

Message from your CEO



Welcome to the Autumn edition of our HealthLinks newsletter.

As we move into autumn, we're pleased to bring you the latest edition of HealthLinks, packed with updates and ways to help you get more value from your membership.

In this issue, we're excited to introduce our new travel insurance partner, **PassportCard**, the most awarded travel insurance provider in 2025... offering you peace of mind when you travel and a 20% discount on policies. Plus, we help you put your health goals first by taking a look at our

Health Support Program: the **CSIRO Total Wellbeing Diet**, a structured and evidence-based program designed to support long-term health and wellbeing.

With the ongoing cost of living pressures, we know every saving counts. That's why we're sharing with you how to save big everyday with **Phoenix Health Rewards** – including how to get up to 12 cents off per litre on fuel.

And for something a little lighter, don't miss our simple and delicious frozen yoghurt and fruit bark recipe; perfect to make with the kids, or to enjoy all on your own! We hope you enjoy this edition of HealthLinks - we'd like to thank you for continuing to trust us with your health and wellbeing.



Sharon Waterhouse
Chief Executive Officer

More support for Members: **CSIRO Total Wellbeing Diet**

Looking to improve your health in a sustainable way? We've teamed up with Digital Wellness to bring you the CSIRO Total Wellbeing Diet - a structured program designed to help you build healthier habits that last.

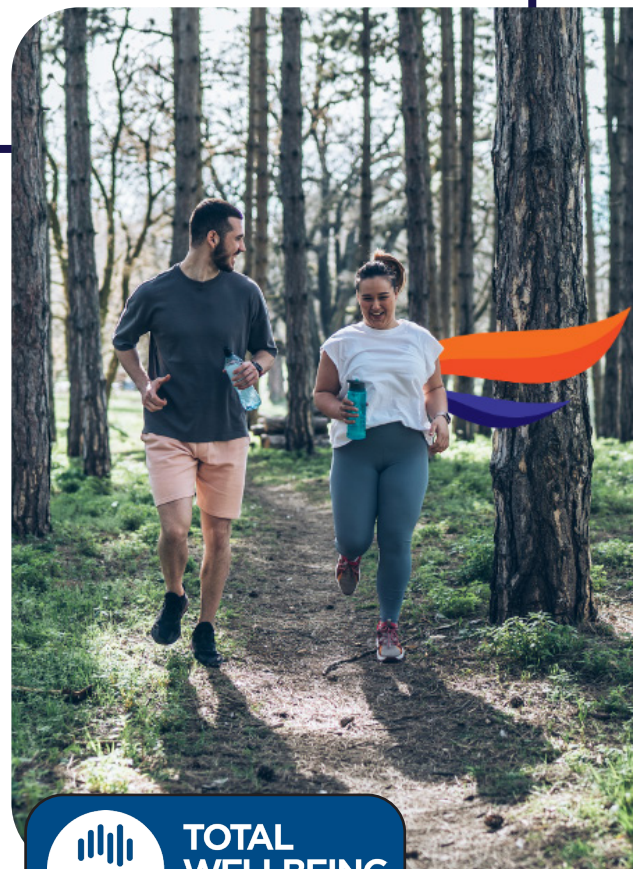
Backed by science from CSIRO, the program focuses on a balanced, high-protein, low GI approach to eating - without strict rules or calorie counting. It's designed to fit into your everyday life, making it easier to stay consistent and helping you reach your goals.

Eligible members also receive personalised support, including one-on-one virtual coaching with Accredited Dietitians and guidance from a registered nurse. With flexible 16 or 24 week options, you'll gain access to practical tools, meal plans and expert advice to support long-term wellbeing.

Best of all, the program is available at no extra cost for eligible members with Hospital Cover!

Take the first step towards a healthier you with the CSIRO Total Wellbeing Diet. Get in touch with the Phoenix Health Team or visit:

[totalwellbeingdiet.com/au/partners/health-fund-hub/
phoenix-health-fund](https://totalwellbeingdiet.com/au/partners/health-fund-hub/phoenix-health-fund)



Save 20% on Travel Insurance: A new partnership for members

We're excited to share our partnership with **PassportCard** – our new travel insurance partner! As the most awarded travel insurance provider in 2025, PassportCard offer instant payouts for common claims – from travel delays to trip cancellations, lost luggage and more.

Phoenix Health members can save 20% on policies when you purchase online – follow the link below to learn more about PassportCard and get a quote.

Get a quote today at:
phoenixhealthfund.com.au/travel-insurance



If you purchased travel insurance through our previous travel insurance partner, Allianz Global Assistance, there are no changes to your existing policy - your travel insurance remains exactly as purchased.

Eating Seasonally: Frozen Yoghurt Bark

Prep: 5 mins | Makes: approx. 8 serves

Whether it's a healthy snack for yourself or an easy activity to do with the kids, frozen yoghurt bark is a great way to add some extra fruit into everyone's day – and even an opportunity to use up some leftover Easter eggs!



What you'll need

- ✓ Yoghurt - use full-fat yoghurt to prevent your bark from going icy
- ✓ Fruit - we love using strawberries and blueberries. Chop them up to make the bark easier to break up
- ✓ Muesli, nuts or seeds - for some crunch

STEP 1 Spread the yoghurt evenly over a lined baking sheet.

STEP 2 Top with chopped strawberries, blueberries or any other fruits you're using.

STEP 3 Finish with muesli and freeze until firm or overnight.

STEP 4 Once your bark is set, use a knife to cut into shards... making them the perfect size for snacking on.

Our Post-Easter Tip:

If you've got Easter eggs left over, chop them finely and add at the same time as your fruit or melt and drizzle over bark once frozen.



Member Perks:

Save up to 12c per litre on Fuel

Phoenix Health Rewards has your back with ways you can save everyday - from discounted eGift cards at retailers like Coles and Woolworths Wish to save on your grocery bills, fuel savings and more. With the current cost of living, every little bit saved helps.

Save 12c per litre with EG and EG Ampol

Receive 4c off per litre on petrol and diesel at EG and EG Ampol. Simply log in to Phoenix Health Rewards, follow the prompts to activate your fuel offer, and you'll have a fresh voucher ready to use each day at EG Ampol service stations across Australia.

Better yet, you can stack your savings by combining this offer with Everyday Rewards and in-store promotions – saving you a up to a HUGE 12c per litre when you fill up!

Head to rewards.phoenixhealthfund.com.au to start saving now!

Start saving now:
rewards.phoenixhealthfund.com.au



SAVE 4c

per litre on fuel with your member discount everyday.



SAVE 4c

per litre on fuel when you spend at least \$30 in one transaction at a participating Woolworths store.



SAVE 4c

per litre on fuel when you spend at least \$5 in-store at an EG Ampol.

SAVE



1800 028 817
info@phoenixhealthfund.com.au

PO Box 156 Newcastle NSW 2300
ABN 93 000 124 863