

nib Health Management Programmes

Who is eligible?

You may be invited to join an nib Health Management Programme if you meet these eligibility criteria and there are spaces available in the programme:

- a) You must be insured under an nib hospital policy, with your premiums paid up to date
- b) You must be aged between 18 and 80 years at the time you join the programme
- c) You must meet the specific requirements for the programme you are looking to join (see below)
- d) You cannot have done another programme in the last 12 months or be currently enrolled in another programme, other than nib Wellness Coaching
- e) Where a programme is provided through a third party, you must consent to the sharing of some specific information to enable that third party to provide the programme to you and report to nib on the outcomes of the programme. Each programme has its own requirements around your information being shared and your consent will be obtained before information is shared with a programme provider

You may not be able to join a programme if you have an exclusion on your policy that relates to the condition the programme is looking to manage.

When can nib end your involvement in a programme?

nib can end your involvement in a programme if your policy ends or your premiums are not kept up to date. nib can change or end any programme at any time but will endeavour to provide you with as much notice as possible of any changes.

What are the requirements to join nib Bowel Screening?

- a) You must be invited by nib to join nib Bowel Screening
- b) If you are Māori or Pasifika, you must be aged between 45 and 75 years. For everyone else, you must be aged between 55 and 75 years
- c) You must live in the Auckland/Hamilton region
- d) You must not be experiencing any symptoms or already undergoing regular screening with a specialist

nib Bowel Screening does not include screening colonoscopy.

nib Bowel Screening is provided by Mercy Ascot.

What are the requirements to join nib Cancer Care?

You must have a cancer diagnosis and may be recently diagnosed and/or needing extra support during your cancer treatment.

nib Cancer Care is provided by nib.



What are the requirements to join nib Healthier Heart – Screening?

You must have cardiovascular disease or be at risk of cardiovascular disease, for example hypertension, hyperlipidemia, family history of cardiovascular disease.

nib Healthier Heart is provided by Health Screening New Zealand.

What are the requirements to join nib Cardiac Care Rehab?

You must have:

- a) Clearance from your treating doctor or specialist to start exercising again; and
- b) Had cardiac surgery, a stroke, heart attack or myocardial infarction

nib Cardiac Care Rehab is provided by EPR Clinic.

What are the requirements to join nib Diabetes Care?

You must have one or more of the following diagnoses:

- a) Type 2 Diabetes
- b) Pre-diabetes
- c) Impaired glucose tolerance
- d) Insulin resistance

This programme is not available for people with Type 1 Diabetes or Gestational Diabetes.

nib Diabetes Care is provided by PREKURETM.*

What are the requirements to join nib Women's Wellness?

You must have had recent endometriosis surgery covered by nib, or a diagnosis of endometriosis.

There is no age limit to participate in this programme.

This programme is not designed for members with other women's health conditions or treatment needs such as: diagnostic laparoscopy, hysteroscopy, fibroids, poly-cystic ovary syndrome and menopausal symptoms (if no diagnosis for endometriosis).

nib Women's Wellness is provided by Helen Cross – The Health Engineer.



What are the requirements to join nib Healthier Joints: Pain Management?

You must have:

- a) Experienced ongoing pain for more than 6 weeks in your spine, hip(s), knee(s) or shoulder(s), or
- b) Diagnosed arthritis in your spine, hip(s), knee(s) or shoulder(s).

You will need at least 12 weeks between starting the programme and surgery date to get the most out of this programme.

Members are not eligible for this programme if their pain or arthritis can be supported with treatment funded by ACC.

nib Healthier Joints: Pain Management is provided by TBI Health.

What are the requirements to join nib Healthier Lifestyle?

You must have a body mass index of 28 or higher.

nib Healthier Lifestyle is provided by findWellness by Claire Turnball.

What are the requirements to get access to an nib Wellness Coach?

You may be able to access an nib Wellness Coach if you have long-term physical or mental health conditions, or challenges that need some support and health navigation.

Where can I find out more information?

Get in touch with nib at nibclinical@nib.co.nz if you have any questions about the programmes.

These terms may be updated by nib from time to time and were last updated on 2 August 2022. The latest version will be available at nib.co.nz/health-management-programmes.