



# Changes to private health insurance cover

## From 1 April 2019 private health insurers will no longer provide extras cover for a range of natural therapies

### Physiotherapy rebates are not affected

Many physiotherapists treat clients individually with a range of Pilates-informed exercises, and/or run Pilates-informed groups and classes for clients.

Pilates-informed exercises prescribed by physiotherapists as part of an individual consultation, group or class will continue to attract private health insurance rebates.

When your physiotherapist performs an initial assessment, instigates a treatment plan and makes notes on your progress, your consultation will be covered under your private health insurance. There is no change in your ability to claim private health insurance rebates for physiotherapy consultations.

### Physiotherapy is a regulated health treatment, practiced by fully qualified and registered health practitioners

The private health insurance reforms are designed to remove rebates for natural therapies for which there is no scientifically proven health benefit.

Physiotherapy is a rigorous, evidence based treatment practice. Your treatment, using a range of exercises and manual therapy techniques, will continue to be covered by private health insurance rebates.

If you have any questions about this please speak to your physiotherapist.

[www.choose.physio](http://www.choose.physio)



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION