

Defence  
Health



We look after our own.

# Being a Reservist has its benefits

Health insurance for the Defence community

June 2021





EST.  
1953

# Thank you for being a part of the Defence community.

Whether you are new to the ADF or a long serving member, being a Reservist is an exciting opportunity.

Whatever your role and skills, you're part of a valued community that defends our nation. And you will make a difference.

As a Reservist (SERCAT 3-5) you and your family can join Defence Health. Our ADF packages are exclusive for ADF personnel with tailored member benefits and premiums.

## ADF Total Package Gold

The ADF Total Package Gold gives you our best protection. You can also cover your partner and kids with the comprehensive hospital cover and access to a wide range of extras services. It's the best value cover in the market – at a special ADF price.

## ADF Essentials Package Basic Plus

Ideal cover for healthy singles and couples, the ADF Essentials Package Basic Plus provides private hospital cover for a range of treatments and a limited range of extras that you're likely to need. Any accident requiring hospital treatment is covered – and it includes ambulance cover. It's a great option if you're on a budget or wanting to avoid government penalties.

## Who better to cover you?

Visit [defencehealth.com.au](https://defencehealth.com.au) to get a quote or talk to us on **1800 335 425**.



## We know Reservists

Since 1953, Defence Health has been supporting individuals, families and our ADF community to manage their health care needs.

This long association with the ADF community means we have developed a deep understanding of the health care requirements of Reservists.

As a not-for-profit health insurer, there's always more for members. We provide outstanding service, competitive packages and products, have more satisfied members and give more back in benefits than the big for-profit funds.



## More for you at Defence Health

- Flexible limits on a range of extras treatment like speech therapy, dietetics and psychology.
- No-gap glasses available through our optical network.
- Special member prices through our national dental network.
- Low, or no, out-of-pocket medical expenses for in-hospital treatment with Access Gap.
- Comprehensive cover for air, sea or road ambulance by a state-appointed ambulance provider.
- Maternity support for when you're growing your family.



## Contact Us



### Phone

1800 335 425

Monday to Thursday

8:30 am to 8:00 pm AEDT/AEST

Friday

8:30 am to 6:00 pm AEDT/AEST



### Web

[defencehealth.com.au](http://defencehealth.com.au)



[/DefenceHealth](https://www.facebook.com/DefenceHealth)



[healthhq.defencehealth.com.au](http://healthhq.defencehealth.com.au)



### Email

[info@defencehealth.com.au](mailto:info@defencehealth.com.au)



### Post Address

PO Box 7518

Melbourne, Victoria 3004

## Claiming made easy

Claim on-the-spot at most extras providers by swiping your membership card. Or use our app, or online at [defencehealth.com.au/members](http://defencehealth.com.au/members)



## Manage your membership online 24/7

With Online Member Services, it's easy to view your cover, claim on selected extras, view your limits, update your details and more.

