

ESSA FOR AN ACTIVE NATION

IMPROVING PRIVATE HEALTH INSURANCE



WHAT IS NEEDED?

A SYSTEMATIC APPROACH THAT:

- Delivers appropriate levels of funding appropriate for the best individual care, when and where they need it.
- Addresses the socioeconomic gaps in Australia, providing a fair go for those who need it the most.
- Empowers a strong health system that puts individuals at the centre of care



WHAT IS THE PROBLEM?

CHRONIC DISEASE IS THE LEADING CAUSE OF POOR HEALTH AND COSTS THE HEALTH SYSTEM BILLIONS OF DOLLARS EACH YEAR

- About half of all Australians have a chronic disease.
- Approximately 1 in 5 Australians are affected by multiple chronic diseases.
- Cardiovascular disease, diabetes and chronic kidney disease are associated with around 1.8 million hospitalisations, which is 20% of all hospitalisations in Australia.

ACCREDITED EXERCISE PHYSIOLOGY (AEP) IS BEING MISREPRESENTED WITHIN MANY PHI MEMBER SERVICES AS A NATUROPATHIC, COMPLEMENTARY OR ALTERNATIVE THERAPY:

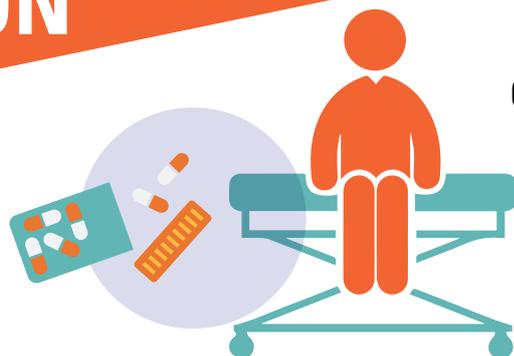
Exercise physiology has a strong evidence base to support its efficacy in the treatment and prevention of chronic or complex disease, unlike many complementary therapies. Classifying exercise physiology as a natural, alternative or complementary therapy is therefore potentially misleading both for consumers and referring health professionals. It also creates potential barriers for consumers to access beneficial AEP services.

HEALTH INSURERS MUST CONSIDER INCLUDING A HEALTH REBATE FOR AEP SERVICES AS A CORE COMPONENT WITHIN THEIR HEALTH INSURANCE PACKAGES. THIS SHOULD COVER INDIVIDUAL AND GROUP SERVICES.

Regular exercise is a strongly evidence-based intervention for multiple chronic diseases, including but not limited to:

- diabetes and other metabolic conditions
- cardiovascular disease
- musculoskeletal conditions
- some cancers
- depression
- osteoporosis and falls prevention
- arthritic conditions
- dementia

THE COST OF INACTION



POOR MANAGEMENT OF
CHRONIC DISEASE COSTS MORE THAN

\$320 MILLION
EACH YEAR



APPROXIMATELY
4.5 MILLION YEARS
were lost to premature death or
living with an illness in Australia
during 2011.



9 OUT OF 10
DEATHS
have chronic disease as
an underlying cause.



WHAT IS THE SOLUTION?

- Improved access to AEP services will improve member health and reduce costs.
- AEP services must be represented as an allied health professional service, consistent with its recognition within Australia's Medicare system.
- Access to AEPs should be a basic health right, not restricted only to those that can afford top tier health insurance policies.
- AEPs are qualified exercise professionals who provide effective exercise interventions for the prevention of chronic disease.

ABOUT EXERCISE & SPORTS SCIENCE AUSTRALIA

Exercise & Sports Science Australia (ESSA) is the nation's peak body and professional association representing over 6,000 members, including university trained Accredited Exercise Physiologists (AEP), Accredited Exercise Scientists (AES) and Accredited Sports Scientists (ASpS). This exercise and sports science workforce successfully plays a pivotal role in addressing the health risks and challenges faced by many Australians.

As a leading voice in exercise, physical activity and sport over the last two decades, ESSA together with our members, strives to implement our vision of achieving member excellence in exercise and sports science that will enrich the health and performance of every Australian.

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