

Your Extras Cover

ING Everyday Extras

60% Back

of the cost to you up to your annual limit

What's covered

Extras are services usually provided outside of a hospital. Medicare does not generally cover these services, so we help you pay for them.

Receive 60% of the cost back (up to the annual limit and after waiting periods have been served) on:

- ✓ The cost of the consultation
- ✓ The cost of health appliances listed on this policy. Ask nib about specific restrictions and replacements.

Our members have the choice to use any provider with professional qualifications recognised by us. Please read the Policy Booklet for more information on our Recognised Providers.

ING Everyday Extras

The services that people use most bundled with additional options to help look after your overall health and wellbeing.

Extras Covered	Annual Limit	Maximum amount claimable per person in a calendar year	Waiting Period	Applies if you are new to health insurance or if you have recently increased your level of Extras cover
General dental treatment E.g. scaling, cleaning, fluoride therapy, fillings, basic extractions and x-rays	\$600		2 months	
Major dental treatment Includes root canal therapy, crowns, bridges, dentures, oral surgery	\$600		12 months	
Optical appliances (appliance limits apply) E.g. prescription glasses and contact lenses	\$250		6 months	
Physiotherapy	\$300		2 months	
Ambulance Emergency ambulance transport paid at 100% of the cost ¹	No limit		1 day	

¹ Excludes residents of QLD and TAS who have ambulance services provided by their State ambulance schemes.

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Chiropractic Osteopathy		\$300	2 months	
Exercise physiology		\$200	2 months	
Natural therapies (consultations only) Acupuncture, Chinese herbalism and myotherapy		\$150	2 months	
Remedial massage (consultations only)		\$150	2 months	
Dietary advice		\$300	2 months	
Psychology		\$300	2 months	
Health aids – everyday (appliance limits apply) The following aids are covered: hip, knee-ankle foot and ankle-foot orthoses; knee brace; shoulder brace; finger, hand, arm & elbow orthoses/splints; joint fluid replacement. *Please note these are not foot orthotics (shoe inserts) provided by a podiatrist.		\$250	12 months	
Healthier lifestyle benefit nib approved: weight management, quit smoking and health management programs (gym, personal trainer)		\$150	6 months	
Preventative tests (service limits apply) Thin prep, bone density tests, bowel screening		\$150	6 months	

It pays to review your cover regularly

Your life is constantly changing. So, you should remember to review your health cover at least once a year to make sure it doesn't reflect the old you. We make reviewing and updating your cover quick and easy.

Simply visit
ing.com.au
or call us on **1800 111 831**

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