



Issue 25 - September 2009

We care for our own.

Health Care Insurance news

70 years young!!

We have kept it low key but we are very proud of the fact that in November last year we celebrate 70 years of service to our members. As an integral part of Forestry, Timber and Paper together with you our members, we have shared the good times and the difficult times. The future will bring new challenges and opportunities but there will be one constant: Health Care Insurance as a non profit fund will continue to focus on providing the best level of service we can to you our valued members.

Thank you for your ongoing loyalty and support of Health Care Insurance.



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Annual General Meeting (AGM)

The Annual General Meeting of Health Care Insurance will take place at 6.00pm on 19th October 2009, at 50 Marine Terrace, Burnie.





Staff Changes

Ron Coghill

After 5 years as General Manager of **Health Care Insurance**, and 30 years in the private health insurance industry, Ron Coghill retired in September 2008. Ron made a significant contribution to the fund in a time of considerable change. Fortunately, HCI will continue to benefit from Ron's experience as he will continue as a Director of the fund.

Matthew Fryett

After 10 years working for Australian Paper in a commercial role at the Burnie and Wesley Vale Mills, and most recently in Melbourne, Matthew Fryett has been appointed to the role of General Manager. In accepting the role, Matthew commented that as a member of **Health Care Insurance** for 10 years, he was appreciative of the service provided by the fund to his family. "HCI is recognised as the fund that cares for its members and knowing the people who work there I have no doubt that the focus on personal service will continue." When he is not working, Matthew enjoys spending time with the family. His boys enjoy football and soccer in the winter, and cricket and surf club in the summer. Matthew is learning to paddle a surf ski at the Burnie Surf Club, but says it is like riding a bike - when you are learning you fall off a lot!

Ellen Purton

Congratulations to Ellen and her partner Paul, on the arrival of a little girl Claire Ellen, born on the 9th June 2009, a baby sister for Keidas.

Lee Hancock

Welcome to Lee Hancock. Lee started with **Health Care Insurance** in February this year, and has a wealth of knowledge in private health insurance. Lee commented "it has been a really busy time with lots of new members joining the fund in recent months, but I am thoroughly enjoying being part of a non profit organisation that really does focus on the customer. "Away from work Lee and her husband enjoy spending time at Bruny Island."

Sponsorship

We are a non profit, industry based fund and we want our industries Forestry, Timber and Paper to be sustainable and continue to provide employment for families around the country.

We also believe it is important to create the "habit" of a healthy, active and community focused lifestyle in children.

This year we are excited to be involved with the following:

- **321-Go Childrens Fun Run at Burnie on the 25th of October ,**
- **Surf Life Saving Tasmania's High School Surf League and the**
- **Burnie Surf Club's Periwinkle programme**

all great events designed to get kids (and parents) active.

Over the last year Health Care Insurance has provided support to the following organisations;

- **Australian Paper Wesley Vale Social and Welfare Club's Children's Christmas party**
- **Surf Life Saving Tasmania**
- **Mission Australia's family fun day at New Norfolk**
- **The Timber Communities of Australia**
- **The Victorian Bushfire Appeal**
- **The Forest Contractors Association of Tasmania**
- **Forest Industries Association of Tasmania**
- **The wood chopping programe at the Tasmanian Christmas Carnivals**



The Timber Communities of Australia and the Victorian Bushfire Effort

All members will be aware of the extreme devastation and loss of life resulting from the Victorian Bushfires. **Health Care Insurance** has a number of members in the area some of whom lost their houses and property. To hear first hand from those people and what they endured was an incredible experience. However, the enormous effort that is in place to rebuild the communities is less well known. The Timber Communities of Australia, in particular the Tasmanian Branch, has been leading the way in this effort. Since March this year, 100 volunteers from the Timber Communities have given up their own time to re-fence the properties in the area. To date, over

200km of fencing has been replaced but with 3,700km still to be done it is a monumental task. If you believe you can help or want to provide support please contact Barry Chipman by email barry.chipman@tca.org.au or **0417 013 336**.

This is an example of the community focus that is part of the culture of the Timber Communities of Australia and is why **Health Care Insurance** is proud to be associated with and a supporter of the Timber Communities of Australia.



Director nominations and elections

The management of Health Care Insurance Limited (HCI) is overseen by a Board of Directors elected by the members of HCI. In accordance with the Company's Constitution, three (3) directors are required to retire at the end of the 2009 Annual General Meeting.

The Board, has resolved that the number of elected directors serving on the Board should remain at six (6) for the purpose of elections at the 2009 Annual General Meeting.

Any person seeking election as a director must be nominated by a member of HCI. If you wish to nominate to be a director please contact the General Manager, Matthew Fryett for details of the qualification criteria and nomination process. Matthew can be contacted on **(03) 6432 1177**.

Nominations for the position of director must be lodged with the General Manager not later than 5.00pm on 28th September 2009.



Mission Australia's family fun day at New Norfolk

One of our members, Trish McMillan, is the Playtime/Hub Coordinator - Derwent Valley/ Central Highlands for Mission Australia. As part of her role, and also I suspect because of her love of the community, Trish has been the chief organiser of the Family Fun Day at New Norfolk. Held as part of the Communities

for Children Programme, the day brought together families from the Southern Midlands, Central Highlands and Brighton areas with the goal of building family friendly communities and supporting parents to satisfy the health and early development needs of young people.

Health Care Insurance attended along with a number of other family focussed organisations and it was an honour to do so. Holding it in the community centre at New Norfolk in June was always going to be a gamble but fortunately

the weather was fine. The 2,000 people who attended the day were able to participate in a range of activities focussing on education, diet, health, and children just having fun playing together. The value of events such as these cannot be underestimated in terms of their contribution to the community.

Congratulations to Trish and her team for organising such a valuable and successful day and thank you for including **Health Care Insurance**, I am looking forward to the next one.



Swine Flu

1. Cover your cough

Make sure you cover your coughs and sneezes with a tissue. If you don't have a tissue, use your upper arm rather than your hands. You may spread the virus with your hands.

2. Wash your hands

Get into the habit of washing and drying your hands often. The flu virus can survive on hard surfaces for up to 48 hours and will spread through contact between people's hands.

3. Keep your distance

The flu virus can spread easily from an infected person even before they realise they are sick. Try to keep a large step away from other people when you are in public.

4. Know the signs of flu

Sudden onset of fever, cough, extreme tiredness and body aches are the main signs of flu. Other common signs are headaches and a sore throat. If you have these symptoms, stay at home.

5. Stay at home

If you notice you have flu-like symptoms, stay at home.



Direct Debit Payments

Direct debit payments provide a convenient method and the peace of mind in knowing that your health insurance premiums are always up-to-date.

The benefits to you!

- No late payments or reminders
- No worries about remembering to pay. Even if you leave your current employer.
- No cheques to write, or cash to carry.
- It's easy – just one form to sign.
- A choice of payment frequencies
- If you want to know more or change your payment method to direct debit, contact our friendly staff on **1800 804 950**.

Email communication

If you would prefer to receive newsletters and other correspondence by email please contact us with your email address. You can also email claims to us in a PDF format.

The HCI email address is:

enquiries@hcilt.com.au



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