

StepUp

A mid level package cover designed for those who are active and healthy, but still want the security of more extras benefits and hospital services to suit your lifestyle.

StepUp hospital component

what's covered?

- ✓ **Accommodation** for overnight, same day and intensive care for private or shared room in agreement private and public hospitals (excluding restricted services*)
- ✓ **Theatre fees and labour ward fees** covered in agreement private hospitals (excluding restricted services*)
- ✓ **Medical expenses related to providers** for services while admitted in hospital e.g. fees from doctors, surgeons, anaesthetists, pathology, imaging etc. Covered for all services eligible for benefits from Medicare up to Medicare Benefits Schedule (MBS) Fee. Members have their **choice of doctor/surgeon** in a public or private hospital. CBHS will cover the difference between the Medicare benefit and the MBS fee for services provided as an admitted patient to a hospital
- ✓ **Access Gap Cover** is where a provider **chooses to participate** under an arrangement with the fund. CBHS covers up to 100% of an agreed amount in excess of the MBS fee which reduces or eliminates your out-of-pocket medical expenses. (i.e. surgeons, anaesthetists, pathology, imaging fees etc)
- ✓ **Surgically implanted prostheses** to at least the minimum benefit specified in the prosthesis list issued under Private Health Insurance legislation
- ✓ **Pharmacy** covers most drugs related to the reason for your admission in agreement private hospitals
- ✓ **Emergency ambulance transport** for an accident or medical emergency by approved ambulance providers
- ✓ **Boarder accommodation** covers 100%, up to \$160 per admission, if not included in hospital agreement
- ✓ **Hospital Services** where a Medicare benefit is payable (excluding restricted services*)

daily co-payment

A daily co-payment of \$70 applies to StepUp. This means that if you go into hospital you will pay \$70 for every day that you are there, up to a maximum of 6 days per person or 12 days per family in a calendar year. So, if you are admitted to hospital for two days, you will pay a co-payment of \$140. With StepUp, no co-payment is payable for dependant children under the age of 13.

gap assist[#]

To further help you reduce your out-of-pocket expenses as a result of hospitalisation, StepUp also includes a medical gap benefit called Gap Assist, \$100 per person per calendar year towards out-of-pocket expenses.

what's not covered?

- ✗ If a member is admitted into a private hospital for restricted services benefits are payable only at the minimum rate specified by law. These benefits may only provide a benefit similar to a public hospital shared room rate. These benefits may not be sufficient to cover admissions in a private hospital
- ✗ Hospital services received within policy waiting periods
- ✗ Nursing home type patient contribution, respite care or nursing home fees
- ✗ Take home/discharge drugs (non-PBS drugs may be eligible for benefits from your Extras cover)
- ✗ Aids not covered in hospital agreement (may be eligible for benefits from your Extras cover)
- ✗ Services claimed over 24 months after the service date
- ✗ Services provided in countries outside of Australia
- ✗ Prostheses used for cosmetic procedures, where no Medicare benefit is payable
- ✗ Ambulance transfers between hospitals

*restricted benefits (services) not fully covered

The services listed below, when provided in a private hospital, are eligible for Minimum Default Benefits prescribed by private health insurance legislation. These benefits relate to hospital bed charges and are unlikely to cover the fees charged for a private hospital admission. Members may incur large out of pocket expenses for theatre fees together with the difference between the Minimum Default Benefit and the bed charge raised by the hospital.

The services listed below are also eligible for hospital benefits in a public hospital at a shared room rate. Public hospitals do not raise charges for theatre use.

- ▶ major eye surgery services (corneal transplant, cataract surgery, other lens related surgery services)
- ▶ joint replacement services (hip, knee, ankle and shoulder)
- ▶ assisted reproductive services (e.g. IVF)
- ▶ sterilisation and reversal of sterilisation services
- ▶ cardiothoracic services
- ▶ bariatric (gastric banding, sleeve gastrectomy, gastric by-pass) services
- ▶ psychiatric services
- ▶ rehabilitation and palliative care services
- ▶ plastic and reconstructive surgery services
- ▶ services for which a Medicare benefit is not payable

waiting periods

hospital waiting periods	calendar months
Pre-existing condition, pregnancy related services	12 months
All other treatments	2 months
Accidents [^] , injuries and emergencies	1 day
Emergency ambulance transport	

[^]Accident means an injury inflicted as a result of unintentional, unexpected actions or events that require treatment by a registered practitioner, but excludes pregnancy.



they important?

If a member has a pre-existing condition, a waiting period of 12 months will apply before we will pay hospital or medical benefits towards any treatment for that condition.

A pre-existing condition is an ailment or illness for which the signs or symptoms were evident up to 6 months before a person became insured by a policy. It is the opinion of the CBHS appointed doctor that determines whether the signs or symptoms were in existence – that doctor, however, will have regard to any information provided by the member's doctor.

Members must also wait for 12 months to be covered for pre-existing conditions where they upgrade their cover.

emergency ambulance

StepUp includes emergency ambulance services when transported directly to hospital or treated at the scene due to a medical emergency. Transport must be provided by a State Government ambulance service or a private ambulance service recognised by CBHS (such as Royal Flying Doctor Service).

