

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 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, x-rays	\$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 and fluoride treatments	No limit		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	

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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		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**