



# nib Chronic Disease Management Programmes – Terms & Conditions

## Who is eligible?

You can join an nib Chronic Disease Management Programme (Programme) if you meet these eligibility criteria and if 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
- 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 to join nib Bowel Screening by nib.
- 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 within 15km of a Mercy Ascot clinic in New Zealand.

*nib Bowel Screening is provided by Mercy Ascot.*



## What are the requirements to join nib Cancer Care?

You must be undergoing active chemotherapy or radiotherapy treatment.

*nib Cancer Care is provided by nib.*

## What are the requirements to join nib Healthier Heart?

You must have cardiovascular disease or be at risk of cardiovascular disease. The criteria for 'at risk' are two or more of the factors below:

- a) hypertension
- b) hyperlipidaemia
- c) diabetes (type 1 or 2)
- d) kidney disease
- e) chronic obstructive pulmonary disease
- f) being overweight or obese

*nib Healthier Heart is provided by NPS MedicineWise.*

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

You must have:

- a) current or historical diagnosis of knee or hip osteoarthritis;
- b) body mass index of 28 or higher;
- c) at least one of the following that has been confirmed with a medical opinion:
  - (i) knee or hip symptoms that have (or are likely to in the foreseeable future) necessitated referral to an orthopaedic surgeon for investigation or evaluation for a joint replacement procedure;
  - (ii) an existing hip or knee joint replacement that has developed symptoms that could benefit from weight loss, improved fitness, and muscle strength
  - (iii) a hip or knee joint replacement procedure is planned and weight loss, improved fitness, and muscle strength prior to surgery is desirable.

*nib Healthier Joints is provided by Prima Health Solutions Pty Ltd.*



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

You must have experienced ongoing pain for more than 6 weeks in your spine, hip(s), knee(s) or shoulder(s).

*nib Healthier Joints: Pain Management physiotherapy services are provided by TBI Health.*

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

You must have one of the following conditions:

- a) A musculoskeletal condition, including one impacting your hip, knee, shoulder or spine
- b) A cardiac condition
- c) Cancer
- d) Cellulitis
- e) A condition that requires you to be undergoing dialysis
- f) A mental health condition
- g) Chronic obstructive pulmonary disease

nib may offer wellness coach services to people with other conditions from time to time.

## Where can I find out more information?

Get in touch with nib at [nibclinical@nib.co.nz](mailto:nibclinical@nib.co.nz) if you have any questions about the Programmes. These terms may be updated by nib nz limited from time to time and were last updated on 16 March 2021. The latest version will be available at [nib.co.nz/health-management-programmes](https://nib.co.nz/health-management-programmes)