



Closed product only available to members who currently hold this cover

# Bronze Plus Fit & Healthy Hospital

If you're young, fit and healthy, this is a great introductory level cover at a budget-friendly price. Avoid paying for the high cost services that young people just aren't likely to need.

**Bronze Plus Fit & Healthy Hospital ("Fit and Healthy Hospital") is a closed cover. Members who held this cover as of 31 January 2013 are entitled to continue under this cover, but no new Fit & Healthy Hospital memberships can be purchased.**

## What does Fit & Healthy Hospital cover you for?

Over the page, you'll find a comprehensive list of the types of treatments, services and products you can claim under your Fit & Healthy Hospital cover. You'll also see information on the things you are not covered for (exclusions), the things you are only covered for in a public hospital (restrictions), as well as the waiting periods that apply before you can make different types of claims.

## Your Hospital cover pays benefits on five types of costs:

**1. Private or public Hospital of your choice**  
With Fit & Healthy Hospital, you're up to 100% covered for all of the hospital's costs when you are treated in any private hospital that it has a contract with. You are also covered in all public hospitals across Australia. This is for both overnight and same-day procedures. The only costs that won't be covered are personal services such as television hire, internet access, newspaper delivery etc.

It has contracts with most private hospitals and day surgeries in Australia, so you're covered around the country. You can see which private hospitals it has a contract within the Health Services area of our website.

It is important to choose one of the hospitals listed because if you choose to be treated in a private hospital that we don't have a contract with, you will be left with substantial out-of-pocket hospital costs. These can add up to many thousands of dollars.

Please note that some state governments allow public hospitals to charge fees outside the default rate covered by the health funds. These additional charges are not covered by your Fit & Healthy Hospital cover. You should check with the hospital prior to your admission what your out-of-pocket expenses will be.

## 2. Doctors of your choice

When you are treated as an inpatient in hospital, your doctors' fees are shared between Medicare, your Hospital cover and yourself.

Medicare will reimburse you for 75% of the Medicare Benefits Schedule (MBS) fee and your Fit & Healthy Hospital cover pays the remaining 25%. Any amount your doctor chooses to charge above the MBS fee is an out-of-pocket cost you will be responsible for paying.

Your Fit & Healthy Hospital cover gives you access to a gap cover program that can help you to reduce or eliminate any out-of-pocket costs by making certain arrangements with your doctors before you go into hospital. This is called Access Gap cover. You can see which doctors currently participate in rt's Access Gap cover program on our website under 'Health Services'. You can read more about Access Gap cover in our Access Gap Cover factsheet, which is also on our website under 'Your Cover' and 'Understanding Your Cover'.

## 3. Implanted prosthesis

Most prostheses you receive in relation to your treatment in hospital are fully covered, but there are a few restrictions on the types of products we can pay for. These generally apply to items that are not covered by the government's Prostheses List.

To limit any potential out-of-pocket costs, ask your doctor which prosthesis is best for you and if there is a no-gap option available.

## 4. In-hospital pharmaceuticals

Most pharmaceuticals you receive in relation to your treatment in hospital are fully covered, but there are a few restrictions on the types of pharmaceuticals we can pay for. These generally apply to items that are not covered or restricted by the government's Pharmaceutical Benefits Scheme (PBS) and approved under the Therapeutic Goods Administration.

To limit any potential out-of-pocket costs, ask your doctor which pharmaceutical is best for you and if there is a no-gap option available.

## 5. Ambulance attendance and transportation

Depending on where you live, you're covered for emergency ambulance attendance and transportation. You'll find full details over the page.

## How do you make a Hospital cover claim?

### PLANNED HOSPITAL STAYS

#### 1. Decide whether you wish to go private or public

Having private hospital cover gives you the best of all options when it comes to deciding where, when and by whom you want to be treated. You also have the option of choosing not to use your Hospital cover and to instead be treated as a public patient. As a private patient, you have more control over the timing of your treatment and can nominate the doctor you wish to treat you, but you may have out-of-pocket costs following the procedure. As a public patient, you are less likely to have any out-of-pocket costs, but you often have no control over the timing of your treatment or the doctors who are appointed to care for you. With private hospital cover, you have the ability to make the choice that suits you best.

