



## Health Fund Rebate Process

As of 21/1/2010



The Pilates Method

APMA Level 2 Pilates Instructor Course Provider

Clients instructed by our APMA Level 2 and above Member Practitioners are awarded some rebate from a growing number of Health Funds recognising the importance of properly qualified Pilates instructors.

### To Apply for Rebate

- A. Look at our current table of 'Pilates-friendly' Health funds (see next page).
- B. **If your Fund is listed** and you are at the appropriate level of membership, then supply us the name of your Health Fund, and ask the Front Desk to print you a **Booking History** which will summarise each visit and its associated value. Simply supply this receipt to your Fund.
- C. **If your Fund is NOT listed**, don't despair. Contact your Fund to ask for eligibility. Be sure that they understand you are NOT being instructed by a physiotherapist (who will list training as 'physio treatment' rather than 'Pilates'). Explain that you are working with instructors that are members of the Australian Pilates Method Association (APMA), a professional organisation requiring a minimum of a 2-year educational and experience process.

Be persistent, as Health Funds are notorious for having a policy of rebate for Pilates (sometimes falling under Ancillary or Alternative Health rebate) but their employees are often unaware of the particulars of that policy.

### Do not request your **Booking History** for the purposes of rebate until you have:

- A. Checked our Health Fund table and confirmed with your Fund, AND
- B. Paid and attended the sessions you are applying for rebate for; funds only rebate for sessions paid and attended.

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## Health Fund List For Clients

As of 1 July 2009



The Pilates Method

APMA Level 2 Pilates Instructor Course Provider

<b>Fund Name</b>	<b>Name of Policy</b>	<b>Cover Limit</b>
<b>MBF</b> 13 26 23	Living well Programmes: Young Extras, Everyday, Classic and Premiums Extras	Annual maximum of either \$50 or \$100 depending on which programme
<b>NRMA/ SGIO/SGIC Health</b> 13 26 23	Extras Cover	Percentage depends on level of extras cover. Maximum rebate is \$100 Per Annum
<b>Australian Unity</b> 13 29 39	Health Management	Up to 80% of the cost of a session with a cap of \$100 per Annum
<b>Teachers Federation Health Fund</b> 1300 728 188	Top Extras	75% per session up to \$150 per annum
<b>Australian Health Management</b> 13 42 46	Health Improvement Extras	Top: \$15 per class or \$150 for 10 Lower: \$10 per class or \$100 for 10
<b>Medibank Private</b> 13 23 31	Clients can claim a rebate if they have a package bonus with medibank Private	Package Bonus: Healthy +, Smart +, Advantage +, maximum per annum \$100
<b>Manchester Unity</b> 13 13 72	Keep Fit Programme	Not Available
<b>CBHS</b> 1300 654 123	All extras cover	CBHS members need to check online or by phone as to their individual limit as other courses are payable from this limit
<b>GU Health</b> 1800 249 966	Value Extras Cover (previously called Ancillary cover)	Percentage of rebate depends on level of cover, up to maximum of \$500 per year

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