



**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.

## **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.

## **Chemo at Home**

Chemo at Home treats you in the comfort of your own home with a range of options such as chemotherapy, target cancer therapies and targeted therapies for inflammatory bowel disease.

### **Please note:**

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



## Health services and programs

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

### 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](mailto:info@myrbhs.com.au) or visit our website at [www.myrbhs.com.au/members/healthprograms](http://www.myrbhs.com.au/members/healthprograms).