

PRIVATE HEALTH INSURANCE NATURAL THERAPY REFORMS – PILATES WHAT YOU NEED TO KNOW

Overview:

- The Department of Health's private health insurance (PHI) reforms for natural therapy take effect on 1 April 2019.
- Private health insurance rebates will no longer be available for a number of natural therapies including Pilates.
- Physiotherapists and Exercise Physiologists will be the only practitioners who can deliver exercises drawn from Pilates within their scope of practice and claim rebates.

What does this mean for you as a patient here?

- We will change the name of our classes to Group Exercise Rehabilitation and not advertise as only Clinical Pilates or only Gym classes.
- Your exercise rehabilitation program will be tailored to your injury needs and may include Clinical Pilates exercises or Gym exercises, or a mixture of both. This will include goal setting and program writing with your Physiotherapist / Exercise Physiologist.
- We will soon be creating an exercise space that will have pilates equipment and gym equipment integrated to allow for mixed Clinical Pilates and Gym programs.
- How we present our exercise classes already complies with the new PHI rules as we have always conducted assessments, monitored patients, taken clinical notes, catered for individual needs, used only qualified Physiotherapist and used a mixture of clinically appropriate exercises based on treatment needs not simply for fitness.
- Remember to book appointments to re-assess your programs on a regular basis to ensure you can continue to receive your rebates through your PHI.

For more information go to: <https://australian.physio/advocacy/phi-pilates-reform>