

Member services

Health & Wellness Online Tools

Available through your Member Portal, easy-to-use well-being tools.



Intuitive symptom checker.

If you're feeling less than 100% and want to find out why, this quick and easy tool allows you to describe whatever symptoms you're experiencing and receive a list of possible causes - plus advice on how to make things better.

Interactive health risk assessments.

Do your age, circumstances, lifestyle and medical history make you prone to any specific health risks? Use our easy, interactive tool to understand any risks you should be aware of, and what you can do to minimise or eliminate them.

Healthcare advice.

If you have a specific question about your current or future health, your Member Portal provides access to a range of articles and a full library of medical information to read and explore.

Download your checklists.

Whether you're visiting the doctor or preparing for an operation, find a list of questions you might want to ask your medical practitioner.

For more information on the services available with our plans, please visit your Member Portal.