

nib and AUSactive

What you need to know. To assist your clients.

nib Healthier Lifestyle Benefits Program

AUSactive personal trainers and businesses are recognised by nib to provide personal training sessions and gym memberships to nib members on selected extras covers to manage existing health conditions identified by health practitioner.

Who can deliver the personal training sessions?

nib will only pay benefits towards face-to-face individual or group personal training sessions provided by approved personal trainers who are members of AUSactive and have a Certificate IV qualification in Fitness or above.

How will the nib extras health cover with the Healthier Lifestyle benefits option, benefit my business / my clients?

As a recognised provider, AUSactive approved personal trainers, and business members can help nib 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 nib members claim personal training sessions as part of the Healthier Lifestyle benefits option to improve their general fitness?

No. Due to Government legislation, nib cannot pay benefits towards personal training sessions for general fitness, wellness or recreation. The personal training session must be intended to manage or treat an existing health condition.

How can nib members claim benefits for Personal Training sessions?

To claim benefits for personal training sessions as part of Healthier Lifestyle benefits, nib members must:

1. Be on an extra's health cover with the Healthier Lifestyle benefits option.
2. Have an existing health condition that the Healthier Lifestyle benefits service is intended to manage or treat
3. Ask their health practitioner to complete a **health management supporting document approval form**. This form asks the health practitioner to specify what the member is claiming health support benefits for, including personal training sessions, and what diagnosed medical condition(s) the personal training is intended to manage.



What documentation do nib members need to submit to claim for personal training as part of their Healthier Lifestyle benefits?

To claim for personal training sessions in healthier lifestyle benefits, any client of yours who is a nib member and is eligible for healthier

lifestyle benefits must submit the following:

Health Management Form to confirm that the membership or services used are part of a health management program.

The medical provider that completes the form can't be associated with the business providing your health management program. For example, if you attend personal training and physio sessions at the same business, a different medical provider such as your GP will need to complete your form.

The client needs to scan or take a photo of the completed form, making sure it's clear and doesn't cut off any details, and submit it as a claim along with the invoice from an AUSactive Personal Trainer **online** or in the **nib App**.

The form is valid for two years from the first time you claim for a Healthier Lifestyle service. After two years, you'll need to submit a new form to continue claiming for this service.

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).

As with any of your Extras inclusions, be sure to check your **annual limits** and if any **waiting periods** apply.

What documentation do nib members need to submit to claim for classes or gym memberships as part of their healthier lifestyle benefits?

To claim for gym memberships or classes in healthier lifestyle benefits, any client of yours who is a nib member and is eligible for healthier lifestyle benefits must submit the following:

Health Management Form to confirm that the membership or services used are part of a health management program.

The client needs to scan or take a photo of the completed form, making sure it's clear and doesn't cut off any details, and submit it as a claim along with the invoice from an AUSactive Business Member online or in the nib App.

The form is valid for two years from the first time you claim for a Healthier Lifestyle service. After two years, you'll need to submit a new form to continue claiming for this service.

All supporting AUSactive 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?

For any questions **contact nib**.

