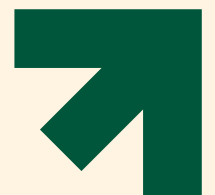




Te Nehenehenui Everyday Health Plan





Welcome to nib

We're your partner in health and wellbeing. Our key purpose is to help tangata in Aotearoa and their whānau live healthier and happier lives. We want to make your cover easy to use and empower you with the right tools to put your health into your hands.

The Te Nehenehenui Everyday Health Plan has been designed specifically for kaumātua to support everyday health needs, so you can focus on family, community, and enjoying life.



Overview of features, benefits and limits of Te Nehenehenui Everyday Health Plan

Tirohanga whānui ki te inihua hauora o Te Nehenehenui

Benefit	A summary of what this covers	The limits
Dental Benefit	Covers general and preventative dental treatments, including examination, cleaning and scaling, fillings, associated x-rays and removal of teeth (except wisdom teeth).	Up to \$500 each policy year.
Optical Appliance Benefit	Covers costs of prescription glasses and contact lenses.	Up to \$250 each policy year.
GP Consultations Benefit	Covers costs of GP and nurse practitioner consultations, cervical screening and intravenous iron infusions.	Up to \$350 each policy year. For nurse practitioner consultations up to six consultations for up to \$30 per visit per policy year. For cervical screening up to \$20 per visit each policy year.
Prescription Benefit	Covers the cost of pharmaceutical prescriptions; and non-prescription bowel screening kits.	Up to \$300 each policy year with: • no specific limit for each prescription item • up to \$60 per bowel screening kit.
Rongoā Māori Benefit	Covers consultations and treatment provided by a Rongoā practitioner including traditional massage (mirimiri and kōmiri), herbal plant remedies (rongoā rākau) and spiritual healing such as karakia.	Up to \$500 each policy year.
Vaccinations Benefit	Covers the costs of PHARMAC funded vaccinations, such as the annual influenza vaccination.	Up to \$500 each policy year.
Physiotherapy Benefit	Covers costs of physiotherapy treatment.	Up to \$100 each policy year.
Dietician and Nutritionist Consultations Benefit	Covers the cost of dietician and/or nutritionist consultations.	Up to \$300 each policy year.
Foot Care Benefit	Covers the cost of podiatry treatment.	Up to \$40 per visit, up to \$250 each policy year.
Joint Care Benefit	Covers the cost of osteopathy treatment and related x-rays.	Up to \$40 per visit, up to \$250 each policy year. Up to \$80 per year for x-rays.
Ear Care Benefit	Covers the cost of audiometric tests and audiology treatment.	Up to \$250 each policy year for treatment, and up to \$250 each policy year for tests.
Tangihanga Support Benefit	A cash payment when an insured person over 16 dies.	\$3,000 in respect of that insured person.

This brochure is not a policy document. It is an outline of the main features and benefits of the Te Nehenehenui Everyday Health Plan Insurance policy. A full explanation of the features, benefits and exclusions are contained in the **policy document**.

Waiting periods may apply before you can make claims against these benefits. You can find information about the waiting periods in the policy document. Your acceptance certificate will tell you if you have had these waived when joining nib.

