

Message from your CEO

Welcome to our Winter HealthLinks newsletter!

We want you to know that as our member, you're at the heart of everything we do...thank you for continuing to trust us with your health and wellbeing.

We're always looking for ways for you to get the most value from your membership and in this edition of HealthLinks we take a look at how you can save up to 12c per litre on Fuel with Phoenix Health Rewards, and if you're planning on getting away this winter how you can get discounted travel insurance with our partners, Allianz Global Assistance.

We also cook up a veggie dhal sure to beat the winter chill and have an exciting announcement about our OMS portal - thanks to your feedback!

We hope you enjoy this edition of HealthLinks!

Sharon

Sharon Waterhouse
Chief Executive Officer



Save 15% on travel insurance!^

If you're planning to trade the Aussie winter for a European summer, or any destination, don't forget to purchase travel insurance before you go! Travel Insurance can offer cover for things from a delayed suitcase* to an unexpected trip cancellation* or an overseas medical emergency*.

We've partnered with emergency medical assistance provider, Allianz Global Assistance, to ensure you have the support and care you need and more to spend on your holiday with a 15%^ discount for Phoenix Health members.

So, when you're ready to travel – we're here for you. Visit phoenixhealthfund.com.au/travel-insurance to get a quote and purchase.

Did you know... you can suspend your Phoenix Health membership while you're travelling overseas for three weeks or more! Conditions apply, so get in touch with the Phoenix Health team for more details.



What's on at Phoenix Health Mother's Day Classic in Newcastle

Founded in 1998 the Mother's Day Classic has made it their mission to stop both Breast Cancer and Ovarian Cancer in its tracks by raising money for the Ovarian Cancer Research Foundation and the National Breast Cancer Foundation - because did you know that tragically, 12 women in Australia die every day from these diseases!

This year not only did we attend the event, we're also proud to have been one of the sponsors of the Mother's Day Classic 2024 in Newcastle.

To learn more about the Mother's Day Classic and to make a donation, head to mothersdayclassic.com.au - even the smallest donation goes a long way.



*Terms, conditions, limits and exclusions apply. Please refer to the Product Disclosure Statement. ^Phoenix Health members are able to obtain a 15% discount by successfully entering their membership number into the 'Member Number' section when entering trip details or by advising a consultant over the phone. This discount is based on standard premium rates. Not to be used in conjunction with any other offer.

Save up to 12c per litre on fuel with Phoenix Health Rewards



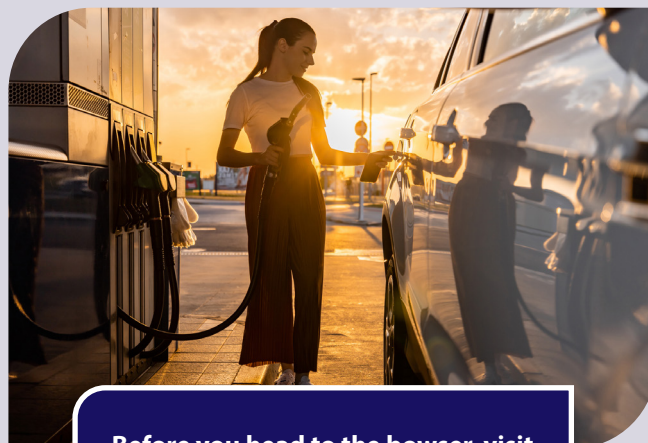
Phoenix Health Rewards is all about bringing you more value from your membership with ways to save everyday – from discounted eGift cards to exclusive member offers and even fuel savings. Here's two ways you can save with Phoenix Health:

Save 4c per litre everyday with EG and EG Ampol

Receive 4c off per litre on petrol and diesel at EG and EG Ampol branded service stations across Australia! Plus, combine this discount with other EG offers and you could save up to a massive 12c per litre!

Save 6c per litre when you register for a Shell Card

Sign up for a Shell Card using your ABN and you'll save 6c per litre on petrol and diesel wherever Shell Cards are accepted. Plus as a Phoenix Health Rewards member, you'll pay no card fees for 12 months.



Before you head to the bowser, visit rewards.phoenixhealthfund.com.au to register and to find out more!

Eating Seasonally: Quick Pumpkin Dhal

Cook Time: 30 minutes | Serves: 4

There's just 30 minutes between you and the perfect winter recipe - quick to prepare and delicious on cooler nights, while still bursting with freshness and nutrition.

What you'll need

- ✓ 1 tbsp olive oil
- ✓ 1 brown onion, finely chopped
- ✓ 1/2 butternut pumpkin, peeled, cut into 2cm pieces
- ✓ 1/4 cup korma curry paste
- ✓ 400g can cherry tomatoes
- ✓ 400g can lentils, rinsed, drained
- ✓ 125g can chickpeas, rinsed, drained
- ✓ 270ml can coconut cream
- ✓ 4 stems curry leaves
- ✓ 200g Tzatziki Dip
- ✓ Corriander to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and pumpkin. Cook, stirring for 2 mins or until onion softens. Add curry paste and cook, stirring for 1 min until aromatic.

STEP 2 Add tomatoes, lentils, chickpeas, coconut cream and half the curry leaves. Loosely cover and cook, stirring occasionally for 15 mins or until pumpkin is tender and mixture thickens slightly.

STEP 3 Meanwhile, heat a frying pan. Spray with olive oil spray. Add remaining curry leaves and cook until curry leaves are crisp.

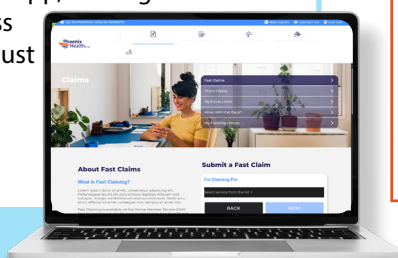
STEP 4 Serve dhal topped with tzatziki, corriander and fried curry leaves.

Source: taste.com.au/recipes/quick-pumpkin-dhal-recipe/549ngjxs



COMING SOON: NEW Online Member Services (OMS)

From your feedback we've been working behind the scenes and are super excited to announce an update to our OMS is coming soon! The updates will mean OMS has the same functionality as our app, making it easier to manage your membership across all channels. These changes are just the beginning to improving your online experience with Phoenix Health - stay tuned!



Tax Time 2024: Accessing your information

At the end of the financial year we'll supply all the details you require for taxation purposes directly to the Australian Taxation Office (ATO) by 5 July 2024 - so there's nothing you need to do! However if you need, a hard copy statement will be available to download from your Phoenix Health OMS Portal after 5 July 2024.

Learn more about tax time and private health insurance at phoenixhealthfund.com.au/understanding-your-tax-statement