



Southern Cross
Health Society

BENEFIT SUMMARY

Wellbeing One

Wellbeing One provides cover for cancer care, surgical treatment and consultations, diagnostic imaging and tests within 6 months of related eligible surgical treatment or cancer care.

Tailoring your cover: You can add the **Keeping Well Module** (GP, vision, dental and other benefits) and **Body Care Module** (preventative, allied and natural healthcare services). To help reduce your premiums, you can apply an excess.

Example of benefits under Wellbeing One

These are **some of the benefits** that Wellbeing One offers. For more details on the benefits and maximums for this policy, and any exclusions or conditions that may apply, download a policy document from southerncross.co.nz/plans or contact us.

BENEFITS		Wellbeing One
		You will be reimbursed for 100% of expenses (unless otherwise stated) for eligible healthcare services based on reasonable charges, up to the below policy limits.* Eligibility criteria may apply and some procedures are Affiliated Provider only. Refer to the policy document for details.
CANCER CARE Excess applies		
Chemotherapy treatment		\$60,000 per claims year. Must be performed by an Affiliated Provider. Maximum also includes reimbursement of the actual cost up to \$10,000 per claims year for non-Pharmac approved MedSafe indicated chemotherapy drugs
Radiotherapy treatment		Unlimited. Must be performed by an Affiliated Provider
SURGICAL TREATMENT Excess applies		
Surgical procedures		Unlimited (prosthesis maximums apply). Refer to the policy document for the surgical procedures that must be performed by an Affiliated Provider
Skin surgery under general anaesthetic or sedation, and Mohs		Refunded as per surgical procedures. Must be performed by an Affiliated Provider
Skin surgery with local or no anaesthetic		\$5,000 per claims year. Includes \$1,000 per claims year when performed by a GP. Must be performed by an Affiliated Provider or General Practitioner. Includes all consultations related to skin lesions.
GP minor surgery		\$1,000 per claims year. Excludes consultations and skin lesion services.
SURGICAL ALLOWANCES Excess applies		
Post mastectomy allowance to achieve breast symmetry		\$6,500 per lifetime. Specialist consultations and diagnostic imaging must be performed by an Affiliated Provider
Overseas treatment allowance		\$30,000 per claims year
RECOVERY Excess applies. Must be within 6 months of related eligible surgical treatment or cancer care		
Post-operative home nursing		\$175 per day, up to \$2,800 per claims year
Post-operative physiotherapy		\$60 per visit, up to \$300 per claims year
Post-operative speech and language therapy		\$70 per visit, up to \$350 per claims year
SUPPORT		
Ambulance allowance		\$180 per claims year
Travel and accommodation allowance		\$500 per claims year
Parent accommodation allowance		\$100 per night, up to \$500 per operation
DIAGNOSTIC IMAGING AND TESTS Must be within 6 months of related eligible surgical treatment or cancer care		
X-ray; Ultrasound; Mammography; Digital breast tomosynthesis; Nuclear scanning (scintigraphy); Myocardial perfusion scan; CT angiogram; CT coronary angiogram; CT scan; MR angiogram; MRI scan; PET/CT scan		\$60,000 per claims year (in total). Must be performed by an Affiliated Provider
Cardiac tests		\$5,000 per claims year. Must be performed by an Affiliated Provider. Refer to the policy document for a full list of cardiac tests that are covered
Diagnostic tests		\$3,000 per claims year. Refer to the policy document for the diagnostic tests that must be performed by an Affiliated Provider and for a full list of diagnostic tests that are covered
CONSULTATIONS Must be within 6 months of related eligible surgical treatment or cancer care		
Specialist consultations		5 visits per claims year up to \$5,000 per claims year (in total). 5 visit limit and 6 month rule does not apply to oncologist consultations. Excludes psychiatrist and all skin lesion consultations. Must be performed by an Affiliated Provider
Psychiatrist consultation		\$750 per claims year. Not subject to the 6 month rule. Must be performed by an Affiliated Provider
Dietitian consultations		\$100 per consultation, up to \$500 per claims year
NON SURGICAL TREATMENT Excess applies (except for allergy services)		
Non-surgical hospitalisation		\$60,000 per claims year
Psychiatric hospitalisation		\$3,500 per claims year
Allergy services		\$750 per claims year (excess does not apply). Must be performed by or under the care of an Affiliated Provider or a General Practitioner with an Easy-claim agreement with us
AFTER 3 YEARS CONTINUOUS COVER Excess applies		
Gastric banding/bypass allowance		\$7,500 per lifetime. Specialist consultations and diagnostic imaging must be performed by an Affiliated Provider
Bilateral breast reduction allowance		\$5,000 per lifetime. Specialist consultations and diagnostic imaging must be performed by an Affiliated Provider
Prophylactic treatment allowance		\$40,000 per lifetime. Specialist consultations and diagnostic imaging must be performed by an Affiliated Provider
Palliative care and treatment allowance		\$2,400 per claims year (excess does not apply)

*See the chart in your policy document for how your refund will be calculated.

Exclusions

No reimbursement or payment shall be made for any costs incurred in relation to, or as a consequence of, any of the following:

- **Pre-existing conditions** including but not limited to those conditions specifically set out in your **Membership Certificate**;
- **Unapproved healthcare services** which are specific **drugs**, devices, techniques, tests and/or other **healthcare services** that have not been approved by Southern Cross prior to treatment. Please see the list of **unapproved healthcare services** at southerncross.co.nz/unapprovedservices;
- **Acute care**;
- Appliances or equipment (surgical, medical or dental) for example CPAP machines, cochlear implants, nerve stimulators, orthotics, crutches;
- Breast reduction except as specifically provided by the bilateral breast reduction **allowance**;
- **Chronic conditions**;
- **Congenital conditions** except for umbilical hernia, inguinal hernia, undescended testes, hydrocele, tongue tie, phimosis and squint;
- Contraception or intrauterine devices except for Mirena when used for medical reasons and approved by us prior to treatment;
- Correction of refractive visual errors or astigmatism by surgery, surgically implanted intraocular lens(es), or laser treatment;
- **Cosmetic treatment/procedures**;
- Dementia;
- Diagnosis, management and treatment of developmental or congenital deformities or abnormalities of the facial skeleton and associated structures;
- Extraction of teeth except as specifically provided by extraction of unerupted or impacted teeth (under oral and maxillofacial in Affiliated Provider surgical treatment) benefit, or by the Keeping Well and Vision and Dental modules;
- Gender reassignment surgery and directly related **healthcare services**;
- Gynaecomastia;
- **Health screening** except as specifically provided by mammography (under diagnostic imaging) and colonoscopy (under gastroenterology in **Affiliated Provider** surgical procedures) benefits;
- **Healthcare services** performed by a dentist, periodontist, endodontist or orthodontist except as specifically provided by the Keeping Well and Vision and Dental modules;
- **Healthcare services** provided at a public facility directly or indirectly controlled by a **DHB** unless specifically accepted in writing by **Southern Cross** prior to treatment;
- **Healthcare services** provided by a person who is not a **health services provider** as defined on page 36 of the **policy** document;
- **Healthcare services** provided in relation to, or as a consequence of, any **accident** or **treatment injury** except as specifically provided on page 12 of the **policy** document;
- **Healthcare services** provided outside New Zealand except as specifically provided by the overseas treatment **allowance**;
- **Healthcare services** relating to the management and treatment of snoring and/or upper airways resistance;
- **Healthcare services** that are not **approved treatment**;
- **Healthcare services** using technology such as digital computer images to aid in the monitoring and diagnosis of skin cancers and other skin lesions for example, mole mapping;
- HIV, HIV disorders including AIDS, and any medical condition that arises in any way from HIV infection;
- Hospital charges of a personal convenience nature for example, newspapers, spouse/family meals, alcohol, TV rental;
- Implantation of teeth and/or titanium dental implants except as specifically provided by the Keeping Well and Vision and Dental modules;
- Infertility or assisted reproduction;
- Injury, illness, condition or disability arising from, or caused or contributed to by, substance abuse, intoxication or drug taking whether prescribed or recreational;
- Injury or disability suffered as a result of war or any act of war, declared or undeclared, or of active duty in the military, naval or air forces of any country or international authority, or as a direct or indirect result of terrorism;
- **Long term care** including geriatric in-patient care and **disability support services**;
- Maintenance examinations, medical checkups (except as specifically provided by the annual health check on the Day-to-day Module) or any examination required for a third party (including preparation of reports) for example physical examinations for life insurance, travel insurance and driver licence;
- Mental health **healthcare services** except as specifically provided by the psychiatrist consultation and psychiatric hospitalisation benefits and the clinical psychologist benefit under the Keeping Well Module;
- Obesity except as specifically provided by the gastric banding/bypass **allowance** and the Body Care Module;
- Organ transplants, transfusions/injections of autologous blood/blood products (except cell-saver when related to **eligible** surgical treatment), autologous chondrocyte implantations and stem cell transplants, including related expenses for both donors and recipients;
- Pathology and laboratory tests except as specifically provided by the laboratory tests benefit;
- Pregnancy and childbirth except as specifically provided by the obstetrics **allowance**;
- **Prophylactic healthcare services** except as specifically provided by the prophylactic treatment **allowance**;
- Prostheses, specialised equipment and consumables or donor tissue preparation charges except as specifically listed in the **List of Prostheses and Specialised Equipment**;
- Respite and convalescent care;
- Robotic assisted surgery except as specifically provided by the robotic prostatectomy, robotic partial nephrectomy and transoral robotic surgery benefits;
- Self-inflicted illness or injury;
- Sterilisation or its reversal;
- Subsequent breast reconstruction surgery or symmetry surgery unless completed within 2 years of the first **eligible** breast reconstruction surgery (following an **eligible** mastectomy);
- Surgery designed to assist or allow the implementation of orthodontic **healthcare services** except as specifically provided by the Keeping Well and Vision and Dental modules;
- Surgically implanted lens(es) other than monofocal lens(es);
- Termination of pregnancy;
- Treatment of any condition not **detrimental to health** except as specifically provided by the Keeping Well and Day-to-day modules;
- Vaccinations except as specifically provided by the Keeping Well and Day-to-day modules.

