



60% BACK

of the cost to you
up to your annual limit

Qantas Lifestyle Extras

What's Covered

Extras are services usually provided outside of a hospital. Medicare does not generally cover these services, so we help you pay for them.

Receive 60% of the cost back (up to the annual limit and service limits, and after waiting periods have been served) on:

- ✓ The cost of the consultation
- ✓ The cost of health appliances listed on this policy. Ask us about specific restrictions and replacements.

Our members have the choice to use any provider with professional qualifications recognised by us. Please read the Policy Booklet for more information on our Recognised Providers.

Qantas Lifestyle Extras

Extras services that help you look after your overall health and wellbeing.

Extras Covered	Annual Limit Maximum amount claimable per person in a calendar year	Waiting Period Applies if you are new to health insurance or if you have recently increased your level of Extras cover
Chiropractic Osteopathy	\$300	2 months
Dietary advice	\$300	2 months
General dental treatment E.g. fillings, basic extractions	\$600	2 months
Major dental treatment Includes root canal therapy, crowns, bridges, dentures, oral surgery	\$600	12 months
Preventative dental treatment Includes selected examinations, scale and cleans, fluoride treatments and x-rays	No annual limit, service limits apply*	2 months
Health aids (appliance limits apply) Ankle-foot orthoses / knee-ankle-foot orthoses, knee brace, hip orthosis, joint fluid replacements, shoulder brace, splint/orthosis for finger, hand, wrist, arm and elbow	\$250	12 months
Healthier lifestyle benefit Approved weight management, quit smoking and health management programs (gym, personal trainer)	\$150	6 months
Natural therapies (consultations only) Remedial massage, acupuncture, Chinese herbalism and myotherapy	\$300 (remedial massage limited to \$150)	2 months

* A service limit restriction means there's a cap on how often you can claim for certain treatment in a calendar year or across calendar years.



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Extras Covered	Annual Limit	Waiting Period
Optical appliances (appliance limits apply) E.g. prescription glasses and contact lenses (excludes coating, tinting or hardening)	\$250	6 months
Pharmaceutical prescriptions Benefits only payable for non PBS items. Benefits do not apply to prescriptions dispensed to hospital inpatients	\$150	2 months
Physiotherapy	\$350	2 months
Podiatry (consultations only) Foot orthotics (appliance limits apply)	\$200	2 months
Preventative tests (service limits apply) Thin prep, bone density tests, bowel screening	\$100	6 months
Psychology	\$300 (Digital cognitive behavioural therapy 100% back for contracted providers, up to \$150)	2 months
Ambulance Emergency ambulance transport paid at 100% of the cost^	No limit	1 day

^ Excludes residents of QLD and TAS who have ambulance services provided by their State ambulance schemes.

It pays to review your cover regularly

Your life is constantly changing. So, you should remember to review your health cover at least once a year to make sure it doesn't reflect the old you. We make reviewing and updating your cover quick and easy.

Simply visit
qantas.com/healthinsurance
or call us on **13 49 60**