Residents of QLD and TAS are the only states covered under their state based ambulance schemes.

going into hospital

- ▶ Contact us to confirm what you are covered for and to check if any waiting periods apply
- ▶ Check if your hospital has an agreement with CBHS
- ▶ Obtain a quote from your treating doctor/surgeon

access to private hospital

CBHS holds agreements with an extensive range of Australian private hospitals and day surgeries. These agreements ensure hospital fees including bed fees, theatre and labour ward and intensive care fees are covered when admitted as a patient to hospital (subject to your level of cover).

For charges incurred in a non-agreement hospital members may only receive benefits similar to a public hospital **shared room rate** which can result in substantial out-of-pocket expenses. Should you choose a hospital that holds an agreement with CBHS, you reduce, if not eliminate, out-of-pocket expenses for hospital fees.

To check if your hospital holds an agreement, visit our website at **cbhs.com.au** or contact our Member Care Centre on **1300 654 123**.

claiming your benefits

non-admitted medical services

Claims for medical services provided in a hospital, day surgery, private emergency facility or doctors rooms as a non-admitted patient must be submitted directly to Medicare only. These services include, but are not limited to imaging, blood tests (pathology) and specialist/doctors consultations.

hospital claims

Hospitals will bill CBHS directly. If you are required to contribute to your admission (for example a co-payment or are admitted for restricted services) you will be required to pay this directly to the hospital. Please check with the hospital whether you have to pay this upon admission or if they will bill you.

admitted hospital medical services*

We pay up to 25% of the MBS fee, while Medicare pays the other 75%. If charges are more than the MBS fee, then a gap payment arises.

medicare benefits schedule fee	
75% covered by Medicare	up to 25% covered by CBHS

Services that do not attract a benefit from Medicare will be subject to restricted benefits only. This means that you may face significant out-of-pocket expenses for both hospital and medical services.

- ▶ Doctors will give you an account for their services. Take this account to Medicare first
- ▶ Complete a Two-Way form in order for Medicare to forward your claim to CBHS for the Fund benefit to be paid

** A member will incur substantial out of pocket expenses if they are not entitled to Medicare Benefits (i.e Non-Australian Residents).*

access gap cover

Many people admitted to hospital as private patients can find themselves faced with out-of-pocket expenses, or 'gaps'.

Access Gap Cover (AGC) is a medical gap cover arrangement designed to minimise or eliminate out-of-pocket expenses for medical procedures conducted in hospitals or day surgery facilities as an admitted patient.

advantages of access gap cover

- ▶ As a patient, you will receive an estimate of doctors fees prior to your treatment
- ▶ Doctors may claim directly from CBHS on your behalf (including the Medicare benefit)
- ▶ No more Medicare queues

Go to **cbhs.com.au** for more information on Access Gap Cover or to search for Access Gap Cover participating doctors.

Doctors using Access Gap Cover will usually bill CBHS directly. CBHS claims the Medicare benefit on your behalf and sends payment, including the Medicare and Fund benefits, directly to your doctor. If your doctor sends the account to you, please forward it on to CBHS, clearly identifying it is to be claimed through Access Gap Cover. **Do not take accounts to Medicare first.**

adding your new baby to your membership

When notifying CBHS of a new addition to your family you will need to provide your baby's full name, date of birth and gender.

family cover	singles cover
If you have family cover, all waiting periods will be waived for your baby as long as you notify CBHS within two calendar months of the birth.	If you have singles cover, all waiting periods will be waived for your baby if you upgrade to family cover or sole parent cover within two calendar months of the birth.

This upgrade must take effect from the date your baby was born.

