

Message from your CEO

Welcome to the Summer edition of our HealthLinks newsletter!



As 2023 draws to a close, I'd like to take a moment to thank you, our members, for another great year together and for continuing to trust us with your health and wellbeing.

We want you to always be getting the most from your health insurance, and we're continually looking for ways to improve the benefits we can offer you. One way we do this is through the feedback you give us, and want to remind you that our **2024 Member Satisfaction Survey** is currently open, and we look forward to hearing your thoughts.

Also in this edition, we have a look at how you can save big on your last minute Christmas shopping with **Phoenix Health Rewards** and we cook up a healthy **Christmas Pav...** perfect for your festive celebrations!

We hope you enjoy this edition of Health Links. 2023 has been a great year at Phoenix Health; we've truly enjoyed spending it with you, and we're excited for what 2024 will bring. **On behalf of the Phoenix Health Team, I wish you all the best for a happy and safe festive season.**

Sharon

Sharon Waterhouse
Chief Executive Officer



Seasons Greetings
from the Phoenix Health Team



**Save BIG this Christmas...
and everyday!**

Stuck on what to get Uncle Rog for Christmas or left all your shopping to the last minute? You don't need to worry, because **Phoenix Health Rewards** has your back!



Phoenix Health Rewards gives you access to a range of exclusive discounts and offers, all included with your Phoenix Health membership at no extra cost.

With discounts on digital gift cards at Endota, Apple, BCF, Big W and more, you'll be sure to find something for even the trickiest of people, all delivered straight to your inbox! How easy is that!

Ready to get shopping? Head to rewards.phoenixhealthfund.com.au

Value Tip: Taking advantage of Boxing Day sales by buying discounted e-gift cards through Phoenix Health Rewards and then save even bigger by using them to shop the sales – that's like saving twice!

We want to hear from you!

Member Satisfaction Survey 2024

We want you to always be getting the most value from your health insurance, and are continuously looking for ways to improve the products and services we provide you. One way we do this is through the feedback we receive from you– it's invaluable to us!

We've recently sent an invitation to all members to take part in the **2024 Member Satisfaction Survey** and want to remind you that there's still time to have your say.

The survey will only take 5-10 minutes of your time and is open until 5pm on 4 Jan 2024 and by giving your feedback, you'll go in the draw to win 1 of 5 \$200 digital gift cards.



Eating Seasonally: The Healthy Pavlova you need on your festive menu

Total prep time: 2 hours | Serves: 10

Nothing screams Aussie Summer like a good old pav and we have the perfect recipe for your festive get togethers - a healthy version of an Australian classic that's certain to be a crowd pleaser!

What you'll need

...for the Pavlova

- ✓ 6 egg whites
- ✓ 1 1/2 cups unrefined sugar
- ✓ 1 tbsp vinegar
- ✓ 1 tbsp arrowroot
- ✓ 1 tbsp cream of tartar
- ✓ 1 tsp vanilla powder
- ✓ Pinch of salt

...for the topping

- ✓ 2 passionfruit
- ✓ 1 cup berries
- ✓ 1/2 mango, chopped
- ✓ 2 cups coconut yoghurt

Method

STEP 1 Pre-heat oven to 120 °C. Draw a 20cm circle on baking paper.

STEP 2 Whisk egg whites, vanilla & salt to soft peaks. Add sugar gradually in small batches. Ensure sugar is dissolved by rubbing some meringue between fingers. Add remaining pavlova ingredients and mix well.

STEP 3 Pour mixture onto baking paper, in the circle you've drawn.

STEP 4 Once preheated, reduce oven temperature to 100°C. Place pavlova in oven, and after 15 minutes reduce temperature to 80°C. Cook for a further 1½ hours. Once finished, open the oven door leaving the pavlova inside, and allow to cool overnight.

STEP 5 15 minutes before serving, spread the coconut yoghurt across the top of the pavlova and garnish with fruit.

Source: bodyandsoul.com.au/nutrition/healthy-recipes/the-healthy-pavlova-recipe-you-need-on-your-menu/news-story/43bd10ea59a3d911aa31282fe1df7685



Happy with your health cover? Refer a Friend, get a \$150 gift card!*

It makes sense to choose a health fund that's been recommended by a friend - because nothing's more personal than your health!

When a friend joins Phoenix Health and mentions your name, we'll reward you both with a **\$150 digital gift card!***

It's time to spread the word about the best kept secret in Private Health!

*Offer available when a new member joins a combined hospital and extras policy and referring member's details are recorded at the time of joining. Terms and conditions apply. Learn more: phoenixhealthfund.com.au/refer-friend-promotion.