



# THE BRUCE BULLETIN

**JULIAN HILL MP** FEDERAL MEMBER FOR BRUCE

## Making medicines cheaper

Cheaper medicines are not just good for patients’ hip pockets. They’re good for patients’ health. Close to a million Australians go without vital medicines each year because of their cost.

The Albanese government will deliver cheaper medicines through 60-day dispensing.

Doctors will have the option to prescribe a two-month supply of more than 320 medicines on the Pharmaceutical Benefits Scheme (PBS) to Australians with stable, ongoing conditions.

This will halve the cost of more than 300 medicines for millions of Australians, including pensioners with chronic conditions. Such as cholesterol, heart disease, and hypertension.

From 1 September 2023, everyone with a Medicare card can save up to \$180 a year if their medicine is eligible for 60-day dispensing.



Concession card holders will save up to \$43.80 a year per medicine.

Trusted local pharmacists already do much more than dispense medicine. The government will reinvest every dollar it saves with

60-day dispensing into supporting community pharmacies.

The government is also providing \$350 million in funding for community pharmacy outreach into aged care facilities to ensure older Australians are managing their medications.

### PBS Safety Net lower

On 1 January this year, the annual PBS Safety Net threshold for concession card holders (including the Pensioner Concession Card and the Commonwealth Seniors Health Card) was reduced to \$262.80.

So concessional patients now reach the safety net after 36 fully priced prescriptions, then their PBS scripts are free for the rest of the year.

## Building a stronger Medicare

The largest investment in bulk billing incentives ever in the 40-year history of Medicare will deliver \$3.5 billion to triple the bulk billing incentive. Helping 11.6 million eligible Australians access a GP with no out-of-pocket costs.

By delivering critical funding for the urgent needs of today and reforms for the healthcare of tomorrow, the Albanese government is making Medicare stronger.

So all Australians, no matter what their income or where they live, can access the health care they need, when and where they need it.

The government is improving access to primary care, reducing pressure on hospitals and acting to support our hardworking GPs, nurses, midwives and allied health practitioners.

Making quality health care more affordable, particularly for children, pensioners and other Commonwealth concession card holders.

Patients who require consultations of longer than 60 minutes will receive a larger Medicare rebate. Giving doctors support to provide high quality care to people with chronic or complex needs, including mental health issues.

And opening more Medicare Urgent Care Clinics will improve access to affordable care, free up GPs, and take pressure off hospitals. More people will get top-quality care from a nurse or a doctor without having to wait in a hospital emergency department.

Labor built Medicare. Australians know they can trust the Albanese Labor government to keep Medicare safe and strong.



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## Congratulations

**Julian Hill can arrange congratulations for special birthdays and wedding anniversaries.**

Depending on the specific occasion, messages of congratulation can be arranged from the Premier of Victoria, Prime Minister, Governor of Victoria, Governor-General and the King for:

- 90th birthdays
- 100th birthdays
- 50th wedding anniversaries
- 60th wedding anniversaries
- 65th wedding anniversaries
- 70th wedding anniversaries

Please get in touch with Julian at least four weeks before the event.

## Pensions Guide Information for older Australians

**Julian Hill's *Pensions Guide* booklet contains up-to-date details about current entitlements, payments and services. Including:**

- Age Pension
- Aged Care
- Carer Allowance
- Centrelink
- Seniors Health Card
- Concession cards
- Grandparent carers
- Home Care Packages

To get your free copy of the *Pensions Guide*, just call Julian on 9791 7770, or email [julian.hill.mp@aph.gov.au](mailto:julian.hill.mp@aph.gov.au)

