



Southern Cross
Health Society



- + Training with dumbbells builds muscle strength. Use a weight that makes your muscles feel completely tired after 12 to 15 repetitions.

Helping you look after your health

As an employee of New Zealand Fire Services you get a discount on premiums for health insurance.

Why get health insurance?

What if someone in your family got sick or needed an operation? Having health insurance gives you the peace of mind that you can get the treatment you and your family need, when you need it.

Joining is easy



Request a free face to face consultation

Email us your name, employer, employers address and contact details to getcover@southerncross.co.nz



Apply online

Complete an online application form using the shortcut code DV southerncross.co.nz/apply-now



Apply over the phone

Call us on 0800 GET COVER (438 268)