#### 2. Make sure that you have served your waiting periods

When you take out Hospital cover for the first time, rejoin after letting your cover lapse, or when you upgrade to a higher level of cover, you are required to serve waiting periods. This means you must have the cover for a certain period of time before you can claim for some services. All the waiting periods that apply to your Fit & Healthy Hospital cover are shown over the page. If you're not sure whether or not you've served your waiting periods, please call our team to find out.

#### 3. Make sure that the treatment or procedure you're planning to claim is covered

If you're not 100% certain, please ask us. With Fit & Healthy Hospital cover, you are covered for any in-hospital treatment that Medicare pays a benefit on, with the exception of:

- Heart and vascular system
- Plastic and reconstructive surgery (medically necessary)
- Cataracts
- Joint replacements
- Pregnancy and birth
- Assisted reproductive services.

You have restricted cover for:

- Rehabilitation
- Hospital psychiatric services.

If you wish to be fully covered for these services in a private hospital, please contact our member care team. Waiting periods will apply if you choose to upgrade your cover.

When you are booking your hospital stay, the hospital will ask you for the details of your cover and will contact us to confirm that you are covered for the procedure you're having. They'll also check that your membership is paid up to date.

#### 4. Make sure that the hospital you're planning to be treated in is one that it has a contract with

We have contracts with most private hospitals and day surgeries in Australia, and you are also covered for treatment as a private patient in any public hospital in the country. There is a search facility where you can look up whether the hospital you are planning to go to is contracted with us in the Health Services area of our website. Please be aware that choosing to be treated in a private hospital that is not contracted with us will leave you with substantial out-of-pocket costs.

#### 5. Ask your doctors if they will use our Access Gap cover

You need to make this arrangement before your hospital stay. If your doctors agree, it means they are willing to accept a set fee for their services that is higher than the MBS fee, but probably less than

what they might otherwise charge. This means you are likely to have lower out-of-pocket costs, and in some cases, none at all. We recommend that you contact our team for more information about how to request Access Gap cover arrangements when you are planning your hospital stay. You can see which doctors currently participate in rt's Access Gap cover program on our website under 'Health Services'. You can read more about Access Gap cover in our Access Gap Cover factsheet, which is also on our website under 'Your Cover' and 'Understanding Your Cover'.

#### 6. Your excess is payable directly to the hospital

Fit & Healthy Hospital comes with an excess. You have a \$250 excess which is payable twice a year on a single membership and four times a year on a couple or family membership. An individual will not pay more than \$500 in excess in any calendar year. The hospital admissions staff will let you know whether you need to pay it before you are admitted or at the time of your admission. You can confirm the amount of the excess payable by contacting our team, or asking the hospital admissions staff, who will confirm that information with us prior to your hospital stay.

#### 7. Find out if you're suitable for our Hospital at Home program

Hospital at Home can help you to get home from hospital sooner, and sometimes avoid a hospitalisation altogether, by providing you with hospital-equivalent treatment and follow-up care in your own home. The program is available for all kinds of treatments and post-procedure support. If it is possible to provide the treatments you need in your home, and if you, your doctor and the hospital all agree that it is appropriate for you, then we can help. Ask our team for more information about Hospital at Home.

#### 8. Following your hospital stay

You usually won't see any bills from the hospital as they get sent directly to us, but you will receive bills from all the doctors who treat you.

If your doctors agree to participate in our Access Gap cover, they will send the bill directly to us. With Access Gap cover, your doctors will have either agreed to charge you no gap, or they will have given you a written quote in advance for any out-of-pocket costs. You are responsible for paying any agreed out-of-pocket costs.

If your doctors do not participate in our Access Gap cover, take your doctors' bills to a Medicare office. They will pay 75% of the MBS fee and give you a statement that you send to us together with a completed claim form (available to download from our website, or ask our team to email or post one to you). We will pay the remaining 25% of the MBS fee. Any remaining amount is an out-of-pocket cost you are responsible for paying.

### UNPLANNED HOSPITAL STAYS

If you are taken to hospital as a result of an accident or emergency, you will more than likely go to a public hospital emergency ward. Most public hospital emergency departments will treat you as a public patient at no cost. Some private hospitals also have emergency departments, and if you attend one of these, you are not covered for the costs. Hospital cover only comes into play when you are admitted as an inpatient to hospital.

