



**MASSAGE &
MYOTHERAPY**
AUSTRALIA

Membership eKit

HEALTH FUNDS INFORMATION

Welcome to Massage & Myotherapy Australia

Your Membership eKit is provided in two separate parts:

- 1. General Information:** where you can find all the details you need about your membership including Policies, Guidelines, Position Statements and Forms.
- 2. Health Funds Information.** This part contains everything you need to know about health funds.

It is in an electronic format so that you can:

- » download the information you need as you need it, and
- » it can be regularly updated with current information.



**MASSAGE &
MYOTHERAPY**
AUSTRALIA

*The Association for
Professional Therapists*

**Massage & Myotherapy Australia
and AAMT**

From 1 September 2016, AAMT rebranded as 'Massage & Myotherapy Australia' a brand of the Australian Association of Massage Therapists Ltd. The company name is still the Australian Association of Massage Therapists Ltd.

Your Provider Number

As the company name is still the Australian Association of Massage Therapists Ltd, you continue to use AAMT 12345 as your Provider Number.

Health Funds Terms and Conditions: you can find these at: massagemyotherapy.com.au/health-funds/private-health-funds-terms-and-conditions/

Health Fund Provider Information – Eligibility

When you joined the Association you signed an agreement to keep your First Aid and Insurance up-to-date, earn CPE points (30 for Massage Therapists, 40 for Remedial Massage Therapists and 50 for Advanced Members) current at all times and to forward these details to us. The Association lists all of these details on the eNews sent every month and on Annual Membership Renewal Notices, including Membership Renewal Date. If we do not receive these details, or they are not kept up to date, your details cannot be administered to the private health funds.

The following categories outline Membership Grade and eligibility for Approved Provider Status with private health funds. If you meet the criteria set in the membership type (Are You A...?) and requirements (Do You Hold...?) columns then you are eligible for Approved Provider Status with the private health funds listed in the (Eligible Health Funds) column. When you joined, you also agreed to abide by the private health funds' Terms and Conditions. *Please note: The private health funds have discretion regarding approval for Approved Provider Status and have the right of refusal.*

ARE YOU A ...?	DO YOU HOLD ...?	ELIGIBLE HEALTH FUNDS
CATEGORY A		
Remedial Massage Therapist	<ul style="list-style-type: none"> » Diploma of Remedial Massage Therapy (HLT50302/HLT50307/HLT52015) ONLY. » Assessed qualifications on health fund lists prior to 1 July 2009 » Does the Association have: <ul style="list-style-type: none"> – a copy of up-to-date Senior/Level 2 First Aid? – a copy of up-to-date Certificate of Currency for Malpractice Insurance, Public and Products Liability (\$2 million)? – accurate details of clinic address/es? » Are you a current financial member of the Association? » Do you have CPE Points? (40 Remedial/50 Advanced points current) 	<ul style="list-style-type: none"> » Australian Health Management (AHM) » Australian Regional Health Group (ARHG) » BUPA Australia Health » CBHS Health Fund Limited (Commonwealth Bank) » nib » The Doctors' Health Fund » Australian Unity » GU Health » HBF » Medibank and HCF (<i>Note Diploma must have been studied on-campus, 12 months full-time/18 months part-time. Please see Education Criteria on page 3.</i>)
OR		
CATEGORY B		
Massage Therapist	<ul style="list-style-type: none"> » Certificate IV in Massage Therapy Practice (HLT40302/HLT40307/HLT40312/HLT42015) » Assessed qualifications on health fund lists prior to 1 July 2009 » Does the Association have: <ul style="list-style-type: none"> – a copy of up-to-date Senior/Level 2 First Aid? – a copy of up-to-date Certificate of Currency for Malpractice Insurance, Public and Products Liability (\$1 million)? – accurate details of clinic address/es? » Are you a current financial member of the Association? » Do you have CPE Points? (30 points current) 	<ul style="list-style-type: none"> » Australian Regional Health Group (ARHG) (see list on page 5) » CBHS Health Fund Limited (Commonwealth Bank)
OR		
CATEGORY C		
Myotherapist <i>Note: Myotherapy and Remedial Massage must be advised to health funds separately.</i>	<ul style="list-style-type: none"> » Bachelor of Myotherapy » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Does the Association have: <ul style="list-style-type: none"> – a copy of up-to-date Senior/Level 2 First Aid? – a copy of up-to-date Certificate of Currency for Malpractice Insurance, Public and Products Liability (\$2 million)? – accurate details of clinic address/es? » Are you a current financial member of the Association? » Do you have CPE Points? (50 Advanced points current) 	<ul style="list-style-type: none"> » Australian Health Management (AHM) » Australian Regional Health Group (ARHG) » BUPA Australia Health » CBHS Health Fund Limited (Commonwealth Bank) » Medibank » nib » The Doctors' Health Fund » Australian Unity » GU Health » HBF » HCF

Note: Members with a qualification other than the HLT50302/50307/52015 deemed to be equivalent may also be eligible at the discretion of the private health fund. This may include Bachelor of Health Sciences (Massage Therapy/Musculoskeletal Therapy).

