

Better alternatives to Dr Google

Type a minor symptom into Google and get the scare of your life with Google deciding you have at least one of many possible terminal illnesses.

Google is great at many things, but it is poor at medical diagnosis. GPs are a long way from being replaced and should always be your authoritative port of call.

However there are two online options that have some helpful information.

The first is Healthshare. Ask a doctor for advice, search doctors' answers to readers' questions and find reputable information.

The second is our free Health Risk Assessment. Answer a number of questions about your health and get your own health report focussed on 12 health areas. It even calculates your Body Mass Index on the first page.

To do a Health Risk Assessment, simply log in to Online Member Services and click on the Health Risk Assessment button. That is it, you can now leave Dr Google behind.

How much sleep do you really need?

The day starts the right way after a good night's sleep. As we hit the snooze button for one more time this Sleep Awareness Week, we ask, how much sleep do we really need?

Science's answer to this comes from the Journal of the National Sleep Foundation sleep time recommendations.*

Age (years)	Recommended hours	May be appropriate	Not recommended
6-13y	9 to 11	7 to 8	Less than 7
		12	More than 12
14-17	8 to 10	7	Less than 7
		11	More than 11
18-25	7 to 9	6	Less than 6
		10 to 11	More than 11
26-64	7 to 9	6	Less than 6
		10	More than 10
65+	7 to 8	5 to 6	Less than 5
		9	More than 9

Why is sleep important?

A good sleep can lift your concentration, mood, and could reduce your risk of heart disease, high blood pressure and diabetes.[^] There is also the sobering fact that sleep deprivation was linked to more than 3,000 Australian deaths in 2016-17, almost 400 of those from vehicle or industrial accidents, according to the Sleep Health Foundation.**

Source: *[https://www.sleephealthjournal.org/article/S2352-7218\(15\)00015-7/fulltext?code=sleh-site](https://www.sleephealthjournal.org/article/S2352-7218(15)00015-7/fulltext?code=sleh-site)

[^] <https://www.healthdirect.gov.au/sleep> **Sleep Health Foundation, Asleep on the Job, 2017

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Member News

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simply better benefits



In this issue...

- What is the RBHS difference?
- Receive \$100 each for you and your workmate*
- 2018 AGM
- Your health case study: How the Strive for Health program helps members with diabetes
- Easier Access Gap search
- Better alternatives to Dr Google
- Your health article: How much sleep do you really need?

What is the RBHS difference?

RBHS is a not-for-profit health fund founded in 1959, fully owned by its members and open to the families of current and former Reserve Bank of Australia and Note Printing Australia employees.

RBHS prides itself on being able to:

- Be not-for-profit. We focus on providing the highest possible benefits.
- Reward loyalty. RBHS has higher extras limits for members for each year of continuous cover up to your fifth year.
- Keep your children on your cover for longer. Our new Extended Family Cover option allows you to keep your children on your policy up to age 24.
- Deliver exceptional customer service. RBHS is number one for member satisfaction in the Member Satisfaction Survey 2018 by Discovery Research.
- Provide superb extras cover. Exceptional annual limits and a generous 90% back on most services.

- Free you of extra charges. Pay no excess when admitted to hospital.
- Cover you nationwide of over 550 private hospitals and day surgeries and over 36,000 doctors.
- Include ambulance cover on all policies that is at the very top end of the market for coverage. It covers 100% of air, land and sea journeys within Australia for emergencies and medically necessary ambulance travel with no annual limit.
- Pay claims within two days.
- Answer your call in person. Plus, you get straight through without having to deal with those irritating keypad menus.
- Reduce your out-of-pocket doctor expenses with our Access Gap scheme.
- Provide 24/7 service with Online Member Services.

Receive \$100 each for you and your workmate*

It is nice when you can do something good for a friend. It is even better if you both get a \$100 gift card to use anywhere out of it.

Refer a colleague this month & if they join you will both get a \$100 gift card and go into the draw to win the major prize valued up to \$500.

The winner of the major prize can choose between a:

- Fitbit Versa Smart Fitness Watch + Fitbit Aria 2 Wi-Fi Smart Scales – valued at \$498
- Garmin Forerunner 235 (GPS Running Watch with Wrist-based Heart Rate) – valued at \$449
- \$500 Rebel gift card

How to enter

Simply ask the new joiner to call the health fund on **1800 027 299** and we can sign them up on the spot. They'll need to mention your full name for each of you to receive your FREE \$100 Gift Card and entry into the major prize draw.

*For full T&Cs, visit myrbhs.com.au/referacolleague



How the Strive for Health program helps members with diabetes

Diabetes is a lifelong condition that responds to each meal, physical activity and even stress and illness. There is always a lot to learn and manage.

Strive for Health provides a tailored, supportive and confidential telephone program to help you through at any point in the journey.

Depending on your needs, areas covered can include:

- Diagnosing diabetes
- Understanding diabetes in your life
- Developing a plan for low and high blood sugar
- Medications
- Access to a variety of health professionals
- Coping emotionally and mentally
- Nutrition and lifestyle advice
- Physical activity advice
- Preventative activities to ensure your best quality of life over the long term
- Managing life with diabetes when you are unwell



People with diabetes or pre-diabetes commonly access exercise physiology, dietitians, physios, podiatrists, diabetes educators, registered nurses and mental health coaches depending on their need.

vaccination services and with your local GP.

If you need a little extra support in managing your health, Strive for Health might just be for you.

To apply for the program, contact us on 1800 027 299 or email info@myrbhs.com.au.

2018 AGM

The RBHS Annual General Meeting (AGM) will be held at 11:30am Thursday 22 November 2018 at Sydney's Reserve Bank of Australia Ground Floor East Meeting Room (inside the Currency Museum). Notice of the AGM and other relevant information will be sent to you prior to this date.

Will you Strive for Health?

RBHS has a free 6-month program with a personal health coach to manage chronic conditions, such as diabetes. Home Support Services, our trusted provider, runs the Strive for Health program.

Jodie is one of the coaches, who helps members gain real health improvements.

"As an HSS coach I enjoy working with people regarding any health concerns they have.

I particularly enjoy supporting people with Diabetes and Pre-diabetes. My studies, including Bachelor of Nursing, Diabetes Management and Education and Social Work, have provided me with a good understanding of health and the importance of viewing health holistically.

In my spare time I enjoy spending time with my family and being active through yoga, bike rides and beach walks."

Easier Access Gap search

Access Gap is a scheme to reduce your out-of-pocket doctor expenses. First you need to ask your doctor if they participate. If they do, we pay them more than the Medicare Benefit Schedule fee – resulting in lower or no out-of-pocket expenses for you.

To make it easier to find doctors with a track record of providing Access Gap services, we've added a new search available on the RBHS website.

The 'Procedure fees' tab displays the doctor's gap-free record.



■ No Gap in 90% of admissions

■ Gap up to \$400 in 10% of admissions

Participation for Dr Salient Example is based on 200 admissions in a 24 month period.

Start your search here myrbhs.com.au/find-a-provider.