

Extras Cover Super Options



Super Options is a popular Extras cover option.

It has practically everything you could wish for – Major Dental, Chiro, Physio, Optical, Gym Memberships and Ambulance to name just a few. Plus, it covers a host of other health services like Psychology, Orthotics and Speech Therapy.

Read on for a detailed overview of all the services included on Super Options. You'll also find more general information on our health insurance products, inclusions and limits on HIF Extras cover in our Health Cover Guide (hif.com.au/guide).

Are you covered for ambulance services?

Absolutely. And there's no limit to the number of Emergency Ambulance services you use. If you're taken to a hospital emergency department for urgent treatment, we'll cover 100% of the charge.⁵ If it's a non-emergency ambulance service, a \$50 co-payment per trip will apply.

HIF Choice Network

HIF has partnered with a network of Dental and Optical providers to make a selected range of services more affordable. By choosing an HIF Choice Network provider you'll receive low or no out-of-pocket costs.

Dental

When visiting a HIF Choice Network Dental provider, you can get more value with:

- 100% back for 2 check-ups and 1 mouthguard each year*

Find your nearest HIF Choice Network provider at hif.com.au/choice-network

+ Members can claim 100% back on 2 oral examinations, 2 scale and cleans, 2 fluoride treatments, 2 x-rays and 1 mouthguard each year at HIF Choice Network Dental providers (subject to specific item codes). Waiting periods and annual limits apply. Additional service limits may apply. Other eligible dental item numbers may also be included. Once the HIF Choice Network 100% back service limit has been reached within the same calendar year, benefits will be paid at the same rate as Non-HIF Choice Network providers.

Optical

To see all member discounts available at HIF Choice Network Optical providers, visit hif.com.au/optical.



Got a question?

Visit our handy online knowledge base at hif.com.au/help

Phone **1300 134 060** Visit hif.com.au/extras

Health Insurance Fund of Australia Ltd (HIF) ACN 128 302 161.
Information correct as at 1 January 2026.

Your Dental cover

Here's a rundown of the most commonly used dental services that you'll be covered for with Super Options, but always remember to call us on **1300 134 060** prior to treatment to confirm your benefits payable. Alternatively, you can complete a dental benefit estimate request online:

hif.com.au/dentalestimate

Service	Benefit	Annual limit	Waiting period
Dental^{1&2}			
Oral Examination (012) ³	\$54.35	Please see the annual limits and waiting period table for more details on limits.	
Dental x-ray (022)	\$25.10		
Scale and clean (114) ³	\$110.35		
Fluoride treatment (121) ³	\$33.20		
Mouthguards (151) ³	\$122.05		
Surgical tooth extraction (322)	\$112.80		
Filling/tooth restoration (531)	\$84.60		
Filling of one root canal (417)	\$113.80		
Full crown – non metallic (613)	\$784.40		
Full crown – veneered (615)	\$748.80		
Dentures – complete (719) ⁴	\$923.00		

¹ Limits apply to the number of times some items (such as bleaching) attract a benefit. You may also not be able to claim benefits for services performed with another item in the same course of treatment.

² 100% back for 2 check-ups and 1 mouthguard each year at HIF Choice Network Dental providers. Waiting periods and annual limits apply. For more information on other services covered under the HIF Choice Network, see the HIF Choice Network section or visit hif.com.au/choice-network

³ Subsequent visits for these item numbers within the calendar year are paid at a lower benefit.

⁴ Benefits for replacement dentures and partial dentures are not paid within three years of previous supply.

Your dental annual limit: An annual limit is the maximum amount of benefits payable to a member in a calendar year, commencing on January 1 and ending on December 31.

Super Options	Waiting period	Item numbers	Year 1	Year 2	Year 3	Year 4	Year 5	5+ years
General – unlimited	2 months	022; 311-314; 511-525; 531-535	No limit	No limit	No limit	No limit	No limit	No limit
General – limited	2 months except items 057, 322, 324, 331, 595, 596, which are 12 months	011-017; 026-118; 121; 123-141; 151-171; 322-399; 526; 536; 556-598; 692; 911-915; 919; 926; 949-986	\$1,150	\$1,350	\$1,550	\$1,750	\$2,050	\$2,350
Inlay / Onlay	12 months	541-555	\$700	\$800	\$900	\$1,000	\$1,100	\$1,200
Denture, crown, bridge	12 months	611-691; 693-712; 716-722; 727-773; 776; 778; 779; 790	\$900	\$1,000	\$1,100	\$1,200	\$1,300	\$1,400
Periodontic and endodontic	2 months	213-251; 411-459	\$500	\$600	\$700	\$800	\$900	\$1,000
Orthodontic (lifetime limit)	12 months	811-823; 825-831; 841-862; 872-873; 875-878	\$1,300	\$1,500	\$1,700	\$1,900	\$2,200	\$2,500
Total annual limits per person			\$1,300	\$1,500	\$1,700	\$1,900	\$2,200	\$2,500