Important Health Fund Provider Information

Following the introduction of the Private Health Insurance (Accreditation) Rules 2008 (reviewed in 2011), [refer to this link](#), massage therapists must be a member of an accredited association, in order to gain Approved Provider Status with the private health funds. The Association has gained accreditation with various health funds which allows our eligible members to be registered automatically as a provider. We forward eligible members details to the health funds listed on a regular basis.

Therefore, it can take up to 4-6 weeks for all details to become live at all of the individual private health funds.

Please read the important information below to see how to qualify and remain on private health funds lists.

- To find out which health funds you are **automatically** registered with, refer to **Table 1** (page 5).
- To find out which health funds **you have to activate** your registration with, refer to **Table 2** (page 6).

To qualify and remain on the health funds lists sent by the association, it is a requirement that you:

- meet the minimum level of membership type/qualification accepted by the individual health funds
- are a financial member of the Association
- ensure the Association has a **current** copy of your Certificate of Currency for Malpractice, Products and Public Liability Insurance (minimum \$2 million)
- ensure the Association has a **current** copy of your Senior/Level 2 First Aid Certificate (*Note: Australian Unity does not recognise First Aid for CPE points.*)
- have recorded your Continuing Professional Education points. (Massage Therapists are required to have 30 points; Remedial Massage Therapists 40 points; Advanced Members 50 points – current at all times).

Note: you must provide the Association with all practice details including address/es (must be a physical address, not a PO Box) and telephone number (landline preferred).

Education criteria

The following are Minimum Education Requirements for the private health funds Medibank, ahm and HCF as at April 2015:

‘Minimum Education Requirements means HLT50307 Diploma of Remedial Massage (or later equivalents) in which the course duration is at a minimum of 12 months for full-time students or 18 months part-time students and that requires a minimum of 20% of the course to contain clinic training to be conducted on-campus, supervised by a trainer with the appropriate qualifications. Also, the following practical components which require skills-based knowledge should also be delivered on-campus – surface anatomy, palpation, clinical techniques and other associated therapeutics and techniques’.

Members who hold the HLT50307 must supply a letter from their college indicating the above in order to be eligible to be admitted to Medibank, ahm and HCF. Members who hold the HLT50215 must supply an academic transcript (certified).

Receipt requirements

Your receipt may be rubber stamped, a pre-printed receipt book, letterhead or computer generated. Hand written receipts are not accepted by most private health funds. Receipts must include the following details.

Full name of therapist	Client's full name
AAMT member number	Date of treatment
Provider number (when issued)	Type of therapy e.g. Remedial Massage, Massage therapy, Myotherapy
Practice address (cannot be a PO Box)	Type of treatment e.g. initial or standard consultation
Practice telephone number	Cost for treatment
Business and Trading names and ABN (where applicable)	ABN number must be shown

Subsequent duplicate accounts must be endorsed 'duplicate copy'. See the sample receipts on pages 7-8.

Key points to remember

Pre-signed receipts are not acceptable.

- The services provided must be itemised accurately (e.g. type of treatment, therapist's name, client's name, etc).
- **Your Provider Number is not transferable to another person** (i.e. Locum, colleague or employee) or where applicable, another practice location. This is fraud. **Your Provider Number is your responsibility.**
- HICAPS Item Numbers and Descriptions: 105 Initial Consultation, 205 Standard Consultation
- HICAPS Item Numbers and Descriptions for Medibank are: 105 Initial Consult (30-60mins), 205 Std Consult (up to 30 mins)
- There can be only one original account/receipt. All duplicated accounts/receipts must be endorsed as 'duplicate'.
- **Please ensure that we have your current details at all times!** Failure to do so will result in the Association not being able to confirm your current details to the health funds and non-current or non-compliant members will be removed from health fund lists.
- Change of details: If you have registered directly with any health funds (Table 2) do not forget to advise them of any changes to your details. i.e. New practice details etc. We are unable to change your details directly with these health funds.

NOTE: Although every effort is made, the Association cannot guarantee that all members will be accepted by the individual health funds as a provider. Members must agree to abide by conditions of individual health funds. Most health funds will not provide a rebate if your client is a family member.