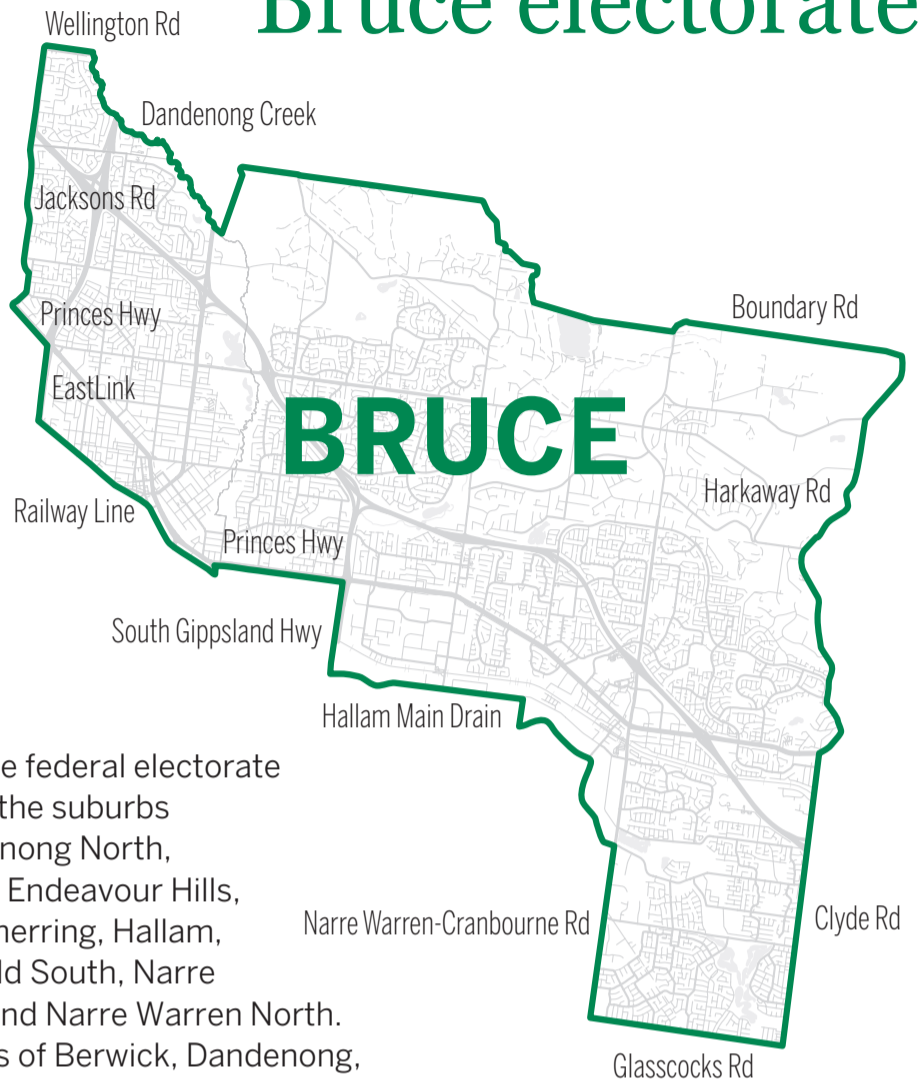
## Julian is here to help you

**As your representative in the Australian parliament and the Albanese Labor government, Julian Hill is available to assist you with anything involving the federal government.**

Julian is also here to help if you or your family ever encounter problems with services provided or paid for by the government.

Please contact Julian anytime you want assistance, to discuss a local or national issue, or make a suggestion.

## Bruce electorate



The Bruce federal electorate includes the suburbs of Dandenong North, Doveton, Endeavour Hills, Eumemmerring, Hallam, Lysterfield South, Narre Warren and Narre Warren North. And parts of Berwick, Dandenong, Harkaway, Mulgrave, Narre Warren South, Noble Park and Noble Park North.



## Julian Hill MP Federal Member for Bruce

Please contact Julian anytime you want assistance, to discuss a local or national issue, or make a suggestion.

📍 45 Robinson Street  
Dandenong VIC 3175

☎ 9791 7770

@ [julian.hill.mp@aph.gov.au](mailto:julian.hill.mp@aph.gov.au)

🌐 [www.julianhillmp.com](http://www.julianhillmp.com)

📺 JulianHillMP

# Indigenous Voice to Parliament referendum

Later this year, every Australian will have to cast their vote in the referendum to recognise Indigenous heritage in our country and give Indigenous Australians a voice in the constitution.