StepUp extras component

description	70% of the cost up to the per service benefit below	overall limits	benefit period
dental*			
preventative dental (2 month waiting period)			
Oral examinations (011,012,013)	\$35-\$45	unlimited	calendar year
X-ray (022)	\$28		
Removal of plaque (111)	\$41		
Removal of calculus (114,115)	\$65-\$70		
Fluoride application (121)	\$30		
Mouthguard (151,153)	\$130-\$150		
Fissure sealing (161)	\$27		
general dental (2 month waiting period)			
Fillings	\$61-\$129	\$350	calendar year
Consultations and examinations	\$28-\$40		
X-rays	\$21-\$42.80		
Extractions or surgical dental	\$50-\$255		
general dental (6 month waiting period)			
Periodontic (gum treatment)	\$57-\$250	\$900	calendar year
Endodontic (root canal treatment)	\$7.50-\$180		any 5 years
Inlays/onlays/facings/veneers	\$360		
Dentures and implants	\$20-\$810		
Occlusal therapy	\$17-\$260		
major dental (12 month waiting period)			any 5 years
Crowns and bridges	\$10-\$720		
Orthodontia	70%	\$1400	life
prescribed optical appliances* (6 month waiting period)			
frames			
Frames	\$90	\$250	calendar year
lenses			
Single vision (pair)	\$60		
Bifocal (pair)	\$60		
Trifocal vision (pair)	\$90		
Multifocal (pair)	\$90		
contact lenses			
Contact lenses	\$150		
therapies* (2 month waiting period)			
Physiotherapy (initial/subsequent)	\$61/\$43	\$600 (\$300 sub limit per therapy)	calendar year
Chiropractic (initial/subsequent)	\$61/\$40		
Osteopathy (initial/subsequent)	\$61/\$35		
Occupational therapy (initial/subsequent)	\$95/\$46		
Speech therapy (initial/subsequent)	\$30-\$140		
Clinical psychology	\$30-\$50		
Podiatry (excl. artificial aids: e.g. orthotics)	\$15-\$75	\$150	
Dietician		\$100	
alternative therapies* (2 month waiting period)			
Natural therapies Buteyko, Herbal Medicine Consultations, Homeopathy, Naturopathy, Nutrition	\$33	\$100	calendar year
Oriental therapies Acupressure, Acupuncture, Chinese Herbal Medicine Consultation, Chinese Massage, Kinesiology, Reflexology, Shiatsu, Traditional Chinese Medicine Consultation			
Massage therapies Alexander Technique, Aromatherapy, Bowen Therapy, Deep Tissue Massage, Feldenkrais, Lymphatic Drainage, Myotherapy, Remedial Massage, Rolfing, Sports Massage, Swedish Massage, Therapeutic Massage			
general health* (2 month waiting period)			
Blood glucose accessories	70%	\$100	calendar year
Non-pharmaceutical benefits scheme drugs requiring a prescription by law	100% less the current government prescribed PBS co-payment up to \$150 per prescription	\$300	calendar year
health care aids* (12 month waiting period) – referred by a doctor and recognised by CBHS			
Artificial aids	\$10-\$150	\$150	calendar year



CBHS Wellness Benefits cover you for a variety of health checks and programs designed to assist you in better managing your health and wellbeing.

wellness benefits (2 month waiting period)	Benefits are 90% of the cost up to maximum category limit	
	overall limit	benefit period
health checks*		
Breast examinations (e.g. mammograms/x-rays)	\$200	calendar year
Bone density tests		
Skin cancer screening		
Bowel/prostate cancer screening		
Eye Screenings		
health management*		
Quit smoking programs ²	\$100	calendar year
Weight management programs ²		
Stress management courses ²		
Yoga ¹		
Pilates ¹		
Gym membership/personal training ¹	\$115/\$100	calendar year

¹ CBHS can only pay a benefit for gym membership/personal trainer/pilates/yoga where the gym/personal trainer/yoga/pilates service is provided as part of a health management program, certified by your GP or a recognised provider confirming that the gym/personal trainer/yoga/pilates program is a health management program. Approval form is available from CBHS website. Please note that GP consultations are not covered by CBHS.

² Must be approved by CBHS.

* A Benefit is not payable in respect of a service that was rendered to a Member if the services can be claimable from any other source.

understanding your StepUp extras cover

how do my extras benefits work?

CBHS Extras benefits for StepUp are based on 70% with the exception of our Wellness Benefits which are 90% of the cost the provider charges you, up to a set benefit per service which is capped by an overall limit.

Below is one example of how the Extras benefits work, depending on the service fee the dentist charges.

- Dentist fee = \$50
- 70% of service fee = \$35, which is more than the service limit (\$28)
- Benefit payable = \$28

benefit period

Each group of services within Extras and Package covers have an overall limit on the amount you can claim. Most limits are based on per person per calendar year, unless otherwise stated in our Extras table.

Benefits which attract a 3 and 5 year period are entitled to have the benefit renewed on the same date which the service was performed respectively.

waiting periods

extras waiting periods	calendar months
Crowns and bridges, orthodontia, artificial aids, healthcare appliances, oxygen apparatus and hearing aids	12 months
Prescribed optical appliances, periodontics, endodontics, inlays/onlays, facings, dentures & implants	6 months
All other services	2 months



dental choice network

The dental Choice Network is a group of dental service providers who have committed to reducing or removing the gap for **selected preventative dental** services that you would usually pay between the dentist's charges and the CBHS benefit. By choosing to use a dentist in the network you will have no out-of-pocket expenses for these selected services.

optical choice network

By visiting an optical Choice Network provider, you may receive benefits of up to 100% (rather than a benefit of 70% of the cost of the service from a non-Choice Network provider) of the cost of services, **optical frames, lenses and contact lenses** up to the maximum per service and overall limits. These services may also be subject to known gaps, where you will know in advance what out-of-pocket expenses you may incur.

want more cover?

Alternatively, if you don't think that StepUp is quite right for you, we offer two other packages and a range of Hospital, Extras and Ambulance Covers which can be taken out separately or combined to create your own health cover.

For more information visit our website at cbhs.com.au or contact our Member Care Centre on **1300 654 123**.

This information must be read in conjunction with your CBHS Health Benefit Fund Rules, available at cbhs.com.au. Please read carefully and retain for future reference.