

Essential Extras

Essential Extras is designed for those who maintain a healthy lifestyle and are only seeking basic Extras services at an affordable price.

	Examples of services and maximum claimable amount CBHS pays the total cost up to the maximum claimable amount per service and up to the overall limit in each benefit period.	Overall limits	Benefit period		
Dental^{*^}					
Preventative dental (2 month waiting period)					
Oral examinations (011,012,013)	\$45, \$38, \$36	\$210	calendar year		
X-ray (022)	\$28				
Removal of plaque (111)	\$41				
Removal of calculus (114,115)	\$68, \$70				
Fluoride application (121)	\$27				
Mouthguard (151,153)	\$130, \$150				
Fissure sealing (161)	\$34				
General dental (2 month waiting period)					
Fillings	\$81-\$150	\$170	calendar year		
Consultations and examinations	\$35-\$40				
X-rays	\$42.80-\$60				
Extractions or surgical dental	\$50-\$170				
Prescribed optical appliances* (6 month waiting period)					
Frames					
Frames	\$70	\$200	calendar year		
Lenses					
Single vision (pair) (212)	\$70				
Bifocal (pair) (312)	\$60				
Trifocal vision (pair) (412)	\$60				
Multifocal (pair) (512)	\$70				
Contact lenses					
Contact lenses (852)	\$140				
Therapies* (2 month waiting period)					
Physiotherapy (initial/subsequent)	\$61/\$43	\$200	calendar year		
Chiropractic (initial/subsequent)	\$61/\$40				
Osteopathy (initial/subsequent)	\$61/\$35	\$100	calendar year		
Dietitian (initial/subsequent)	\$75/\$42				
Alternative therapies* (2 month waiting period)					
Oriental & natural therapies - <i>acupressure, acupuncture, Chinese herbal medicine consultation, Chinese massage, traditional Chinese medicine consultation, naturopathy, shiatsu, western herbalism consultation</i>	\$33	\$200	calendar year		
Massage therapies - <i>Alexander technique, deep tissue massage, lymphatic drainage, myotherapy, remedial massage, sports massage</i>					
General health* (2 month waiting period)					
Blood glucose accessories	100%	\$100	calendar year		
Non-Pharmaceutical Benefits Scheme drugs requiring a prescription by law	100% less the current prescribed PBS co-payment for general patients up to \$75 per prescription	\$200	calendar year		

*A benefit is not payable in respect of a service that was rendered to a member if the services can be claimable from any other source.

[^]Benefits are not payable for Do-It-Yourself (DIY) dentistry including whitening kits, aligners and occlusal splints. Please contact us to confirm whether a benefit is payable.



Understanding your Extras cover

CBHS wellness benefits

CBHS wellness benefits cover you for a variety of health checks and programs designed to help you better manage your health and wellbeing.

Wellness benefits (2 month waiting period)	Overall limit	Benefit period
Health checks**		
Breast examinations (e.g. mammograms/x-rays)	\$200	calendar year
Bone density tests		
Skin cancer screening		
Bowel/prostate cancer screening		
Eye screenings		
Health management*		
Quit smoking programs ¹	\$100 (\$100 sub limit on personal training)	calendar year
Weight management programs ¹		
Stress management courses ¹		
Pilates ²		
Yoga ²		
Gym membership/personal training ²		

[^]CBHS is only able to pay a benefit towards selected scans, screenings and tests when they are NOT covered by Medicare. Your GP or provider will be able to advise you if your scan, screen or test meets Medicare criteria for benefits.

^{*}A benefit is not payable in respect of a service that was rendered to a member if the services can be claimable from any other source.

¹ Must be approved by CBHS.

² CBHS can only pay a benefit for Pilates, yoga, gym membership or personal trainer where the service is provided as part of a Health Management Program, certified by your medical practitioner or a recognised provider. Authorisation form is available from the CBHS website. Please note that medical practitioner consultations are not covered by CBHS.

Keep your non-student dependants covered

This product provides an option to keep your non-student dependants under 31 years of age, on your cover, providing they meet the non-student dependant criteria. An additional contribution amount will apply. More information is available at cbhs.com.au

Manage your cover online

You can manage your membership online, visit our website at cbhs.com.au

Some of the services available to you:

- Update your personal details
- Check progress of a claim
- Check your Extras limits
- Submit a claim online
- View claims history and much more!



How do my Extras benefits work?

CBHS Extras benefits are based on the cost the provider charges you, up to a maximum claimable amount (the set benefit per service). This is capped by an overall limit.

Below is an example of how the Extras benefits work, depending on the service fee the dentist charges:

- Dentist fee = \$60
- Maximum claimable amount = \$42
- Benefit payable = \$42

Benefit period

Most limits are based on per person per calendar year, unless otherwise stated in our Extras table.

Benefits which attract a three and five year period are entitled to have the benefit renewed on the same date which the service was performed respectively.

Extras waiting periods

Extras waiting periods	Calendar months
Prescribed optical appliances	6 months
All other services	2 months



Dental Choice Network

The dental Choice Network is a group of dental service providers who have committed to reducing or removing the gap for **selected preventative dental services** that you would usually pay between the dentist's charges and the CBHS benefit. By choosing to use a dentist in the network you will have no out-of-pocket expenses for these selected services.

Optical Choice Network

By visiting an optical Choice Network provider, you receive benefits of 100% of the cost for all **optical frames, lenses and contact lenses** from a selected range, up to the maximum per service and overall limits. These services may also be subject to known gaps, where you will know in advance what out-of-pocket expenses you may incur.

This product information sheet is current as at 1 April 2026 and provides general information and guidance about the policy and is intended as a summary only. This information should be read in conjunction with the CBHS Health Benefit Fund Rules and is subject to change from time to time.

