

Medibank and AUSactive

A new opportunity to help Medibank members manage their health conditions through personal training.

AUSactive personal trainers are now recognised by Medibank to provide personal training sessions to Medibank members on selected extras covers to manage existing health conditions identified by a health practitioner.

Who can deliver the personal training sessions?

Medibank 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 new Medibank My Choice Extras benefit my business / my clients?

As a recognised provider, AUSactive approved personal trainers and business members can now help Medibank 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 Medibank members claim personal training sessions as part of health support benefits to improve their general fitness?

No. Due to Government legislation, Medibank 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 Medibank members claim benefits for Personal Training sessions?

To claim benefits for personal training sessions as part of health support benefits, Medibank members must:

1. Be on a My Choice Extras cover that includes health support benefits
2. Have an existing health condition that the health support benefits service is intended to manage or treat
3. Ask their health practitioner to complete a **health support benefits 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 Medibank members need to submit to claim for personal training as part of their health support benefits?

To claim for personal training sessions in health support benefits, any client of yours who is a Medibank member and is eligible for health support benefits must submit the following:

- ▶ Medibank claim form (if claiming through the post or at a Medibank store)
- ▶ Health support benefits approval form (completed by their health practitioner)
- ▶ All supporting Personal training invoices, which must display:
 - Client name
 - ABN and Australian address of Personal Trainer
 - and the Personal Trainer's AUSactive membership number
 - Details of service provided (e.g 30 minute personal training session).

What documentation do Medibank members need to submit to claim for classes or gym memberships as part of their health support benefits?

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

- ▶ Medibank claim form (if claiming through the post or at a Medibank store)
- ▶ Health support benefits approval form (completed by their health practitioner)
- ▶ All supporting membership invoices, which must display:
 - Client name
 - Business name, ABN and Australian address of the exercise facility
 - Your AUSactive business membership number must be displayed
 - Details of service used (e.g. 45min weight training, cardio equipment, classes).

Need more information?

More information about this benefit can be found [HERE](#). If you have a client who is a Medibank member ask them to contact Medibank directly to discuss their level of cover.

