May 2017

Provider Operations Manager

BUPA

Email: providerenquiries@bupa.com.au

Re: Recognition of the provision of Pilates by qualified Australian Pilates Method Association (APMA) Pilates practitioners

To whom it may concern,

As a paying member of BUPA, I am disappointed to learn of your plans to cut any rebates available for Pilates services, and believe a review into cover of the Pilates Method is required.

I have been attending with APMA-Qualified Providers, and am aware that this recognition by the APMA requires an understanding of pathologies, anatomy, physiology, workplace health and safety, documentation of patient notes.

As a peak body, the APMA works to maintain a high level of instructing standards within the Pilates industry, and require their members to receive continuing education, as well as to adhere to WHS policies. I am aware that before recognition as members of the APMA, practitioners are required to complete a minimum of:

* 550 hours of both Personal Performance and Instruction hours of Pilates.
* Several units of in-depth study into the practice of the movement itself.

This is in comparison to, for example, physiotherapists, who can attain a ‘certification’ as a Pilates practitioner after completion of a weekend course.

I attend sessions at Revolution Pilates Studio in Mount Hawthorn WA and am supervised by BUPA Provider Approved APMA Practitioners such as Neil Nabbefeld. I attend his studio and his staff’s work because I am provided with services that are both highly professional and tailored to meet my individual needs. They provide a vital role in my overall health management and I recognise that this comes from a highly knowledgeable Pilates Method Practitioner.

I urge you to reconsider your decision to remove the provision of Pilates, and to investigate the APMA further so you can make an informed decision. I invite you to contact them directly by emailing [vjcahill@aol.com](mailto:vjcahill@aol.com).

Regards,

INSERT BUPA Member Name

INSERT BUPA Member Number