



Mildura
HEALTH
Fund

Adding more value to your extras cover

As of 1 April 2026, we are introducing new benefits and increasing existing benefits.

Naturopathy will be included in Mid Extras and Five Star Extras Natural Therapy Benefits[^]

Naturopathy Benefits

Mid Extras

Initial Consultation: \$29.00
Standard Consultation: \$27.00

Five Star Extras

Initial Consultation: \$36.00
Standard Consultation: \$34.00

[^]Annual limits are combined with Natural Therapies. Providers must be recognised with the Australian Regional Health Group.

Yoga and Pilates will be included in Mid Extras and Five Star Extras Health Management Benefits*

Yoga

Mid Extras \$20 per session
Five Star Extras \$25 per session

Pilates

Mid Extras \$20 per session
Five Star Extras \$25 per session

*Annual limits are combined with Health Management Benefits. Providers must be recognised by the Australian Regional Health Group. Yoga and Pilates must be medically necessary for the treatment of a specific condition. A MHF Benefit Approval form is required.

Dietician benefits will increase to:

Base Extras

Initial Consultation: \$28
Standard Consultation \$25

Mid Extras

Initial Consultation: \$38
Standard Consultation \$34

Five Star Extras

Initial Consultation: \$44
Standard Consultation \$40

Podiatry benefits will increase to:

Base Extras

Initial Consultation: \$31
Standard Consultation \$27

Mid Extras

Initial Consultation: \$42
Standard Consultation \$37

Five Star Extras

Initial Consultation: \$48
Standard Consultation \$44

Orthotics benefits have increased by 3%

Optical benefits will increase to:

Base Extras

\$185 per person

Mid Extras

\$240 per person

Five Star Extras

\$280 per person



Dental Benefits increased on 1 January by on average 3.5%