



**Defence Health Limited**  
Essentials Extras

**Restricted Insurer****\$33.28 / month**

(Before Rebate, Discount &amp; Loading)

Available in QLD

You may be entitled to an Australian Government Rebate on the above premium. Your premium may also include an insurer discount. Check with your insurer for details.

**This policy covers:** Only one person.

**Restricted insurer:** Membership of this insurer is restricted to current or former members of the ADF and the Defence community and their families.

Visit a network dentist for quality dental care at special member prices. Plus, network optical providers offer no-gap glasses and discounts on other optical purchases up to the optical limit. See <https://www.defencehealth.com.au/Health-Insurance/Find-Providers-and-Hospitals>.

**Policy ID: AHB/I5/QAXH10****Source:** [Private Health Information Statement \(PHIS\)](#)

## Extras Cover

**This policy includes** General treatment (Extras) cover for

Note, for treatments marked with \*: A 12 month waiting period applies for Surgical tooth extraction. Pharmaceutical benefits are only paid for travel vaccinations.

Treatment & waiting period (months)	Benefit limits per 12 months unless otherwise stated	Examples of maximum benefits
✓ Acupuncture	2 <b>\$200 per policy</b> combined limit for acupuncture, remedial massage & other services	<ul style="list-style-type: none"> <li>Initial visit: \$21</li> <li>Subsequent visit: \$17</li> </ul>
✓ Chiropractic	2 <b>\$450 per policy</b> combined limit for chiropractic, exercise physiology, osteopathy, physiotherapy & vaccinations	<ul style="list-style-type: none"> <li>Initial visit: \$36</li> <li>Subsequent visit: \$26</li> </ul>
✓ Exercise physiology	2 <b>\$450 per policy</b> combined limit for chiropractic, exercise physiology, osteopathy, physiotherapy & vaccinations	<ul style="list-style-type: none"> <li>Initial visit: \$20</li> <li>Subsequent visit: \$16</li> </ul>
✓ General dental*	2 <b>\$500 per policy</b>	<ul style="list-style-type: none"> <li>Fluoride treatment: \$16.4</li> <li>Scale &amp; clean: \$60.4</li> <li>Surgical tooth extraction: \$107.3</li> <li>Periodic oral examination: \$30.8</li> </ul>
✓ Optical	2 <b>\$170 per policy</b>	<ul style="list-style-type: none"> <li>Multi-focal lenses &amp; frames: 100% of charge</li> <li>Single vision lenses &amp; frames: 100% of charge</li> </ul>
✓ Osteopathy	2 <b>\$450 per policy</b> combined limit for chiropractic, exercise physiology, osteopathy, physiotherapy & vaccinations	<ul style="list-style-type: none"> <li>Initial visit: \$36</li> <li>Subsequent visit: \$26</li> </ul>

<b>✓ Physiotherapy</b>	2	<b>\$450 per policy</b> combined limit for chiropractic, exercise physiology, osteopathy, physiotherapy & vaccinations	<ul style="list-style-type: none"> <li>Initial visit: \$36</li> <li>Subsequent visit: \$26</li> </ul>
<b>✓ Remedial massage</b>	2	<b>\$200 per policy</b> combined limit for acupuncture, remedial massage & other services	<ul style="list-style-type: none"> <li>Initial visit: \$21</li> <li>Subsequent visit: \$17</li> </ul>
<b>✓ Vaccinations*</b>	2	<b>\$450 per policy</b> combined limit for chiropractic, exercise physiology, osteopathy, physiotherapy & vaccinations	<ul style="list-style-type: none"> <li>Per service: \$50</li> </ul>

Health and Wellbeing annual limit \$200 includes: Acupuncture, Remedial Massage, Myotherapy - initial consultation: \$21.00, subsequent consultation: \$17.00, Group Physiotherapy - \$12.00 per session and Group Exercise Physiology - \$8.00 per session.

**This policy does not include General treatment (Extras) cover for**

✗ Ante-natal/Post-natal classes	✗ Eye therapy (orthoptics)	✗ Occupational therapy
✗ Audiology	✗ Health management / Healthy lifestyle	✗ Orthodontic
✗ Blood glucose monitors	✗ Hearing aids	✗ Orthotics (podiatric orthoses)
✗ Chinese medicine	✗ Home nursing	✗ Podiatry
✗ Dietetics/dietary advice	✗ Major dental	✗ Psychology
✗ Endodontic	✗ Non PBS pharmaceuticals	✗ Speech therapy

**Other features of this general treatment cover:** All benefits are per person. Benefits reset on 1 July each year. Details and claim conditions are provided in product guides available at [defencehealth.com.au](http://defencehealth.com.au) or 1800 335 425.

**For further information about this policy see:** <https://www.defencehealth.com.au/>

## Ambulance cover

Ambulance cover is provided by the State government for Queensland residents (<https://www.ambulance.qld.gov.au>). This includes cover whilst interstate.

**Other features of this ambulance cover:** Comprehensive cover for ambulance services by state-appointed ambulance providers across Australia. This includes emergency services, non-emergency dispatch, mobile intensive care and air and sea ambulance services. Non-emergency services are those that are classed as clinically necessary; for example, you need to be monitored by a paramedic during transport. Patient transfer services and transport services by Patient Transport vehicles are not ambulance services and are not claimable.

**For further information about this policy see:** <https://www.defencehealth.com.au/>

## Insurer Details

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**Call now** **1800 335 425**  
Sponsor link**Defence Health Limited** <http://www.defencehealth.com.au> [info@defencehealth.com.au](mailto:info@defencehealth.com.au) **1800 335 425**

**Disclaimer:** This document is not a Private Health Information Statement (PHIS), and it is not intended to replace that document. The details contained in the **healthslips.com.au Policy Information** was provided by the insurer to the Australian Government. It is intended as general information. It may not take into account your circumstances. For further information contact the insurer. Information used is Licensed from the Commonwealth of Australia under a Creative Commons 3.0 licence.

Private Health Information Statement is available from the Private Health Insurance Ombudsman website at <https://privatehealth.gov.au/dynamic/Premium/PHIS/AHB/I5/QAXH10>