

Health Funds Rebate - What you can do

Yoga Australia is continuing its coordinated response to Local Federal MPs. If you would like to get involved and help us lobby our Local Federal MPs, please follow the below steps and encourage your students to do the same.

1. Find out who your Local Federal MP is

https://www.aph.gov.au/Senators_and_Members/Members

2. Compile a personal letter

Include in your letter:

- Why you are writing to them
For example, "I am writing in response to the Government's proposal of removing Private Health Fund rebates for yoga. I am seeking your support at a Federal Government level to ensure that yoga remains part of the Health Funds rebate system."
- Reasons why Health Funds rebates for yoga should remain as a health funds rebate.
For example:
 - Yoga is cost-effective for the Government: yoga is a preventative strategy that can save the Government money by preventing health conditions such as non-communicable diseases (through regular exercise and stress reduction). Preventative strategies help reduce the burden on the health sector.
 - Yoga is suitable for rehabilitation and prevention with minimal side effects in comparison with medical treatments (including pharmacology).
 - Yoga is a cost-effective treatment for the client (in comparison to regular visits to other health practitioners) for musculoskeletal conditions and mental health issues.
 - People who practice yoga, over time, often transition to a healthier lifestyle (e.g. reduce stress, quit smoking, drink less, less red meat). Lifestyle changes help prevent non-communicable diseases which reduces the burden on the health sector.
- Research
If you are familiar of any research that shows the benefits of yoga, include it.
- Professional Information
Include information about your yoga teaching experience and information about your Yoga Australia membership. You could include that Yoga Australia is the peak body for Yoga in Australia and New Zealand. Yoga Australia advocates for professionalism and standards in the industry.

3. Encourage other health professionals in your network to write letters:

- Explain to them Yoga Australia's coordinated response to the Government's decision to remove Yoga for Health Insurance Rebate.
- Provide them with your Local Federal MP address.
- Ask them if they are interested in compiling a short letter seeking the Federal MP's assistance. They might like to include:
 - Why yoga should remain as a Health Funds rebate
 - Examples of situations when they would refer a client to Yoga
 - The cost benefit of this to the health sector.

4. Encourage your students to write letters:

- Explain to them Yoga Australia's coordinates response to the Government's decision to remove Yoga for Health Insurance Rebate.
- Provide them with your Local Federal MP address.
- Ask them if they are interested in compiling a short letter seeking the Federal MP's assistance. They might like to include:
 - How yoga has benefited them
 - The impact the Government changes will make to them.