Get covered today nib.co.nz/tenehenehenui



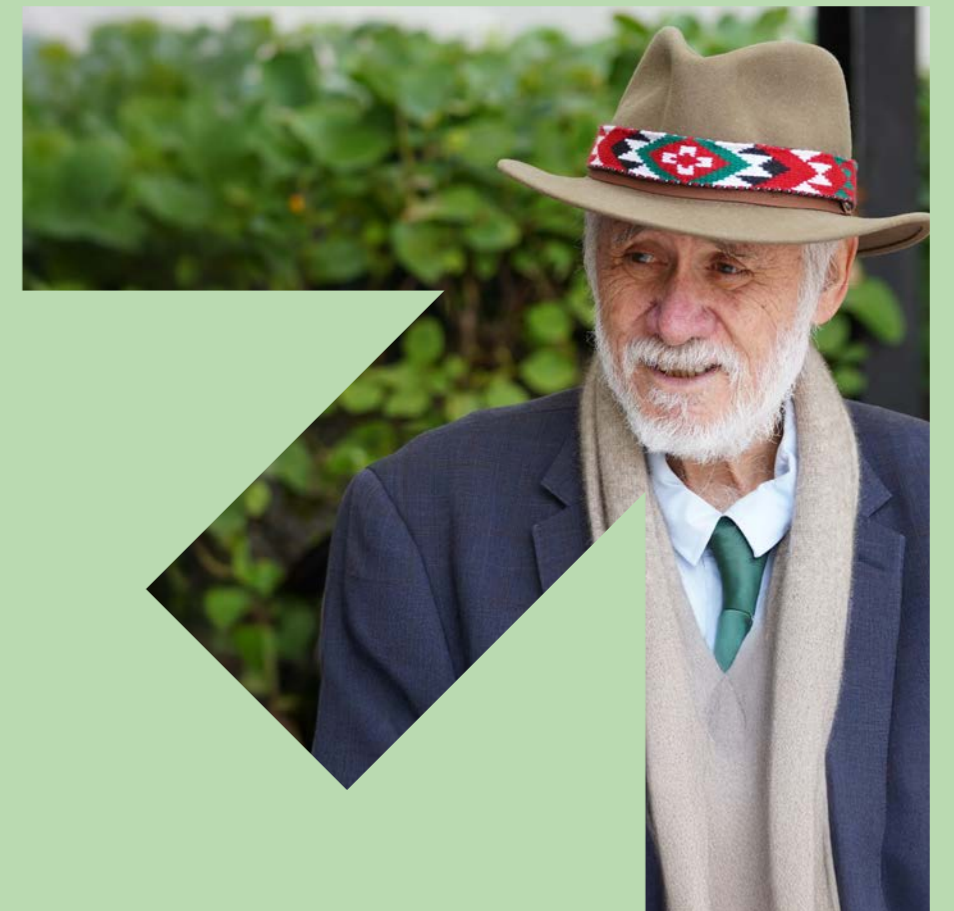
Making it accessible for all whānau

He āheitanga mō te whānau katoa

Te Nehenehenui is excited to offer a free health insurance benefit for Maniapoto kaumātua aged 65 and over during the first year. After that, a heavily subsidised insurance package will be available. In addition, other whānau members registered with Te Nehenehenui and holding a Maniapoto membership registration number can access the Te Nehenehenui Everyday Health Plan at their own cost.

You can also add whānau members who are not registered as Maniapoto – limited to your partner/spouse or dependent children under the age of 21.

Te Nehenehenui want all Maniapoto whānau to have access to this unique offering to support access to mainstream healthcare, mental health care and Rongoā Māori.



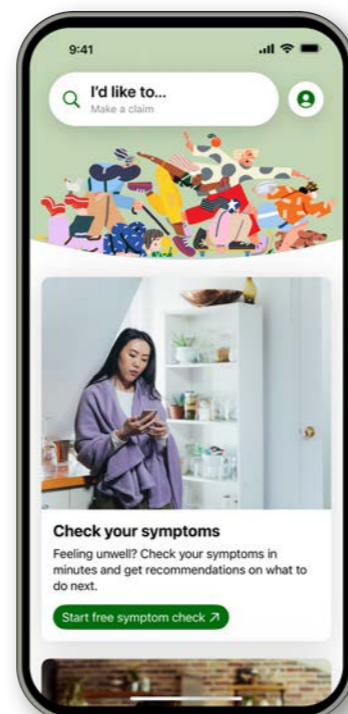
Take control of your cover with my nib

Kōkiritia tō inihua mā te taupānga nib

Take control of your health journey with the my nib app, where you can:

- Make claims
- Complete your HealthCheck and get personalised recommendations
- Check your symptoms through our virtual health assessment
- View your available benefit limits
- Track your claims

Download my nib NZ through **Apple's App Store** or **Google Play**.



nib Member Card

Ngā kāri nib

Your nib member card is designed to make it easy to get the healthcare you need, when you need it.

Simply take it along to your health appointments to let your healthcare provider know you're insured with nib. Please note that this is not a payment card.





Contact us if you need support,
you can contact our Kaiārahi team on:

0800 642 696 or
kaiarahi@nib.co.nz

between Monday to Friday 9am – 4pm