Recognition is not about feeling guilty about the past. We can't change history but we can change our future. Indigenous disadvantage in our country is a national shame.

This proposal is the result of many years of consultation, debate and discussion informed by legal advice from the most prominent constitutional experts in the country.

The change is both symbolic and practical. It's symbolic because it will end more than 120 years of exclusion of First Nations people from our constitution.

Symbolism matters as well for the dignity of Indigenous people. It impacts well-being, mental health and practical outcomes. It also matters to how others in the world see us.

This change is about more than symbolism. It's about making a practical difference for Indigenous Australians.

For far too long, governments have been telling Aboriginal and Torres Strait Islander people what's good for them rather than listening to what they actually need. If you listen to people, you get better results.

Frankly, we have tried everything else for over a century. No one loses from recognition so let's give it a go.



## Referendum questions and answers

### What is the Uluru Statement from the Heart?

In May 2017, more than 250 Aboriginal and Torres Strait Islander people issued the Uluru Statement from the Heart.

It asks us to create a better future for all of Australia and to include a First Nations Voice to Parliament in the Australian constitution.

If you'd like a copy of the Uluru Statement, just call Julian on **9791 7770**.

### What is the Voice to Parliament?

The Voice to Parliament is a way for Aboriginal and Torres Strait Islander peoples to advise the government about laws and policies that affect them.

The Voice will have representatives from all states and territories as well as remote representatives and Torres Strait Islanders.

The representatives won't be appointed by the government; they'll be elected by Indigenous people for fixed terms.

The Voice will not have the power to veto legislation or government policy. It won't be a third chamber of parliament, or another bureaucracy.

### What is a referendum?

A referendum is when voters are asked to answer "Yes" or "No" to a question or questions. The only way to change Australia's constitution is via a referendum.

### Who can vote in a referendum?

Only people enrolled to vote can take part in a referendum. Voting is compulsory for all enrolled voters.

### How do you vote in a referendum?

Referendums are like elections. On polling day, you go to a polling place and cast your vote on a ballot paper.

Voting will be held on a Saturday (between October and December this year) with polling places open between 8am and 6pm.

### What question will the Indigenous Recognition referendum ask?

"A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?"



# Building a better aged care system

The Albanese government inherited an aged care system on the brink and had to act urgently.

In the first 12 months since being elected, 69 recommendations of the Aged Care Royal Commission have already been addressed. Including:

- new standards for increased care minutes
- 24/7 nursing to improve care
- a star-rating system to provide more transparency
- capped Home Care fees
- lifting the wages of aged care workers.

The federal government is committed to building an aged care system where older people are at the centre. That's why a new Aged Care Act that focuses on the rights of older people is being drafted. The new act will address another 24 recommendations of the Royal Commission.

A new Aged Care Taskforce has been established to answer the unanswered questions from the Royal Commission about how to create an equitable and sustainable aged care sector. And help shift the focus from provider to person and from funding to care focused.

## Fairer wages for aged care workers

Fair wages play a significant role in attracting and retaining workers to provide around-the-clock care for some of Australia's most vulnerable people.

Aged care workers are getting a 15% pay increase. The Albanese government will fund these fairer wages and the on-costs to see the value of our aged care workforce reflected in the pay packets of more than 250,000 workers.

For the Home Care Packages program, the value of packages will be increased to allow for the increased wages.



This important investment is also a positive step to improving women's pay in general, as women make up more than 85% of Australia's aged care workforce.

## Reducing admin costs for Home Care

The Albanese government has taken significant steps to ensure older Australians will no longer be charged excessive administrative and management costs as part of their Home Care packages.

From 1 January 2023, all Home Care management and package management charges will be capped at 20 per cent and 15 per cent of the respective package levels. And exit fees are banned.

That means more money in Home Care packages to pay for help around the house, personal and clinical care, assistive equipment, and other support to stay safe and independent at home.

## Lifting the standard of food in aged care

The Albanese government is increasing its commitment to improve food, nutrition and dining in residential aged care by establishing a food unit in the Aged Care Quality and Safety Commission.

A new food hotline for food complaints and advice will be established and staffed by specialists.