Please note: The Orthodontic limit is a lifetime limit and forms part of the overall annual limit. The applicable benefit is payable on the date of service (the date the braces are fitted); Benefits for replacement dentures and partial dentures are not paid within three years of previous supply; and limits apply to the number of times some items (such as bleaching) attract a rebate. Please refer to our Health Cover Guide for more information, available to download from **hif.com.au/guide**

Service	Benefit	Limit/person	Limit/policy	Waiting period
Ambulance ⁶	Emergency: 100% covered ⁵ Non-emergency: 100% covered (\$50 co-payment per trip)	No limit	No limit	1 day 30 days
Asthmatic Spacers	\$18	2 per year	No limit	2 months
Auxiliary Home Nursing	\$75 <i>Benefits must be ordered by a medical practitioner. Contact us for conditions.</i>	\$1,800/year	No limit	2 months
Blood Glucose or Blood Pressure Monitor	75% of the cost up to a max of \$200	1 of either monitor every 3 years	No limit	12 months
Chiropractic	\$30 per visit up to a max. 12 visits \$85 X-ray (max 1 per year) <i>Benefits are paid for spinal manipulation or spinal adjustments carried out by a registered chiropractor approved by HIF.</i>	Up to 3 years: \$550/year Over 3 years: \$650/year <i>The limits detailed above are subject to a combined annual limit for chiro and osteo.</i>	No limit	2 months
Complementary Therapies <i>Services include acupuncture, myotherapy, remedial massage, and traditional Chinese medicine</i>	\$25 per visit <i>The treatment must be provided by a practitioner who is registered with HIF in the speciality for which the charge is raised. Benefits are not payable on medicines.</i>	Up to 3 years: \$250/year Over 3 years: \$350/year	No limit	2 months
Diabetes Education	\$36 first visit \$18 subsequent visits <i>Consultations or information sessions held by Diabetes Association.</i>	6 visits per year	No limit	2 months
Dietetics	\$36 first visit \$18 subsequent visits \$10 group <i>Benefits are paid on consultations carried out by a registered dietitian approved by HIF.</i>	\$324/year	No limit	2 months
External Prosthesis / Medical Appliance ⁷	75% of the cost of each item <i>Benefits are paid on HIF approved prosthetics items such as artificial limbs, wigs and external mammary prostheses and approved medical devices such as a TENS machine, CPAP machine, Circulation Booster and CAM Walker.</i>	\$1500/year	No limit <i>Sub-limits apply depending on the item, and other conditions apply. Please contact us for details prior to purchasing.</i>	12 months

⁵ Not covered:

- Transportation from a hospital to your home, nursing home or other hospital.
- Transportation for ongoing medical treatment.
- Off road or air ambulance (e.g. plane, helicopter or boat).

⁶ Each state and territory of Australia has different ambulance arrangements. It's important to understand that in the unfortunate event you require emergency ambulance transport, Medicare won't cover the cost. However, some state governments subsidise ambulance services, and some pensioners and low income earners may also be entitled to free ambulance assistance. Please refer to our Health Cover Guide for more info on these state schemes or contact us for further details.

⁷ A benefit will not be paid on hired appliances or instruments.

Service	Benefit	Limit/person	Limit/policy	Waiting period
Healthy Lifestyle ⁸	Benefits are payable for HIF approved programs delivered by registered providers only. Please contact us prior to commencing program to check eligibility.	\$100/year	No limit	2 months
Hearing Aids	Benefits are paid on replacement hearing aids after 3 years from date of supply.	Up to 5 years: \$550 (max. 1 per person) Over 5 years: \$550 per ear	No limit	12 months
Humidifier or Nebuliser	75% of the cost	\$140/year	No limit	12 months
Occupational Therapy	\$45 first visit \$25 subsequent visits \$10 group Benefits are paid on consultations carried out by a registered occupational therapist, approved by HIF.	Up to 5 years: \$900/year Over 5 years: \$1,100/year The limits detailed above are subject to a combined annual limit for occupational therapy, orthoptics, physio and speech therapy.	No limit	2 months
Optical Did you know... HIF members get bonus discounts of up to 25% from a range of optical stores. Visit hif.com.au/optical for full details.	100% up to annual limit. Benefits are payable on prescription optical items (e.g. glasses, sunglasses, contact lenses or swimming goggles) when purchased from an HIF-approved registered high-street or online Australian Optical provider. Benefits are not paid on non-prescription safety glasses, tinting, sunglasses, cosmetic glasses or cosmetic (e.g. coloured) contact lenses, or prescription optical items not purchased from an HIF-approved optical provider.	Up to 5 years: \$260/year Over 5 years: \$325/year	No limit	2 months
Orthotics ⁹	75% of the cost Benefits are paid on items carried out by a registered podiatrist or orthotic supplier, approved by HIF. Benefits are not available for orthotics which are not specifically modified and fitted for the individual Member's condition.	\$200	No limit	12 months
Orthoptics (Eye Therapy)	\$50 initial \$25 subsequent Benefits are paid on items carried out by a registered orthoptics supplier, approved by HIF.	Up to 5 years: \$900/year Over 5 years: \$1,100/year The limits detailed above are subject to a combined annual limit for occupational therapy, orthoptics, physio and speech therapy.	No limit	2 months
Osteopathy	\$30 per visit up to a max. 12 visits Benefits are paid on items carried out by a registered osteopath, approved by HIF	Up to 3 years: \$550/year Over 3 years: \$650/year The limits detailed above are subject to a combined annual limit for chiro and osteo.	No limit	2 months

