



因疾病或受伤申请临时伤病豁免

如果因生病或受伤而短期内无法履行以下任一义务，则可申请临时豁免：

- 作为求职者，无法履行mutual obligation requirements
- 若年龄在35岁以下且领取Disability Support Pension，无法履行participation requirements
- 若正在领取学生补助，无法履行study requirements。

申请时需提供由医生开具的医疗证明。

为什么需要提供医疗证明？

医疗证明将帮助我们评估：

- 是否批准您的豁免申请
- 是否需要调整或减少需履行的义务要求。

在评估期间，您仍需继续履行相关义务。这包括参加employment services provider预约面谈或完成已商定的活动。

提交医疗证明并不保证豁免申请一定会获批。如需补充材料，我们将与您联系。

医疗证明需包含哪些内容？

医疗证明必须由医生填写，并包含以下信息：

- 疾病、伤情或残障的具体情况
- 预计康复时间
- 无法工作、参与活动或学习的具体时间段。

若每周无法完成至少8小时的义务活动，医疗证明则需明确说明此情况。

我们推荐使用 Centrelink medical certificate表格；可向医生索取该表格。该表格包含我们所需的全部信息，可加快您的豁免申请评估流程。

谁有资格填写医疗证明？

只有经过认证的医生才可以填写并签署医疗证明。包括全科医生、内科医师、外科医生等具备正规医学资质的医师。

若您居住在偏远地区且无法就医，社区护士也可代为填写。

如何提交医疗证明？

医生可通过医疗专业人士在线服务 (Health Professional Online Services, HPOS) 直接向我们在
线提交 Centrelink medical certificate。

如果您已在领取津贴，并且您的 Centrelink 在线账户已绑定 myGov，则可在线提交填写好的医疗
证明。也可以通过 Express Plus Centrelink 移动应用 自行上传。

如无法在线提交，则可亲临就近 service centre 提交或按官网邮寄要求寄送（网址：
servicesaustralia.gov.au/write-to-us）

豁免获批

若您的豁免申请获得批准，我们将告知您豁免的有效期及在此期间是否需要完成特定活动。

再次申请豁免

当前豁免期结束后，若仍无法履行相关义务，则可申请新的豁免。仅当您的工作能力障碍仍属于暂
时性情况时，方可申请后续豁免。申请时需提交新的医疗证明。

Disability Support Pension (DSP)

若您的健康状况预计影响期超过2年，且确实导致您无法工作，那么您可能符合DSP的申领条件。

若您的豁免申请未获批准

如果我们没有批准豁免，则可联系您的 employment services provider，讨论其他可行的选项。这
些选项可能包括其他有助于您履行义务的活动或服务。如果您没有 employment service provider
，则可联系我们，讨论其他：

- 您可以参与的活动，或
- 您可能符合条件获得豁免的其他原因。

了解更多信息

- 如需了解更多关于获取英文版医疗证明的信息，请访问相关福利金介绍页面：
 - JobSeeker Payment - **servicesaustralia.gov.au/jspgetmedcert**
 - Youth Allowance for job seekers - **servicesaustralia.gov.au/yajspgetmedcert**
 - Disability Support Pension - **servicesaustralia.gov.au/dspgetmedcert**
 - Parenting Payment - **servicesaustralia.gov.au/ppgetmedcert**

- 请访问 servicesaustralia.gov.au/yourlanguage，获取中文文本、音频或视频信息。
- 请致电 **131 202**，使用中文咨询 Centrelink 福利金和服务的相关信息。
- 欲办理 Medicare 事宜，请致电 **132 011**；欲办理 Child Support 事宜，请致电 **131 272**。如需口译服务，请告诉我们，我们将免费为您安排口译员。
- 访问 service centre。

注意：从澳大利亚任何地方用座机拨打“13”打头的电话号码，费用固定。该费率可能与本地通话费用有所不同，也可能会因电话服务提供商不同而有所差异。座机拨打“1800”号码免费。如果使用公共电话或移动电话，电信提供商可能会对您的通话计时并收取较高费用。

免责声明

本出版物所包含信息仅用作福利金和服务指南。您有责任决定是否要申请福利金，并针对您的具体情况提出申请。



Temporary medical exemptions if you are sick or injured

You may be able to ask for an exemption if you cannot meet one of the following for a short time due to sickness or injury:

- mutual obligation requirements if you are a job seeker
- participation requirements if you are under 35 years of age and get Disability Support Pension
- study requirements if you get a student payment from us.

To ask for an exemption you need to give us a medical certificate.

Why you need to give us a medical certificate

You need to give us a medical certificate so we can work out if we will either:

- give you an exemption
- reduce or change your requirements.

While we assess your request for an exemption, you need to keep meeting your requirements. This includes going to appointments with your employment services provider or doing agreed activities.

If you give us a medical certificate, it does not always mean we will give you an exemption. We will contact you if we need more information.

What information you need to give us

Your medical certificate must be completed by your doctor and include:

- what your sickness, injury or disability is
- how long it will take you to recover
- the period you will be unable to work, participate or study.

It must tell us if you cannot do these things for at least 8 hours per week.

We prefer a Centrelink medical certificate form; you can ask your doctor for this. This gives us all the information we need and helps us assess your exemption request faster.

Who can complete a medical certificate

Only authorised medical doctors can complete and sign your medical certificate. A medical doctor is a person with recognised medical qualifications, such as a general practitioner, physician or surgeon.

If you live in a rural or remote area without a doctor, a community nurse can complete your medical certificate.

Sending your medical certificate to us

Your doctor can complete a Centrelink Medical Certificate using Health Professional Online Services (HPOS) and submit your medical certificate directly to us online.

If you already get a payment from us and your Centrelink online account is linked to myGov, you can submit your completed medical certificate online. You can also use the Express Plus Centrelink mobile app.

If you cannot do it online, you can take it to your local service centre or send it to us using the information on **servicesaustralia.gov.au/write-to-us**

If we give you an exemption

If we give you an exemption, we will tell you how long it is for and if you need to do any activities.

Further exemptions

You can ask for another exemption if you still cannot meet your requirements when your current exemption ends. This is only if your incapacity is still temporary. You will need to give us a new medical certificate.

Disability Support Pension (DSP)

If your medical condition is likely to last for more than 2 years and stops you from working, you may be able to get DSP.

If we do not give you an exemption

If we do not give you an exemption, you can contact your employment services provider to discuss your options. This may include other activities or services to help you meet your requirements. If you do not have an employment service provider, you can contact us to discuss other:

- activities you can do
- reasons you may get an exemption from your requirements.

For more information

- For more information about getting a medical certificate in English, go to the relevant payment page:
 - JobSeeker Payment - **servicesaustralia.gov.au/jspgetmedcert**
 - Youth Allowance for job seekers - **servicesaustralia.gov.au/yajsgetmedcert**
 - Disability Support Pension - **servicesaustralia.gov.au/dspgetmedcert**
 - Parenting Payment - **servicesaustralia.gov.au/ppgetmedcert**
- Go to **servicesaustralia.gov.au/yourlanguage** where you can read, listen to or watch videos in your language.
- Call **131 202** to speak with us in your language about Centrelink payments and services.
- Call **132 011** for Medicare and **131 272** for Child Support. Let us know if you need an interpreter, and we will arrange one for free.
- Visit a service centre.

Note: calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.

Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.