The support unit will also help providers build capability by linking them with support and education programs, including those delivered by accredited practising dietitians.

New dietary guidelines and resources for older people will also be developed to support good nutritional intake and reduce the risk of malnutrition.

Menu and mealtime assessments will be conducted by independent practising dietitians to increase aged care providers' capability to deliver nutritionally balanced menus.



## INFORMATION AND ADVICE

# How to protect yourself from scams

The combined losses reported from scams in 2022 was at least \$3.1 billion – an 80% increase on 2021. The losses are increasing because scams are harder to spot, and anyone can be caught.

### **STOP** Don't give money or personal information to anyone if you're unsure.

Scammers will offer to help you or ask you to verify who you are. They will pretend to be from organisations you know and trust, like Services Australia, police, a bank, government or a fraud service.

### **THINK** Ask yourself could the message or call be fake?

Never click a link in a message. Only contact businesses or government agencies using contact information from their official website or through their secure apps. If you're not sure say no, hang up, or delete.

### **PROTECT** Act quickly if something feels wrong.

Contact your bank if you notice unusual activity or if a scammer gets your money or information. Seek help from IDCARE, report scams to Scamwatch and cybercrime to ReportCyber.



## Beware of tax time scams

Australians need to watch out for impersonation scams at this time of year.

Remember the Australian Taxation Office (ATO) will never send you a link to log in to their online services or ask you to send personal information via social media, email or text message.

If you're suspicious of someone claiming to be from the ATO, you can call 1800 008 540 to check.

## What you can do to protect yourself

1. Beware of anyone offering you easy money through investment or a job. Visit [moneysmart.gov.au](http://moneysmart.gov.au) to avoid investment scams.
2. Check invoices and bills before paying by independently calling the business on the publicly listed number.
3. Add steps to show who you are when you log into your online services. Such as a code sent to your phone, a token, a secret question or your face or fingerprint.
4. Never provide private information, passwords, or codes over the phone or via text to anyone. Contact government, businesses, and banks through official channels.
5. Immediately report any suspicious activity to your bank.

## Tackling scams to keep Australians safe

The Albanese government is delivering on its commitment to combat scams and protect Australians.

The new National Anti-Scam Centre will work with government, industry, and law enforcement agencies to make Australia a harder target for scammers.

An SMS Sender ID Registry will be established to help telecommunication companies to prevent scammers from deceiving Australian consumers.

And funding for eSafety will be quadrupled to keep up with the demand for online safety education and training programs, take down abusive material, and hold industry to account for keeping their users safe.

## For more information and advice

### **Scamwatch**

How to recognise, avoid and report scams  
[www.scamwatch.gov.au](http://www.scamwatch.gov.au)

### **IDCARE**

Helping people reduce the harm from identity theft  
**1800 595 160**  
[www.idcare.org](http://www.idcare.org)

### **ReportCyber**

Leads the Australian government's efforts to improve cyber security  
[www.cyber.gov.au](http://www.cyber.gov.au)

### **eSafety Commissioner**

Helping Australians have safe, positive experiences online  
[www.esafety.gov.au](http://www.esafety.gov.au)

### **Australian Cyber Security Centre**

Advice about how to protect yourself online  
[www.cyber.gov.au](http://www.cyber.gov.au)



# Handy guide to government and community services

## After Hours GP Helpline

After assessment by a registered nurse, you can speak directly to a GP  
**1800 022 222**

## Aged Care Engagement Hub

Have your say on how to continue to improve aged care  
**1800 318 209**  
[www.agedcareengagement.health.gov.au](http://www.agedcareengagement.health.gov.au)

## Aged Care Quality and Safety Commission

Assesses, monitors, and resolves complaints about aged care services subsidised by the Australian government  
**1800 951 822**  
[www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

## Arthritis Australia

Improving quality of life for Australians living with arthritis  
**1800 111 041**  
[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

## Asthma Australia

Improving quality of life for Australians living with arthritis  
**1800 278 462**  
[asthma.org.au](http://asthma.org.au)

