

Can I claim rebates on my supervised Group Pilates and Therapeutic exercise sessions using private health cover?

The information provided here is to assist you in how you can utilise your private health insurance to help treat, manage or prevent your clinical condition. The best option is to ask your health fund what benefits you can claim.

When communicating with your health fund, you can use the HICAPS codes which have been agreed on by the health funds and industry bodies such as the APA (Australian Physiotherapy Association) and ESSA (Exercise and Sports Science Australia). Ask your health fund what you can claim on each session and annual limits. With so many different products available in the Australian health insurance market, we cannot answer questions about your rebates or packages.

Most Pilates and Therapeutic exercise sessions at Pondera are conducted under the supervision of Accredited Exercise Physiologists (AEP) or Pilates instructors.

- Sessions supervised by AEP's use **HICAPS code 502**.
- Sessions supervised by Pilates instructors may be claimable using package bonuses, lifestyle products, wellness packages and the like. They do not have a HICAPS code. You may need forms, (from your health fund) completed by your Physiotherapist to be able to claim these benefits.
- We still have a very limited number of sessions available as per the timetable below which are fully supervised by our Physiotherapists **HICAPS code 560**

	MON	TUES	WED	THURS	FRI	SAT
6.00	6am		6am		6am	
6.30		6.30am		6.30am		
7.00	7am		7am		7am	
7.30		7.30am		7.30am		
8.00	8am		8am		8am	AEROBILATES
8.30		8.30am		8.30am		
9.00	9am		9am		9am	9am
9.30				9.30am		
10.00	10am		10am		10am	10am
10.30		10.30am		10.30am		
11.00			11am		11am	11am
11.30						
4.00	4pm			4pm		
4.30		4.30pm	4.30pm			
5.00	5pm			5pm		
5.30		5.30pm	5.30pm			
6.00	6pm			6pm		
6.30		6.30pm	6.30pm			
7.00	7pm					
7.30						

LEGEND: EXERCISE PHYSIOLOGIST PILATES INSTRUCTOR
 PHYSIOTHERAPIST

Please see next page for important information for Medibank Private customers...

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We have recently discovered that Medibank Private has decided not to honour the HICAPS code 502 for Group Exercise Physiology sessions. These sessions and sessions conducted by Pilates instructors may be claimable using the "Package Bonus" so please ask Medibank Private for details.

As far as we can ascertain, Medibank Private is the only health fund to not honour these sessions and hence make it harder for customers to utilise their insurance to treat or prevent a clinical condition as outlined in *The Private Health Insurance Act (2007)*. We suggest you talk to them about why they have chosen to not pay benefits for this service.

Other codes used for our services which may help you are:

Initial Physiotherapy consultation	HICAPS code 500
Follow up Physiotherapy consultations	HICAPS code 505
(used for 1on1 Pilates sessions, Re-assessments, 1on3 Pilates sessions)	
Initial Exercise Physiology consultation	HICAPS code 102
Follow up Exercise Physiology consultations	HICAPS code 202
Remedial Massage therapy treatments	HICAPS code 205

David Peirce

Practice Director