



reserve bank health society
simply better benefits

***Free** health options
with your hospital
cover.*

Hospital substitution options

Our hospital substitution options allow you to recover where you are most comfortable - all you need is a referral from your treating doctor.

Hospital at Home

Hospital at Home allows you to have services you would usually receive in hospital (like wound care or IV antibiotics) at home. If the healthcare services you need can be provided at home, you may be able to avoid a hospital stay altogether.

Please note:

There is a 2-month waiting period for this health program (if you haven't already served it) or a 12-month waiting period for pre-existing conditions for these options.

Rehab at Home

Rehab at Home allows you to recover in the comfort of your own home with short term therapy for joint replacements, fractures, spinal conditions, cardiac conditions and mobility problems. We offer physiotherapy, occupational therapy and more.

Please note:

There is a 2-month waiting period for this health program (if you haven't already served it).



Health services and programs

These health services and programs are designed to help you keep your health on track.

Health Risk Assessment

Our Health Risk Assessment helps you discover more about your health. The online questionnaire gives you a health report showing where you are doing well and where we may be able to help.

My Health Online

My Health Online gives you access to a range of health and wellbeing tools through our My Health Online web portal. You can store health information and share it with your doctor, keep a calendar of healthcare appointments and access health wellness plans.

Strive for Health

Strive for Health has been developed to assist members with chronic conditions manage their health with the help of expert telephone or face to face support at home.

Healthy Weight for Life

The Healthy Weight for Life program is a program that can assist with heart disease, diabetes and osteoarthritis management with strategies to help you maximise your overall health, strength and quality of life. Healthy Weight for Life can help you with weight loss, strength exercises and education to improve your health.

Please note:

There is a 2-month waiting period for these health programs (if you haven't already served it).

These programs are all optional and it is your decision to use them or not. If you would like any further information, please contact our health team on [1800 027 299](tel:1800027299), email info@myrbhs.com.au or visit our website at www.myrbhs.com.au/members/healthprograms.