## Australian Centre for Grief and Bereavement

For individuals, children and families who need assistance following the death of someone close  
 253 Wellington Road Mulgrave  
**1800 642 066**  
[www.grief.org.au](http://www.grief.org.au)

## Better Health Channel

Information to improve health and wellbeing  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

## Beyond Blue

Improving the lives of people affected by anxiety, depression, or suicide  
**1300 224 636**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

## Bowel Cancer Australia

Prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer  
 Helpline **1800 555 494**  
[www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)

## Cancer Council Australia

Offers a range of services to support anyone affected by cancer  
 615 St Kilda Road Melbourne  
**13 11 20**  
[www.cancer.org.au](http://www.cancer.org.au)

## Carer Gateway

Practical advice and support for carers, including respite care options  
**1800 422 737**  
[www.carergateway.gov.au](http://www.carergateway.gov.au)

## Casey Hospital

62-70 Kangan Drive Berwick  
**8768 1200**  
[www.monashhealth.org](http://www.monashhealth.org)

## Centrelink

Delivers social security payments and services to Australians  
 Reply Paid 7800 Canberra BC ACT 2610  
 Dandenong Service Centre  
 27-29 Robinson Street Dandenong  
 Fountain Gate Service Centre  
 71 Webb Street Narre Warren  
 Older Australians **13 2300**  
 Carers **13 2717**  
 Complaints and feedback **1800 132 468**  
 Grandparent Adviser Line **1800 245 965**  
 myGov help desk **13 2307**  
 Multilingual phone service **13 1202**  
 Telephone self service **13 6240**  
[www.humanservices.gov.au](http://www.humanservices.gov.au)

## Continence Foundation of Victoria

Promoting bladder and bowel control health  
 National Continence Helpline  
**1800 330 066**  
[www.continence.org.au](http://www.continence.org.au)

## Coronavirus Hotline

**1800 675 398**  
[www.coronavirus.vic.gov.au](http://www.coronavirus.vic.gov.au)

## Crime Stoppers Victoria (and Hoon Hotline)

Confidential reporting of crime information  
**1800 333 000**  
[www.crimestoppersvic.com.au](http://www.crimestoppersvic.com.au)

## Dandenong Hospital

135 David Street Dandenong  
**9554 1000**  
[www.monashhealth.org](http://www.monashhealth.org)

## Diabetes Australia

Working to reduce the impact of diabetes on the community  
**1800 177 055**  
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

## Dementia Australia

Support and information for people living with dementia, their carers, and family  
 National Dementia Helpline  
**1800 100 500**  
[www.dementia.org.au](http://www.dementia.org.au)

## Department of Veterans' Affairs (DVA)

Australian government agency providing support and information for veterans and their families  
 GPO Box 9998, Brisbane QLD 4001  
 300 Latrobe Street Melbourne  
**1800 838 372**  
[www.dva.gov.au](http://www.dva.gov.au)

## Elder Rights Advocacy

Advocacy for people receiving aged care services  
**1800 700 600**  
[www.era.asn.au](http://www.era.asn.au)

## GriefLine

Free phone counselling for individuals and families experiencing loss and grief  
**1300 845 745**  
[www.griefline.org.au](http://www.griefline.org.au)

## Head to Health

Helping you find mental health digital resources and phone support services  
**1800 595 212**  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

## Health Complaints Commissioner (Victoria)

Resolves complaints about healthcare and the handling of health information in Victoria  
 Level 26, 570 Bourke Street Melbourne  
**1300 582 113**  
[hcc.vic.gov.au](http://hcc.vic.gov.au)

## Healthy Bones Australia (formerly Osteoporosis Australia)

Reducing broken bones and improving bone health  
**1800 242 141**  
[healthybonesaustralia.org.au](http://healthybonesaustralia.org.au)

## Heart Foundation Helpline

Personalised information on heart health, nutrition and a healthy lifestyle  
**13 1112**  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

## Hepatitis Australia

Confidential, free and localised viral hepatitis information and support services. Hepatitis Infoline  
**1800 437 222**  
[www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

