

Doctor health check

Why have regular doctor health checks?

At Australian Unity we recognise that prevention is better than cure and an important part of staying healthy is to have regular check-ups with your doctor.

To help achieve this, Australian Unity will pay a benefit of \$150 per calendar year for a basic health examination. This benefit is available to each adult with Hospital or Extras health cover where you are not entitled to receive a benefit from Medicare for this health examination.

Where an Extras cover is taken in conjunction with a Hospital cover, benefits are payable under the Hospital cover only.

What should you do?

All you have to do is have a physical examination with your doctor which does not attract a benefit from Medicare and take this form with you on the day of your appointment. Your doctor should then complete both **Part A: Examination by the doctor** and **Part B: Declaration by the doctor**.

The health check is for your benefit and you should retain Part A, the examination result, for your record. **Do not send Part A to Australian Unity.**

To claim your benefit, simply complete a claim form and forward it to Australian Unity together with the doctor's declaration (**Part B**) and the doctor's account to the following address.

Claims Department
Australian Unity
Reply Paid 9945
SOUTH MELBOURNE VIC 3205

(no postage stamp required)

Important

Voluntary health checks are not refundable through Medicare. You should submit this account directly to Australian Unity for payment. Should Medicare pay a benefit, the claim cannot be paid by Australian Unity.

What does your doctor need to do?

Your doctor is required to conduct a physical examination and complete both sections of the attached form (Part A and B) to confirm that a health check has been completed.

For more information, please call **13 29 39**, 8.30am to 8.30pm EST Monday to Saturday or visit australianunity.com.au



Part A: Examination by the doctor – retain this section for your health records

This section is to be completed by your doctor. Members are to keep this record. Do not send this section to Australian Unity.

Physical examination

The following examination is the minimum requirement to be eligible for the health check benefit.

Height (without shoes) _____ cm Pulse Rate _____ /minute
 Weight (without shoes) _____ kg Blood Pressure _____ mmHg
 Waist measurement _____ cms

Physical Examination	Comments
Heart	
Chest	
Abdomen	
Back	
Pelvis	
Eyes	
Ears	
Head and neck	
Nervous system	
Musculoskeletal system	
Skin/mole check	
Other observations/comments	

Recommended medical examinations

You should discuss the following tests and vaccinations with your doctor which may be claimable through Medicare only, if clinically indicated. Australian Unity does not pay any benefits for the following items under the doctor health check.

- **Test/Check:** Blood glucose, cholesterol & triglycerides, haemoglobin, faecal occult blood, bone density/osteoporosis risk test.
- **Vaccinations:** Tetanus, polio, MMR, hepatitis B
- **Males only:** Testicular check, PSA test, prostate (physical)
- **Females only:** Pap smear, mammogram, breast exam



Part B: Declaration by the doctor – send this section in to claim

The examining doctor is to fill out this section to confirm that a health check has been completed. The member then sends this section to Australian Unity.

Name of member visiting the doctor		Australian Unity membership number	
Name of doctor		Contact number	Date of visit

Declaration

I confirm that the person mentioned above has attended for a check-up and that the health check conducted met the minimum requirements for the Australian Unity health check.

Signature	Stamp
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Note to doctor: Please do not raise a Medicare item number for this examination.