Services paid for by a third part such as a gift card are not eligible for rebate.

Health Funds and ...

The Legislation

Following the introduction of the Private Health Insurance Act (2007) and associated rules for Private Health Fund Accreditation 2008 (reviewed 2011) [click here](#) to download the PDF, the Association has redesigned the data reporting to maintain the compliance agreements and ensure that members who are forwarded to the private health funds in reports have currency of eligibility. This means that the Association must hold evidence of members' currency in the eligible criteria.

Eligibility

Members must maintain the key points and keep the Association well informed with copies of relevant paperwork in order to maintain Approved Provider Status with the private health funds. The eligible criteria is currently:

1. First Aid
2. Professional Indemnity, Malpractice, Public and Products Liability Insurance (minimum \$2 million)
3. Continuing Professional Education (Massage Therapists are required to have 30 points; Remedial Massage Therapists 40 points; Advanced Members 50 points – current at all times)
4. Members are financial

5. Current Statutory Declaration (updated each year via the Members Only area of the website)
6. Agreement to abide by the Constitution, Code of Ethics, Standards & National Code of Conduct, Policies and Guidelines (updated each year via the Members Only area of the website).
7. Agree to abide by the individual private health funds Terms and Conditions for Recognised Providers. Copies can be found [here](#).

Administration

If you do not maintain these seven key points and keep the Association well informed you will be removed from all lists until you provide evidence to the Association. Members receive this information on their renewal statement and via the eNews, therefore it is imperative that members note when they are due to become non-compliant.

- If you are currently recognised, then become non-compliant, reinstatement to a fund will take place at the next accepted data upload to the health fund: this could take up to 4-6 weeks to process. If you are a new member, you can also expect a delay of up to 4-6 weeks, depending on the health fund's agreed reporting cycle and whether you have provided everything to complete the membership process.

Working with the Association

Massage & Myotherapy Australia proactively works with all of the individual private health funds to resolve issues that arise. In the interim if you are experiencing issues please email: info@massagemyotherapy.com.au with details, ensuring you include your Member Number and name.

Clinic addresses

A clinic address must be a physical address, and must include a contact telephone number. PO Boxes are not acceptable. Members can register four clinic addresses of which only three will be eligible for Medibank Provider Numbers which are nominated by the member. Therefore, four addresses will be submitted to all other health funds and three submitted to Medibank.

In summary

To be eligible to remain on health fund lists you must be a financial member, the Association must have a copy of all documents and details for criteria. Approved Provider Status is a contract between you and the health fund, the Association advises currency of eligibility to the criteria for each health fund, except those listed in Table 3 (page 6).

Approved Provider Status is at the discretion of the individual private health funds.

Health Fund Information – FAQs

How long does it take for details to get to the health funds?

It can take up to four to six weeks after we receive any updated details for them to reach the individual health funds. However, it can take up to two weeks for the individual health funds to process the details and to issue Provider Numbers.

Which health funds do I need to contact directly?

- Australian Unity.

How do I get my Provider Number?

Other than when you use your Association Member Number, Provider Numbers are issued by the health funds. Being a provider is a contract between you and the individual health funds for each practice address. However, BUPA, Medibank and ahm send provider numbers to us and we then forward them to members via email.

Why haven't my details been forwarded to the health funds?

- Are your First Aid, Insurance, CPE and Membership details up to date? If they have expired, and we do not have the updated information, your details will not be forwarded to the health funds

- Did you tick the Privacy Box on your Membership Application Form or online? i.e. I do not want my details to be forwarded to health funds.
- The monthly list for that particular health fund has not been sent or processed as yet.

When I change practice address, how long before my details are forwarded to the health funds?

It is the same as when you first join the Association: it can take up to 4-6 weeks depending on what time of the month you notified us of your change of address details.

Why can't I use a PO Box address?

Health funds work on street addresses and do not accept PO Boxes or 'Mobile Service' as addresses. This is to minimise the incidence of fraud. Therefore, we do not list PO Box addresses or 'Mobile Service' for Clinic addresses.

Am I eligible for Medibank, ahm and HCF Approved Provider Status?

If you meet all criteria, including Education Criteria on page 3, and have supplied the required documentation, then yes. However,

Approved Provider Status is at the discretion of the individual health fund.

Why aren't I eligible for provider status with certain health funds?

Certain health funds do not accept all massage therapy qualifications. All health funds accept the current Diploma of Remedial Massage Therapy (HLT50302/07/15), however, with the introduction of new health fund legislation many health funds will not accept anything other than the current Diploma. There are two health funds that accept Certificate IV in Massage Therapy Practice (HLT40302/07/12) (ARHG and CBHS).

