by logging into myBupa and click on 'Extras usage', or call Bupa on 134 135.

