



**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 @ Home**

Hospital @ 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.

### **Rehab @ Home**

Rehab @ 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 12 month waiting period for pre-existing conditions for these options.



## Health programs

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

### 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, access a health library and more.

### 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.

### 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.

**Please note:**

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

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

Reserve Bank Health Society Limited.  
A Registered Private Health Insurer. ABN 91 087 648 735.

Locked Bag 23, Wollongong NSW 2500  
Phone: 1800 027 299 • Fax: 1300 309 704  
Email: [info@myrbhs.com.au](mailto:info@myrbhs.com.au) • Web: [www.myrbhs.com.au](http://www.myrbhs.com.au)