

Eligibility criteria for breast reduction allowance

Southern Cross will only reimburse the allowance for a breast reduction under a member's policy on acceptance of a medical report supplied by the operating surgeon that demonstrates criteria 1, 2, 3, 4 and 5 below are met for that member.

1. At least two of the following symptoms have been present for a minimum of 12 months:
 - pain in the upper back, neck or shoulders
 - headaches (secondary to neck or back pain)
 - pain / discomfort / ulceration from bra straps cutting into shoulders (not just imprints of straps)
 - associated skin disorders unresponsive to conservative medical treatment.
2. Medical examination confirms macromastia.
3. Bra cup size is over DD.
4. The amount of breast tissue to be removed is estimated to be at least 350 grams per breast.
5. If the patient is over 30 years, there were no suspicious lesions found on a mammogram completed within 12 months of the date of surgery.

The allowance for a breast reduction will not be reimbursed in the following circumstance:

- for breast reduction via tumescent liposuction.

Please also ensure you are familiar with all **policy exclusions**, including:

- Acute care
- Congenital conditions
- Cosmetic treatment/procedures
- Health screening
- Treatment of any condition not detrimental to health
- Unapproved healthcare services.

Refer to the relevant policy document for specific conditions and exceptions that apply to these exclusions.