⁸ Services include gym memberships, exercise physiology, health assessments, weight management programs, quit smoking plans and skin cancer screenings.

⁹ Orthotic limit includes associated services such as muscle testing, ROM testing and gait analysis.

Service	Benefit	Limit/person	Limit/policy	Waiting period
Peak Flow Meter¹⁰	\$30	1 per year	No limit	2 months
Pharmacy¹¹ <i>PBS = Pharmaceutical Benefit Scheme</i>	<i>Member pays general PBS contribution. Benefit is 100% of the balance up to \$80 per script item.</i>	Up to 3 years: \$200/year Over 3 years: \$400/year	No limit	2 months <i>A 12 month waiting period applies to IVF drugs</i>
Flu Vaccination <i>The limits detailed above are subject to a combined annual limit for Pharmacy.</i>	\$20 (1 per person, per calendar year) <i>Benefits are only payable from a registered pharmacy.</i>			
Physiotherapy	\$40 per visit up to a max. 12 visits \$13 antenatal \$13 hydrotherapy \$13 group	Up to 5 years: \$900/year Over 5 years: \$1,100/year The limits detailed above are subject to a combined annual limit for occupational therapy, orthoptics, physio and speech therapy. A \$450 sub-limit applies for antenatal, hydrotherapy and group.	No limit	2 months
Podiatry Consultations	\$32 first visit \$23 subsequent visits \$12 consultations that are not performed in the podiatrist's registered practice <i>Benefits are paid on consultations carried out by a registered podiatrist, approved by HIF.</i>	\$354/year	No limit	2 months <i>Includes podiatry surgery performed in the podiatrist's registered rooms only.</i>
Psychology	\$75 first visit \$55 subsequent visits \$25 group (per person) to a maximum of \$75 per session <i>Maximum of 2 sessions will be paid on the same date if there is a minimum of 2 hours between sessions. Benefits are paid on consultations carried out by a registered psychologist, approved by HIF.</i>	\$740/year	No limit	2 months
Speech Therapy	\$75 first visit \$45 subsequent visits <i>Benefits are paid on items carried out by a registered speech therapist, approved by HIF.</i>	Up to 5 years: \$900/year Over 5 years: \$1,100/year The limits detailed above are subject to a combined annual limit for occupational therapy, orthoptics, physio and speech therapy.	No limit	2 months

10 A Peak Flow Meter is a calibrated instrument used to measure lung capacity in monitoring breathing disorders such as asthma.

11 Benefits are not payable on Pharmaceutical Benefit Scheme prescriptions or over the counter items purchased with or without a prescription.

How to make an Extras claim

With HIF, making an Extras claim is easy! In fact, the toughest bit is choosing from our host of convenient ways to make your claim:

1. Claim on the spot with most providers simply by swiping your HIF Member card through their HICAPS eClaiming terminal
2. Claim online through our 24/7 Member Centre
3. Claim on your mobile with our HIF Member App, available for Apple and Android devices
4. Claim by email – simply send copies of your signed claim form and receipts to **claims@hif.com.au**
5. Claim by posting your documents to: HIF, Whadjuk Country, GPO Box X2221, Perth WA 6847.

In any case, it's quick and easy and you'll have your benefit paid in no time. To find out more and download a claim form, visit **hif.com.au/claim**

Please note:

** Benefits are payable by HIF only for services and programs delivered by registered providers that are approved by HIF.*

** Benefits are paid by item number limits up to sub-limits/calendar limits. Call us on 1300 134 060 prior to treatment to confirm your benefits payable.*

Understanding annual limits

Like most Extras health covers, there are annual limits (a limit on how much we will pay towards your claims) for most services under Super Options. These annual limits reset to the full amount on January 1 each year.

We'll also increase your annual limits on a number of services. For example, major dental benefits increase each year for the first five years of membership. Likewise, benefits and annual limits for osteo, chiro and complementary therapies will increase after three years of membership, while benefits for optical, hearing aids, speech therapy, physio and occupational therapy increase after five years.

What are waiting periods?

All health funds have to apply waiting periods. It's the only way we can protect our community of loyal members from people who would otherwise join our fund to claim large amounts, then leave.

That said, we try to keep waiting periods to a minimum. That's why, if you switch to us from another health fund, we'll honour any waiting periods already served with your previous insurer on an equivalent level of cover.