TERMS AND CONDITIONS

All dollar figures include GST.

Claims year - This is not a calendar year, but each successive 12 month period from your claims anniversary date.

Claims fall into the period based on the date of treatment, not the date of the claim or receipt.

Other terms and conditions (including limitations and exclusions) apply. This benefit summary should be read in conjunction with the policy document which is available on request.

INTERESTED IN JOINING?

Call **0800 100 777**, or if your employer has a work scheme call **0800 438 268**

For a free quote, visit **southerncross.co.nz/society/quote**

Apply online at **southerncross.co.nz/apply-now**

ALREADY A MEMBER?

For member queries, please call **0800 800 181**



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BENEFIT SUMMARY

Wellbeing One and Wellbeing Two modules

Add-on modules for additional cover.

Tailor your cover by adding a module that includes cover for GP, vision and dental benefits, or a range of preventative and natural healthcare services. If you have **Wellbeing Two** you can also choose a module with a prescription allowance, or add cover for glasses and contact lenses.

Modules to add to **Wellbeing One** and **Wellbeing Two**

Keeping Well Module – GP, vision, dental and other benefits

Please note: The Keeping Well Module cannot be held with either the Day-to-day or Vision and Dental modules

HEALTHCARE SERVICE	MAXIMUM*
Flu vaccination	1 vaccination per claims year
\$200 per claims year (combined total limit) for the following	
General Practitioner	
Nurse	
Optometrist	
Audiologist and hearing tests	
Dental	
Prescriptions	\$100 per claims year
Clinical psychologist	\$100 per claims year

Body Care Module – preventative, allied and natural healthcare services

HEALTHCARE SERVICE	MAXIMUM*
Dietitian or nutritionist	\$250 per claims year
Podiatrist	\$250 per claims year
\$500 per claims year (combined total limit) for the following:	
Acupuncturist	
Chiropractor or osteopath	
Homeopath or naturopath	
Registered massage therapist	

Modules to add to **Wellbeing Two** only

Day-to-day Module – day-to-day medical care

Please note: Day-to-day and Keeping Well modules cannot be held together

HEALTHCARE SERVICE	MAXIMUM*
Annual health check	\$90 per claims year
Flu vaccination	1 vaccination per claims year
General Practitioner	\$65 per consultation
Nurse	\$30 per consultation
Prescriptions	\$600 per claims year
Physiotherapist	\$300 per claims year

Vision and Dental Module – vision, dental and other benefits

Please note: Vision and Dental and Keeping Well modules cannot be held together

HEALTHCARE SERVICE	MAXIMUM*
Prescription glasses and contact lenses	75% of expenses incurred up to \$500 per claims year
Optometrist	\$50 per claims year
Orthoptist	\$200 per claims year
Dental	75% of expenses incurred up to \$750 per claims year
Audiologist and hearing tests	\$200 per claims year
Brain stem evoked response tests	\$210 per claims year

NEED MORE INFORMATION?

For more details on the benefits and maximums for these modules, and any exclusions or conditions that may apply, see the Wellbeing One and Wellbeing Two policy document at southerncross.co.nz/plans or call **0800 800 181**.

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TERMS AND CONDITIONS

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Claims year - This is not a calendar year, but each successive 12 month period from your claims anniversary date. Claims fall into the period based on the date of treatment, not the date of the claim or receipt.

From time to time Southern Cross may change or update which healthcare services are eligible, the scope of cover and terms and conditions.

Effective date 10 December 2018

*See the chart in your policy document for how your refund will be calculated.

Underwritten by Southern Cross Medical Care Society, Level 1, EY Building, 2 Takutai Square, Auckland 1010