

Mi Health. Much more than hospital cover.



A range of health support services.



Medibank
Nurse 24/7



Hospital
Support



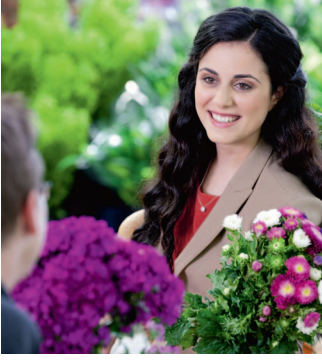
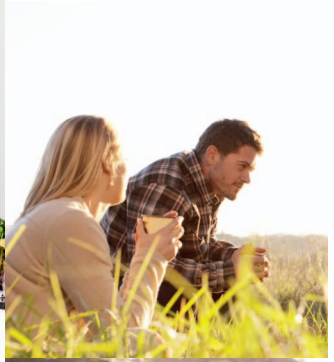
Online
Health Hub



Mobile
Health Apps

mi health

medibank
For Better Health



Get more from your hospital cover.

At Medibank, we do more than provide health insurance, our goal is to promote better health for our members.

That's why you'll find Mi Health is now part of your Medibank hospital cover. With Mi Health you have access to a range of health support services to help you make more informed decisions about your health and lifestyle.



**Medibank
Nurse 24/7**



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Now your Medibank hospital cover automatically includes access to Mi Health, four ways to help you make healthier decisions.

Members with hospital cover can start using Mi Health services today.

To join Medibank visit medibank.com.au/mihealth or call **132 331**.

The information in this brochure applies to Medibank branded hospital covers.



Medibank Nurse 24/7

Speak to a Medibank nurse 24/7.

Now when you need instant health advice you can call our 24/7 Health Advice Line and speak to an experienced Medibank nurse, 24 hours a day, 7 days a week.

If you want to know whether a fever is high enough to warrant a visit to the doctor or how serious an ailment is, a Medibank nurse can help you decide the best course of action. It's reassuring to know that expert health advice is only a phone call away, night or day.

So next time you have any health questions, don't worry – call a Medibank nurse and be relieved your hospital cover gives you Mi Health and the exclusive Health Advice Line.

To speak to a Medibank nurse 24/7 call **1800 Mi Health (1800 644 325)**





Hospital Support

Personal advice and support during your hospital stay.*

If you need to go to hospital for an overnight stay, our Hospital Liaison Representative can give you personal support and advice, helping you get the most from your cover. Whether you're uncertain about what you're covered for, how to make a claim, how to deal with out-of-pocket expenses or how to add a new baby to your membership, simply ask. This service is designed to help take the stress out of being in hospital, so you can concentrate on getting better.

Find out about Hospital Support, call us on [132 331](tel:132331) before you go to hospital.



* For overnight stays at selected Members' Choice hospitals. Not available in all areas. Contact us for details.



Online Health Hub

Your one-stop online resource for a healthy lifestyle.

Visit the online Health Hub and access a wealth of resources – from online tools, videos, comprehensive health, exercise and dietary information to personalised coaching programs and more.

Head for the Health Hub for information about:

- Conditions or treatments
- Weight management strategies
- Assessing your risk factors
- Making better food choices
- Giving up smoking
- Planning a healthier lifestyle for you or your family

Explore the Health Hub at medibank.com.au/login





Mobile Health Apps

To help you make healthier decisions on the go.

Symptom Checker[#] on your mobile gives you access to a wide range of health information and resources on the move. From symptoms to treatments, the answers are as close as your health app.

Next time your child has a temperature, you've hurt your ankle or you want to check spider bite symptoms – reach for Symptom Checker.

Energy Balancer is an easy way to track how much energy you need to burn to balance your food intake. Whatever your age and lifestyle, it's important to match activity and exercise.

So next time you're wondering how far you'll have to ride your bike or work out to balance the great tasting pizza you had for lunch – look up the answer quickly and easily with Energy Balancer.

Download the free apps now on your smartphone.

Visit medibank.com.au/mobile



[#] Only available on iPhone. iPhone is trademark of Apple Inc.

Mi Health. Much more than hospital cover.

To get more than just health insurance, choose Medibank and get Mi Health as part of your hospital cover.

To join us visit medibank.com.au/mihealth or call **132 331**.

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For Better Health