## Home Affairs

Citizenship, visas, immigration, border protection and national security  
**13 1881**  
[www.homeaffairs.gov.au](http://www.homeaffairs.gov.au)

## Kidney Health Australia

Helping people with kidney disease to improve health outcomes  
 125 Cecil Street South Melbourne  
**1800 454 363**  
[www.kidney.org.au](http://www.kidney.org.au)

## Lifeline

24-hour crisis support and suicide prevention services  
**13 1114**  
[www.lifeline.org.au](http://www.lifeline.org.au)

## Medical Costs Finder

Find and understand costs for medical specialist services across Australia  
[medicalcostsfinder.health.gov.au](http://medicalcostsfinder.health.gov.au)

**Medicare**

Payments that can help when you use health care services or buy medicines  
GPO Box 9822 Melbourne VIC 3001

Dandenong Service Centre  
27-29 Robinson Street Dandenong

Fountain Gate Service Centre  
71 Webb Street Narre Warren

General enquiries **13 2011**  
Telephone claims **1300 360 460**

[www.servicessaustralia.gov.au](http://www.servicessaustralia.gov.au)

**Medicines Line**

Information on prescription, over-the-counter and complementary medicines

**1300 633 424**

[www.nps.org.au/medicines-line](http://www.nps.org.au/medicines-line)

**MensLine**

Telephone and online counselling service for men with emotional health and relationship concerns

**1300 789 978**

[www.mensline.org.au](http://www.mensline.org.au)

**Mental Health Complaints Commissioner (Victoria)**

Deals with complaints about public mental health services in Victoria  
Level 26, 570 Bourke Street Melbourne

**1800 246 054**

[www.mhcc.vic.gov.au](http://www.mhcc.vic.gov.au)

**Monash Health Community Berwick**

28 Parkhill Drive Berwick  
**8768 5100**

[www.monashhealth.org](http://www.monashhealth.org)

**Monash Health Community Dandenong**

122 Thomas Street Dandenong  
**9792 8100**

[www.monashhealth.org](http://www.monashhealth.org)

**My Aged Care**

Information on aged care for yourself or someone you're caring for

**1800 200 422**

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

**myGov**

Secure way to access government online services

**13 2307**

[my.gov.au](http://my.gov.au)

**National Cervical Screening Program**

Check if you're eligible and learn about the cervical screening process

**13 1556**

[www.health.gov.au](http://www.health.gov.au)

**National Health Services Directory**

Find health services (GPs, pharmacies, hospitals)

**www.nhsd.com.au**

**Neighbourhood Watch**

Volunteer crime prevention and community safety group

Casey **0408 348 352**

Greater Dandenong **0407 325 030**

**www.nhw.com.au**

**NURSE-ON-CALL**

Phone service providing immediate, expert health advice from a registered nurse

**1300 60 60 24**

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**Organ Donor Register**

Register where you record your organ and tissue donation decision

**1800 777 203**

[www.servicessaustralia.gov.au](http://www.servicessaustralia.gov.au)

**Partners in Wellbeing**

Free support and advice to improve your mental health and wellbeing

**1300 375 330**

[www.partnersinwellbeing.org.au](http://www.partnersinwellbeing.org.au)

**Poisons Information Centre**

Advice about what to do if a person has been poisoned, bitten or stung, or has overdosed or made a mistake with medicine

**13 1126**

[www.austin.org.au/poisons](http://www.austin.org.au/poisons)

**Priority Primary Care Centres**

Free care for urgent but non-life-threatening injuries and illnesses

1/134 Logis Boulevard, Dandenong Sth

**9579 7933**

[www.greensmedicalgroup.com.au](http://www.greensmedicalgroup.com.au)

60 Victor Crescent, Narre Warren

**9771 2020**

[www.narregatemedicalcentre.com.au](http://www.narregatemedicalcentre.com.au)

**Public Toilet Map**

Find publicly available toilets across Australia

[toiletmap.gov.au](http://toiletmap.gov.au)

**Quit**

Support to help people stop smoking

Quitline **13 78 48**

[www.quit.org.au](http://www.quit.org.au)

**SANE Australia**

Services to help support all Australians affected by complex mental health issues

