



## OUR WELLNESS COLLECTIVE "HOW TO" TIPS

### Claiming Mental Health Services with Private Health Insurance

If you hold Private Health Insurance, mental health care may be covered if you have an extras plan. It's important to understand that every provider is different, so it's best to pick up the phone (or jump online) to see if your service will cover some of the costs of seeing a mental health care professional. Here are the steps you might want to take:

1. Call your Private Health Insurer (or jump onto your online portal) to check your level of cover and if mental health services are covered.
2. Make sure you let your provider know about the qualifications of your mental health practitioner. Our Wellness Collective practitioners include Counsellors, Psychotherapists and Mental Health Social Workers. Note: sometimes some or all of these professions may be covered under a "counselling" benefit.
3. Find out how to make a claim. Know you will need to pay for your service in full at your provider before you make a claim. At the end of your session with Our Wellness Collective, you will be asked to pay for the service. We will provide you with a receipt\* you may be asked to provide your provider when you make a claim.

Here are some articles we've found about Mental Health Cover from Australia's top 5 Private Health Insurance Providers.

[Bupa – Mental Health Cover](#)

[Medibank – Mental Health Cover](#)

[Health partners – Mental Health Cover](#)

[HCF - Mental Health Cover](#)

[HBF – Mental Health Cover](#)

[NIB – Mental Health Cover](#)

[AHM – Mental Health Cover](#)

\*PLEASE NOTE: Due to various item number depending on the insurance provider we ask that you please advise our administrative team who your preferred provider is so we can assign the correct item numbers on your invoices.