

HCF GLA:D Program

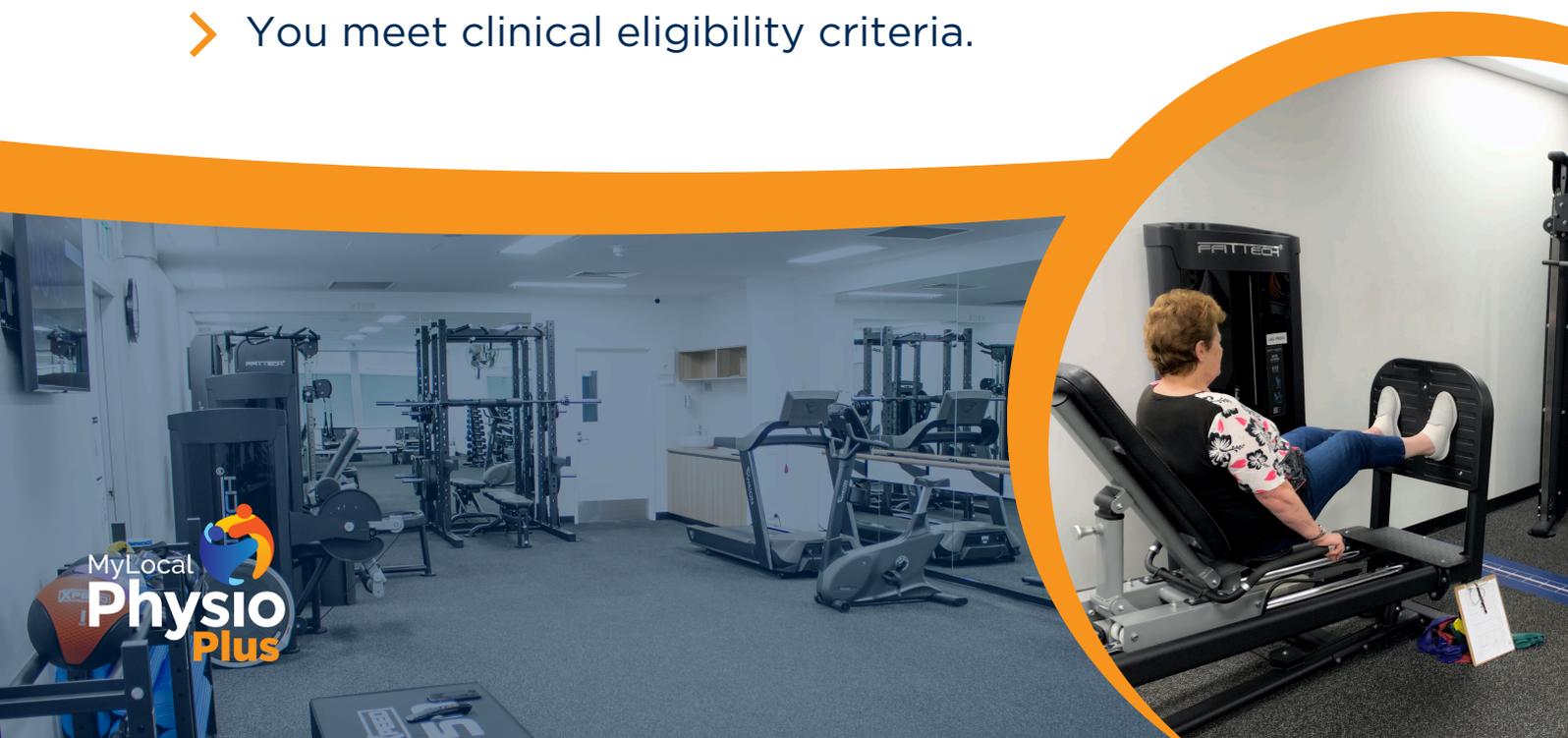
HCF are trialling a fully reimbursed GLA:D program for their members who meet certain criteria. GLA:D®, or Good Life with Arthritis: Denmark, is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.

This means that the entire 6 week program will be covered by HCF, and does not affect your Physiotherapy or Exercise Physiology cover.

The purpose is to encourage early intervention, minimise the symptoms of your knee or hip osteoarthritis and avoid or delay joint replacement surgery.

HCF will provide full reimbursement if:

- You have held eligible HCF hospital cover for at least 12 months.
- Your hospital cover has included joint replacement surgery for at least 2 months.
- Your premiums are up to date.
- You meet clinical eligibility criteria.





The clinical criteria to be eligible to take part in the GLAD program is as follows:

- You must be 18 years or over.
- Have a diagnosis of symptomatic hip or knee osteoarthritis that is likely to require joint replacement surgery in the upcoming few years, as assessed by an orthopaedic surgeon, general practitioner or physiotherapist
- Not have had a total or partial hip or knee joint replacement surgery.
- Not have participated in the GLA:D program in the previous 2 years.
- Not have participated in the Osteoarthritis Health Weight For Life program in the previous 2 years.

What is covered by HCF?

- An initial GLA:D consult
- 12 supervised 1-hour exercise sessions over 6 weeks.
- 2 Education sessions.
- And a Final consult post program completion.

Important Note: These services cannot be claimed through our HICAPS machine, we require you to pay the amount upfront and HCF will reimburse you once the invoice has been submitted.

