

Message from your CEO



Welcome to the Winter edition of our HealthLinks newsletter.

In this edition, we're pleased to let you in on an exciting Member Perk... our new travel insurance partner, **PassportCard**, are offering an exclusive 20% discount on policies to Phoenix Health members. We give you important information on updates we've made to the Phoenix Health App and Online Member Services (OMS), to now include **Multi-Factor Authentication (MFA)**, providing an extra layer of security for your membership.

You'll also read about our recent support of the **Mark Hughes Foundation's Beanies for Brain Cancer** campaign, helping raise funds for vital brain cancer research and we're shining a spotlight on our **Diabetes Support Program**, which provides eligible members with personalised coaching and practical support to help manage their condition.

Finally, if you're looking for some easy winter meal inspiration, be sure to try our featured recipe – a delicious rice cooker **Spanakopita Frittata** that's as simple as it is tasty.

I hope you enjoy this edition and discover something new. Take care, keep warm and thank you for continuing to choose Phoenix Health.

Sharon

Sharon Waterhouse
Chief Executive



Member Perks:

Save on Travel Insurance with PassportCard

Planning your next getaway? Phoenix Health members can now enjoy 20% off travel insurance policies through our new travel insurance partner, **PassportCard**.

PassportCard offers a range of cover options to help protect you against unexpected travel disruptions, medical emergencies, lost luggage and more... no matter where your travels take you! Better still, eligible claims can be paid instantly via your PassportCard, so you can access funds when you need them most!

It's just one way we're helping members get more value from their membership.

Follow the link below to learn more and access your 20% member discount!



Get a quote today at:

phoenixhealthfund.com.au/travel-insurance

Member Update:

A new layer of security for your personal information

Keeping your personal information safe is one of our highest priorities - your security online is perhaps more important now than ever. That's why we've recently introduced Multi-Factor Authentication (MFA) to the Phoenix Health App and Online Member Services (OMS).

MFA adds an extra layer of protection to your membership by asking you to enter a one-time security code when you log in. It only takes a few extra seconds but helps protect your personal and health information from unauthorised access.

The first time you log in after the update, you'll be guided through a quick and easy setup process. For a step-by-step on how to register, and all the details of these changes, visit phoenixhealthfund.com.au/learning-hub/oms-app-updates

What's on at Phoenix Health:

Mark Hughes Foundation Beanies for Brain Cancer

Did you know that brain cancer is the leading cause of cancer death in children under 10 and adults under 40, yet shockingly very little is known about it, its causes or how it can be treated!

The Mark Hughes Foundation started in 2014, when the former Newcastle Knights player was diagnosed with Brain Cancer and discovered how underfunded research into the disease is compared to other cancers... in fact, not much has changed in 30 years when it comes to Brain Cancer mortality rates.

Phoenix Health have been 'Beaniebeneficiaries' for the last 6 years, and you can too!

To learn more about MHF, grab a 2026 Beanie for Brain Cancer or make a donation, visit markhughesfoundation.com.au

Eating Seasonally:

Spanakopita Frittata

Prep: 5 mins | Cook Time: 30 mins | Serves: 8

Enjoy all the delicious flavours of a classic Greek spanakopita in this super-easy frittata, made right in your rice cooker. Packed with spinach, fetta and fresh herbs, it's a fuss-free meal that's perfect for busy weeknights, meal prep lunches or a relaxed weekend brunch.



What you'll need

- ✓ 5ml extra virgin olive oil cooking spray
- ✓ 12 eggs
- ✓ 300ml thickened cream
- ✓ 2 cloves garlic, crushed
- ✓ 120g baby spinach leaves
- ✓ 2 spring onions, thinly sliced
- ✓ 1 cup shredded tasty cheese
- ✓ 100g Danish-style fetta, crumbled
- ✓ 1 long green chilli, sliced
- ✓ 1 tbs everything bagel seasoning

Let your rice cooker steam this spanakopita frittata to fluffy perfection! If your rice cooker flips to the 'warm' function mid-recipe, switch it back to cook until frittata is set.

STEP 1 Spray rice cooker insert bowl with oil. Whisk eggs, cream and garlic in bowl. Pour into rice-cooker.

STEP 2 Reserve 1/2 cup spinach. Add onion, cheese and remaining spinach to bowl and stir to combine. Top with half of the fetta. Cover with lid. Set to cook function. Cook for 20-25 mins. If skewer comes out wet, set to cook for another 3-5 mins until skewer comes out clean. Let stand with lid on for 5 mins.

STEP 3 Invert frittata onto a plate, then invert again onto another plate. Top with reserved spinach and fetta and chilli. Serve sprinkled with seasoning.

Enjoy!

Source: [woolworths.com.au/shop/recipes/spanakopita-frittata](https://www.woolworths.com.au/shop/recipes/spanakopita-frittata)



Tax Time 2026: Accessing your information

The end of the 25/26 financial year is now behind us, and we've supplied all the details you require for taxation purposes directly to the Australian Taxation Office (ATO) - so there's nothing you need to do!

However, if you need a hard copy statement, they are available to download from your Phoenix Health OMS at members.phoenixhealthfund.com.au.

More support for Members: Diabetes Support Program

Living with diabetes can feel overwhelming at times, but you don't have to manage it alone. Through our Diabetes Support Program, eligible Phoenix Health members can access personalised support to help better understand and manage their condition.

Because we know that no two people are the same, the program will be tailored to your needs and will connect you with a qualified health coach who'll work with you one-on-one over the phone. Together, you'll set practical goals, build confidence and develop strategies to help you manage your health in a way that suits your lifestyle.

Whether you've recently been diagnosed as Type 2 Diabetic or pre-Diabetic, or you've been living with diabetes for years, the program offers guidance, education and ongoing support to help you take control of your health and reduce the risk of complications. Best of all, the program is available at no additional cost to eligible members.



If you or a family member are living with diabetes and would like to learn more, visit our website or contact the Phoenix Health team to discuss your eligibility.

phoenixhealthfund.com.au/using-your-cover/health-support-programs/diabetes-support

1800 028 817
info@phoenixhealthfund.com.au

PO Box 156 Newcastle NSW 2300
ABN 93 000 124 863