**1800 187 263**

[www.sane.org](http://www.sane.org)

**Seniors Card (Victoria)**

Discounts for older Victorians on goods and services

**1300 797 210**

[www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)

**State Emergency Service (SES)**

Flood, storm, and earthquake emergency

**13 2500**

[www.ses.vic.gov.au](http://www.ses.vic.gov.au)

**Stroke Foundation**

Helps stroke survivors, carers or family members find the support and services they need

StrokeLine **1800 787 653**

[www.strokefoundation.org.au](http://www.strokefoundation.org.au)

**Suicide Call Back Service**

Telephone and online counselling to people who are affected by suicide

**1300 659 467**

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Suicide Line**

Counselling service offering professional support to people at risk of suicide

**1300 651 251**

[www.suicideline.org.au](http://www.suicideline.org.au)

**Tandem**

Family and friends supporting people living with mental health issues

**1800 314 325**

[www.tandemcarers.org.au](http://www.tandemcarers.org.au)

**University of the Third Age (U3A)**

Sharing learning experiences in the age of active retirement

Casey U3A

19 Beldale Court Berwick

**0493 280 458**

[u3acasey.org.au](http://u3acasey.org.au)

Dandenong U3A

Paddy O'Donoghue Centre

18 Buckley Street Noble Park

**9546 2997**

[dandenongu3a.org.au](http://dandenongu3a.org.au)

**VicEmergency**

Centralised website for Victorian emergency information and warnings

**emergency.vic.gov.au**

**Vision Australia**

Supporting people who are blind or have low vision to be as independent as they choose

45 Princes Highway Dandenong

**1300 847 466**

[www.visionaustralia.org](http://www.visionaustralia.org)

For more local government and community services including safety, support and legal services, visit the **handy guide** on Julian's website [www.julianhillmp.com](http://www.julianhillmp.com)

## NEWS

## Energy bill relief for pensioners and Health Card holders

Commonwealth Seniors Health Card holders will receive financial relief of up to \$500 per household to help them with the rising costs of energy bills.

The Albanese government is taking urgent action to ease the cost of living pressures and help older Australians keep more money in their pockets.

This direct bill relief is just one part of the government's plan to combat increases to energy prices.

Action is also being taken to limit the price of gas and coal used for

electricity generation and focus investment in cleaner, cheaper and reliable energy for the future.

Retail electricity price increases in 2023–24 are now expected to be around 25 percentage points lower, and retail gas price increases around 16 percentage points lower than expected prior to the government's energy interventions.



## Options for older Australians to work more

Pensioners over the Age Pension age and eligible Veterans can earn more income from extra work without reducing their pension.

Employers are calling out for experienced workers. So it makes sense to offer incentives to older Australians to encourage them back into the workforce and share their skills.

As at 1 December 2022, all eligible pension payment recipients of Age Pension age received an automatic \$4,000 top-up of their Work Bonus, taking their Income Bank from a maximum of \$7,800 to a maximum of \$11,800 until 31 December 2023.

You don't apply for the Work Bonus. All you need to do is contact Centrelink and declare your income.

Pensioners won't have to reapply for payments for up to two years if their employment income exceeds the income limit.

As a result, they will also retain their Pensioner Concession Card and associated benefits for two years.

## More Australians getting the Seniors Health Card

More older Australians and veterans have had their cost of living pressures reduced after being granted a Commonwealth Seniors Health Card following eligibility changes last November.

The annual income thresholds have been increased to \$90,000 (up from \$57,761) and \$144,000 (up from \$92,416).

The income limits will be indexed annually.

To apply for the card, sign into myGov and go to Centrelink, or you can visit a service centre in person.

The Commonwealth Seniors Health Card provides access to the same Commonwealth medical

and pharmaceutical concessions as the Pensioner Concession card. Including:

- cheaper medicines under the Pharmaceutical Benefits Scheme
- access to the lower, concessional threshold of the PBS Safety Net
- bulk billing of doctor visits (depending on your doctor)
- extrarefunds for medical costs when you reach the Extended Medicare Safety Net

