



Save BIG this Christmas... and everyday!

Left all your shopping to the last minute or just not sure what to get your Secret Santa this year? 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! Plus, take advantage of pre-Christmas and Boxing Day sales by buying discounted e-gift cards through Phoenix Health Rewards and use them to shop the sales – it's like saving twice!

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



New Year, Fresh Benefits!

Phoenix Health Extras cover benefits reset on the 1st of January every year which means it's the perfect time to squeeze in a remedial massage and escape the Christmas rush or start the new year with a fresh pair of prescription sunglasses.

Knowing what benefits and limits you have available is easy with the Phoenix Health app - you can also submit Fast or Photo Claims if your membership card isn't handy to claim on the spot.

Message from your CEO

Welcome to the Summer edition
of our HealthLinks newsletter!



As we come to the end of another year, I'd really like to take the opportunity to thank you, our members for an amazing 2024 together and for continuing to trust us with your health and wellbeing.

Our focus continues to be on you and making sure that we're providing you with personal health insurance that is both quality and value for money. In the 23/24 Financial Year, we're excited that our membership base grew to 14,196 memberships, covering nearly 29,000 members and that we've been able to continue to support you with over \$56 million in benefits!

We hope you enjoy this edition of Health Links... we have a look at how you can save big on your last minute Christmas shopping with **Phoenix Health Rewards**, and whip up an **ice-cream Christmas cake** - a perfect alternative to the regular Christmas pudding!

On behalf of the Phoenix Health Team, I wish you all the best for a happy and safe festive season and look forward to being there for you again in 2025.

Sharon

Sharon Waterhouse
Chief Executive Officer

Eating Seasonally: The-night-before Christmas ice cream cake

Total prep time: 20 mins | Serves: 8

Christmas in Australia can be HOT, so what's more perfect than this frozen take on the classic Christmas pudding. Loaded with seasonal fruit and berries, this super quick and easy dessert can be made the night before, so there's no worry about fussing around in the kitchen on Christmas Day!

What you'll need

- ✓ 800 grams of dark fruit cake
- ✓ 550 grams of frozen mixed berries
- ✓ 1 litre of good-quality vanilla bean icecream
- ✓ 1/2 teaspoon of ground nutmeg
- ✓ 1 1/2 teaspoons of finely grated orange rind
- ✓ 1/4 cup (40g) dry-roasted almonds, chopped
- ✓ 10 vanilla flavoured meringue drops
- ✓ Fresh berries to serve

STEP 1 Grease a 20cm springform pan; line base and side with baking paper; extending paper 3cm beyond rim.

STEP 2 Cut fruit cake into pieces, placing them into the bottom of the pan. Using your hands, flatten the fruit cake to form a level base across the entire bottom of the pan. Set aside any left over fruit cake.

STEP 3 Remove 1/2 cup of frozen red berries, cut any strawberries in half. Press strawberries to the sides of the pan using some ice cream as 'glue'. Place pan in the freezer for 10 minutes.

STEP 4 Spoon remaining ice cream into large bowl; stir in nutmeg, rind and almonds; stir to combine. Spoon one-third of mixture into the pan; scatter one-third of reserved fruit cake, smooth level with a spoon. Repeat with remaining ice cream mixture and fruit cake. Freeze for 4 hours or overnight until firm.

STEP 5 To serve, transfer cake to a serving plate. Layer remaining frozen and fresh berries and crushed meringues over the top of the cake. Enjoy!



Source: The Australian Women's Weekly Food: [womensweeklyfood.com.au/recipe/quick-and-easy/the-night-before-christmas-ice-cream-cake-29619/](https://www.womensweeklyfood.com.au/recipe/quick-and-easy/the-night-before-christmas-ice-cream-cake-29619/)

Cover in 480 hospitals Australia-wide for peace of mind wherever you are

We know there's been a lot in the media recently about Healthscope ending their agreement with health funds in 2025, including Phoenix Health and want to assure you that we're continuing to work with Healthscope and will contact you in writing if there are any changes to your hospital cover.

Keep up to date with all the latest on the Healthscope agreement here:

phoenixhealthfund.com.au/healthscope-update

We have agreements with 480 hospitals Australia-wide, so you'll always be covered in a hospital close by. Find an agreement hospital close to you, visit our Find a Provider tool:

phoenixhealthfund.com.au/doctor-hospital-search



Seasons Greetings
from the Phoenix Health Team

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