If the hospital does decide that you need to be admitted, you will be asked if you have private hospital cover. Remember, you're not obligated to declare or to use your private cover if it doesn't suit you – you have the option of choosing to be treated as a public patient under Medicare rather than using your cover.

## BRONZE PLUS FIT & HEALTHY HOSPITAL COVER

Here's what you're covered for:

Private or public hospital costs – contracted private hospitals and public hospitals		
<b>Accommodation</b>	Up to 100% of the cost of shared room accommodation, after you've paid the excess applicable to your membership and provided that your treatment is not related to any of the items listed under 'exclusions' or 'restrictions'. If you elect to have a private room, you will have out-of-pocket costs.	
<b>Operating theatre / Intensive care</b>	Up to 100% of the cost, provided that your treatment is not related to any of the items listed under 'exclusions' or 'restrictions'.	
Doctors' costs		
<b>Doctor of your choice</b>	<p>100% of the Medicare Benefits Schedule (MBS) fee for services provided by doctors in hospital.</p> <p>When you are treated in hospital, Medicare will pay 75% of the MBS fee for each 'item' and private hospital cover is only allowed by law to pay the remaining 25%. Doctors are not limited to only charging the MBS fee – and that's where people can end up with out-of-pocket costs, because the law prevents funds from paying more than 25% of the MBS fee.</p> <p>We offer a program as part of all our Hospital covers that can help to reduce the likelihood of out-of-pocket costs. With Access Gap cover, you can ask your doctors to charge a set fee based on a different fee schedule, which is higher than the MBS fee but probably not as much as they might otherwise charge. If they agree to use Access Gap cover, you will either have no out-of-pocket costs or you will know in advance what the costs will be. We can give you more information and assistance with this when you are planning your hospital stay.</p> <p>Please note that doctors usually work in a select few hospitals, which may limit the choice of hospitals available to you if you wish to be treated by a particular doctor.</p>	
Prostheses and pharmaceutical costs		
<b>Prostheses</b>	100% of the cost of government-approved no-gap prostheses (lower benefits apply for other prostheses), provided that the prostheses are not related to any of the items listed under 'exclusions'. We recommend that you contact our member care team to find out exactly what you're covered for before going into hospital.	
<b>Pharmaceuticals</b>	<p>100% of the cost of:</p> <ul style="list-style-type: none"> <li>TGA and PBS listed pharmacy items directly related to the reason for your hospitalisation, supplied to you during your admission provided they are not listed as a restricted drug.</li> <li>pharmaceuticals listed on the Commonwealth Exceptional Drug List.</li> </ul>	
Ambulance attendance and transportation costs		
<b>Ambulance</b>	<p>Benefits for ambulance are paid when the service is provided by a state government operated, authorised or approved ambulance scheme.</p> <p>Residents of VIC, SA, WA, TAS, NT – unlimited cover for emergency ambulance transportation in the case of accident or illness. Cover applies anywhere in Australia. Residents of Tasmania are covered by a reciprocal state government ambulance scheme in all states except QLD and SA, so our Ambulance cover only applies where the state government scheme does not. You can also purchase additional Ambulance cover through a state government ambulance service.</p> <p>Residents of NSW or the ACT – unlimited cover for emergency transportation, and medically necessary non-emergency transportation. Cover applies anywhere in Australia. Please contact the fund prior to using any non-emergency patient transportation supplied by a hospital for inter-hospital transfers.</p> <p>Residents of QLD – unlimited cover under a QLD state government ambulance scheme for emergency transportation, and medically necessary non-emergency transportation. Cover applies anywhere in Australia. Contact the QLD state government ambulance provider for more information.</p> <p><small>*Your level of ambulance cover is based on the state the policy is held in. If you live in a different state to the residential address of the policy please contact our team.</small></p>	
Additional benefits		
<b>Hospital at Home</b> (hospital substitution program)	Offers an alternative to a hospital admission or enables you to leave hospital early and receive treatment in your own home.	For more information, enrolment and referral forms, call our member care team on <b>1300 886 123</b> or visit <a href="http://rthealthfund.com.au">rthealthfund.com.au</a>
<b>Travel and Accommodation</b>	<p><b>Travel:</b> Benefit is up to \$60 per round trip (over 200km).</p> <p><b>Accommodation:</b> Benefit is up to \$40 per night.</p>	Please speak with our member care team on <b>1300 886 123</b> about when these benefits are payable.