Do health funds backdate?

No, clinic addresses become active on the date the health fund receives your data.

I faxed or emailed my updated Insurance & First Aid and it hasn't been updated, why?

Updated information is entered into the database generally within 48 hours of receipt. If it has not been entered, the fax or email was not received.

All faxes and emails should be followed up to ensure we received your information.

Table 1

Eligible members are automatically registered via the Association. (Details are updated regularly from our records).

Details about Provider Numbers with individual Health Funds are indicated in **RED**.

The dates when your details are administered to the individual health funds are indicated in **BLUE**.

HEALTH FUND	DETAILS
<p>Australian Health Management (AHM) Remedial & Myotherapy Tel: 134 246 www.ahm.com.au RestSuper</p>	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY HLT50302 or HLT50307 or HLT52015 » Assessed qualifications on their list prior to 1 July 2009 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Provider Number - After lists have been processed the Association will send Provider Numbers via email to the member. » Administered end of the month.
<p>Australian Regional Health Group (ARHG) Massage & Remedial & Myotherapy Tel: (03) 9873 9253 www.arhg.com.au <i>Includes rebates for Massage Therapy, Remedial Massage and Myotherapy unless * indicates otherwise.</i></p> <ul style="list-style-type: none"> » ACA Health Benefits Funds » Cessnock & District Health Benefits Fund » CUA Health* » Defence Health* » GMHBA* (Includes Frank Insurance & Budget Direct) » HBF* » health.com.au » Health Care Insurance Limited » Health Insurance Fund (HIF) WA » Health Partners » Latrobe Health Services (Federation Health) » Mildura District Hospital Fund* » myOwn Health* » Navy Health Fund » Nurses & Midwives Health Pty Ltd » Onemedifund » Peoplecare Health Insurance (Includes Allianz) » Phoenix Health Fund » Police Health Fund (Includes Emergency Services) » Queensland Country Health Fund Ltd » Railway & Transport Health Fund Ltd » Reserve Bank Health Society Ltd » St Luke's Health » Teacher's Federation Health (Includes Uni Health) » Teacher's Union Health » Transport Health » Westfund* <p><i>* Massage Therapy not rebated.</i></p>	<ul style="list-style-type: none"> » Massage Therapists Cert IV HLT40302 or HLT40307 or HLT40312 or HLT42015 » Remedial Massage Therapists HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Assessed qualifications on their list prior to 1 July 2009 » Provider Number – 'MT' plus your AAMT member number plus 'R' for remedial massage therapists and 'M' for massage therapists and 'Y' for Myotherapists. e.g. MT12345R or MT12345M or MT12345Y. » <i>ARHG is a management group that oversees several small funds: at this stage 27.</i> » Administered 15th of the month.
<p>BUPA Australia Health Remedial & Myotherapy Tel: 1800 060 239 www.bupa.com.au/for-providers <i>Includes the following subsidiaries:</i></p> <ul style="list-style-type: none"> » ANZ Health Insurance » AXA » Bank SA » BUPA Australia OSHC » Cardmember Health Insurance Plan » HBA » HealthCover Direct » Mutual Community » St George Health Project » National Mutual Health Insurance » Previously MBF + MBF Alliances: NRMA, SGIC Health (SA), SGIO Health (WA) 	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Assessed qualifications on their list prior to 1 July 2009 » Provider Number – sent to the Association. An email will be sent to you confirming member provider number/s. » <i>Member details are sent to BUPA fortnightly. After lists have been processed BUPA will send Member Provider Number/s to us. We will then forward the Provider Number/s to the member's registered email address. Members must agree to be bound by BUPA Australia's 'Our Ancillary Provider Terms'.</i> » Administered fortnightly (1st and 3rd Friday of the month).
<p>CBHS Health Fund Limited Massage & Remedial & Myotherapy Tel: 1300 654 123 www.cbhs.com.au</p>	<ul style="list-style-type: none"> » Massage Therapist HLT40302 or HLT40307 or HLT40312 or HLT42015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Remedial Massage Therapists HLT50302 or HLT50307 or HLT52015 » Assessed qualifications on their list prior to 1 July 2009 » Provider Number – AAMT Member Number e.g. AAMT12345 » Administered 18th of the month.

