

Mind your mind.

You're thinking of taking out nib health insurance and that's great. When you take out an nib Ultimate Health or Ultimate Health Max policy, nib would like to give you 12 months of Mental Health cover on us. It's our way of supporting your health and wellbeing and saying thank you for choosing us.

We've all read and heard about the importance of mental wellbeing.

And that's where we come in. We're offering you **12 months of Mental Health cover as an extra benefit**. Because taking charge of your mental health begins by talking to the right people, and while it might seem intimidating at first, we think it'll make a world of difference.



 nib

? Great. How do I get it?

To qualify for 12 months of complementary Mental Health cover, you need to be:

- A new nib member, or an existing member who joined after 21 April 2018, and covered under an Ultimate Health or Ultimate Health Max plan.

The complementary Mental Health cover will end after 12 months unless we advise you otherwise.

+ How does Mental Health cover work?

Your Mental Health cover includes:

- Up to \$2,500 worth of registered psychologist and/or psychiatrist consultations during the policy year.
- 100% reimbursement for eligible claims (up to your cover limit).
- No waiting periods or excess.
- No exclusions for any pre-existing conditions.

Plus, you don't need to make a related hospital claim on your policy to use this cover, and any general or personal exclusions on your policy don't apply to this offer either

📄 Any conditions for claiming?

You'll need to provide us with a written GP referral less than three months old. Your premiums must also be up to date, and your policy can't be on suspension.

✔ How do I make a Mental Health cover claim?

After your GP has referred you to an NZ-registered psychologist or psychiatrist and you've had your mental health consultation, claiming back your costs is simple. Just pay your healthcare provider on the day, then scan or photograph the receipt from your consultation and your referral letter from your GP.

Then, it's just three easy steps:

1. Log in to my nib or open the nib app
2. Choose 'Make a Claim'
3. Fill in the online form, selecting 'Other' when you're asked what it's for. Attach the scan or photo of your receipt and referral letter.

Done! We'll email you once your claim has been assessed. Want to find out more? Just head on over to nib.co.nz/claims/