Here's where out-of-pocket costs can come from:

<b>Exclusions – things you are not covered for</b>	<ul style="list-style-type: none"> <li>Heart and vascular system</li> <li>Cataracts</li> <li>Pregnancy and birth (obstetrics)</li> </ul>	<ul style="list-style-type: none"> <li>Plastic and reconstructive surgery (medically necessary)</li> <li>Joint replacements</li> <li>Assisted reproductive services</li> </ul>
<b>Restrictions – things you are covered for as a private patient in a public hospital. In a private hospital, you will only receive minimum benefits and will incur significant out-of-pocket expenses</b>	<ul style="list-style-type: none"> <li>Rehabilitation</li> <li>Hospital psychiatric services</li> </ul>	
<b>Treatments and procedures not covered by Medicare</b>	If the treatment or procedure you're having cannot be claimed under Medicare, your normal cover entitlements won't apply. You will have substantial out-of-pocket costs.	
<b>Admission to a non-contracted private hospital</b>	If you receive treatment in a private hospital that we do not have a contract with, we will pay a 'default benefit' towards your accommodation, but no other benefits for hospital costs are payable. You will have substantial out-of-pocket costs.	
<b>Hospital or medical costs for outpatient treatment</b>	Your Fit & Healthy Hospital cover can only pay benefits for treatments and services you receive as an inpatient, that is, when you are admitted as a patient to hospital.	
<b>Private hospital emergency department fees</b>	When you are treated in an emergency department, you are an outpatient (you have not yet been admitted to the hospital). No benefits are payable for outpatient treatment.	
<b>Pharmaceuticals</b>	<p><b>Discharge pharmaceuticals</b> These are items prescribed for you to take home after you are discharged from hospital. No benefits are payable for these under your Fit &amp; Healthy Hospital cover, but you may be able to claim under your Extras cover.</p> <p><b>Other Pharmaceuticals</b> You are not covered for pharmaceuticals that are not TGA approved and listed on the Pharmaceutical benefit scheme.</p>	
<b>Services such as television hire, internet access, purchase of newspapers, purchase of medication not related to the reason for your admission, hospital administration fees</b>	Your Fit & Healthy Hospital cover does not pay benefits for these additional products or services.	

Waiting periods:

<b>Accidents</b>	1 day	
<b>General services</b>	2 months	
<b>Hospital psychiatric services, rehabilitation and palliative care</b>	2 months	Cover for psychiatric and rehabilitation treatment is restricted to public hospital under this level of cover. If you wish to be covered for psychiatric and rehabilitation treatment in a private hospital, please contact our member care team. Waiting periods will apply if you choose to upgrade your cover.
<b>Pre-existing conditions</b>	12 months	A pre-existing condition is 'an ailment or illness, the signs or symptoms of which were in existence at any time during the six months preceding the day on which the member joined the fund or upgraded to a higher level of cover.' If you have a medical condition at the time you join rt, or upgrade your existing rt Hospital cover, you may not be immediately covered. If a claim looks like it may relate to a pre-existing condition, a medical advisor or practitioner appointed by us will examine the information provided by your doctor/s and any other material relevant to the claim, and will make a determination as to whether the condition is pre-existing or not.
<b>Pregnancy and birth (obstetrics)</b>	12 months	Not covered under this level of cover. Waiting periods will apply should you choose to upgrade for this service.
<b>Assisted reproductive services</b>	2 months	Pre-existing rule conditions apply. Not covered under this level of cover. Waiting periods will apply should you choose to upgrade for this service.

Read more about your Hospital cover in our online **A to Z guide in the forms and publications section of our website** [rthealthfund.com.au/managing-your-cover/understanding-your-cover](http://rthealthfund.com.au/managing-your-cover/understanding-your-cover). If you have a hospital stay coming up, we strongly recommend that you call us for advice about how to make the most of your Hospital cover, and to confirm that you are covered for the procedure you're having.

Effective 1 April 2021. Fund rules and policies are subject to change without notice. If a change will adversely affect your membership and/or benefits, we will notify you in writing. Depending on the issue, this may be through a personally addressed letter, via email or through our member magazine, *be well*. While you are making your decision about whether to join rt health, and which cover is best for you, it is important that you read (and retain for future reference) this cover guide and any other materials that we might send to you or refer you to.