Table 1 (continued)

<p>HCF Remedial & Myotherapy Tel: 131 334 www.hcf.com.au <i>IMPORTANT NOTE: All providers must read and agree to abide by the HCF Provider recognition criteria. (Download at www.hcf.com.au).</i></p>	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY. HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Assessed qualifications on their list prior to 1 July 2009 » Provider Number – AAMT Member Number e.g. AAMT12345 <i>Note: HCF have requested that when you produce a receipt, you do not write the words 'Provider Number'. Please use the heading 'Association Name and Association Number'.</i> » Administered weekly.
<p>Medibank Remedial & Myotherapy www.medibank.com.au <i>All qualifying providers must read and agree to abide by Medibank Provider Requirements and Terms and Conditions.</i></p>	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY. HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Provider Number – After lists have been processed the Association will send Provider Numbers via email to the member » Administered on the 1st and 3rd Monday of the month.
<p><i>As of 1 February 2014, contractual arrangements between the Association and Medibank were updated. Concerns raised by Medibank were fraud in the use of provider numbers and overbilling: billing for services not provided and treatment claimed as remedial that did not meet the Medibank definition of remedial treatment. To remain eligible as an existing Provider with Medibank you must meet the Medibank Provider Recognition Criteria. This includes providing a remedial treatment consistent with the Medibank definition of a remedial treatment (visit massagemyotherapy.com.au).</i></p>	
<p>Nib Health (Includes APIA Health Insurance, Qantas Health Insurance, Suncorp Health Insurance, AAMI Health Insurance, GU Health) Remedial & Myotherapy Tel: 1800 175 377 www.nib.com.au <i>IMPORTANT NOTE: All providers must read and agree to abide by nib Provider Requirements and Terms and Conditions. (See attached.)</i></p>	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Provider Number – AAMT Member Number e.g. AAMT12345 » Please call nib directly to activate your clinic for HICAPS. For online claims you may need to call nib for your Provider Number. » Administered 1st and 15th of the month.
<p>The Doctors' Health Fund Remedial & Myotherapy Tel: 1800 226 126 www.doctorshealthfund.com.au <i>NOTE: The Doctors' Health Fund may use the member's Medibank Provider Number if available.</i></p>	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY. HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Provider Number – AAMT Member Number eg. AAMT12345

Table 2

Members need to activate registration DIRECT. (List of members sent by the Association for verification only)

<p>Australian Unity Remedial & Myotherapy Tel: 1800 035 360 www.australianunity.com.au <i>In order to gain Provider Status you will need to complete and return their application form (visit www.australianunity.com.au). Please return the completed form to Provider Relations, Reply Paid 9945, Melbourne Vic 8060.</i></p>	<ul style="list-style-type: none"> » Remedial Massage Therapists ONLY HLT50302 or HLT50307 or HLT52015 » Advanced Diploma of Remedial Massage (Myotherapy) ADV DIP 21511VIC or ADV DIP 21290VIC » Advanced Diploma of Myotherapy ADV DIP 22248VIC or ADV DIP 22316VIC » Provider Number – Australian Unity will issue separate provider numbers per practice » Administered 24th of the month.
--	--

IMPORTANT: If you do not want to be listed on the search facilities of the participating health funds websites please contact our office via email: info@massagemyotherapy.com.au or login and update.

HICAPS: The Association does not have any affiliation with HICAPS nor do we forward member details to HICAPS. Please contact HICAPS directly on 1800 805 780 or visit www.hicaps.com.au. For HICAPS you need to obtain a Medibank number (from Medibank) or if you are not eligible for Medibank, you need to obtain a HICAPS generated number directly from HICAPS and request that the number be loaded to the terminal. (Have the terminal ID etc from your machine ready.) HICAPS will then send the details to all health funds. Some health funds (including nib) need you to call them to activate this.

Your
logo
here

Your Business Name

ABN 00 000 000 000

Your Address

Your Tel No. 0000 0000 Your Email: sample@sample.com.au

Practitioner: Your Name

Provider Number/s (when issued): 00000000

Member Number: AAMT12345 (insert your member number)

Tax Invoice Number: 00000000

Client's Full Name:	Frank Jones
Date of Treatment:	1 February 2019
Type of Therapy (eg Remedial Massage/Massage/Myotherapy etc):	Remedial Massage
Type of Treatment eg initial or standard consultation	Standard
Cost for Treatment	\$80.00
GST (if applicable)	
Total Cost	
Date Paid	1 February 2019

Signed: _____ Date: _____



Your
logo
here

Your Business Name

ABN 00 000 000 000

Your Address

Your Tel No. 0000 0000 Your Email: sample@sample.com.au

Date: ___/___/___

Receipt No: _____

Received from: _____

For a _____ consultation

Provider Number: _____

Amount: \$ _____

(Your Stamp Here)

Signed: _____ Date: _____

Sample