Introducing
Digital
Doctor
Now available on all plans

Your health, in your hands
A GP Service, just when you need it

Exclusively for Irish Life Health customers
www.irishlifehealth.ie
What is Digital Doctor?

Digital Doctor is a benefit that gives you unlimited consultations with a GP. You can speak with a fully qualified GP anytime from anywhere or if you’d prefer a face to face consultation there’s an online video service also available. Through Digital Doctor and where appropriate, GPs can arrange to have a prescription sent to your local pharmacy, following your consultation. Digital Doctor also gives you access to a healthy range of other useful services, information, guides and links.

How to access Digital Doctor

1. Call 1890 100 048 to make an appointment
2. Call +44 203 858 3892 if you’re calling from abroad
3. Download our app at www.irishlifehealth.ie/digital-doctor

iOS DEVICE
In your mobile web browser click the middle icon (see below) and select Add to Home Screen

ANDROID DEVICE
In your mobile web browser click the top right icon (see below) and select Add to Home Screen

LAPTOP DESKTOP
Right click to display the menu and select Create Shortcut. The Digital Doctor app will now appear on your home screen
Fully qualified medical advice

When you need medical advice and assistance, your GP’s surgery is the natural place to visit. But what if you’re pressed for time? Or maybe you’re away from home?*

With Irish Life Health’s new Digital Doctor service, you can consult a qualified and experienced doctor, anytime and from virtually anywhere.

An expert always on call

Got a concern, a question or need medical advice? With Digital Doctor, you can phone 24/7 and arrange an appointment to speak with a professional who is registered with the Medical Council of Ireland. You’ll get clear, expert guidance about anything you’d normally discuss with your own GP.

But what if your preference is for a face to face consultation, given your condition? Then Digital Doctor lets you make an appointment for a face-to-face discussion on your smartphone, tablet, laptop or desktop, or by calling 1890 100 048.

*The best course of action with emergency cases is to contact the emergency services in the area.

**Represents the average outcome of consultations that resulted in diagnosis and advice where the patient did not need to see another medical professional. (Jan to Sept 2016).
Message Dr

Want to message a doctor? If your condition or question is simple and straightforward, send our friendly and experienced doctors a short message 24/7, with the option to attach an image for quality advice and reassurance.

Just download the app, select Message Dr.

Fill out the simple form on your smartphone, laptop, desktop or tablet and one of our doctors will respond to you via email on the best course of action.

See the doctor, wherever you are

With Digital Doctor, you can speak face-to-face with a GP wherever you are in the world via the camera on your smart device or computer. This may help the doctor to provide a diagnosis and advise on the most appropriate course of action.

With Digital Doctor, you can receive a referral letter (for A&E and Consultant Care) if appropriate, promptly by email or if necessary, we can post a referral letter to you.*

Book an appointment

Call us to make an appointment
1890 100 048

Call us from abroad
+44 203 858 3892

Download our app by visiting
www.irishlifehealth.ie/digital-doctor

*A private referral issued by the Digital Doctor Service does not authorise you to make a claim on the referral. Simply check your table of cover or contact Irish Life Health to make sure your policy covers you for any subsequent treatment.
Prescription service

If the doctor feels it is medically required, Digital Doctor will arrange (by fax) a prescription to be sent directly to your pharmacy. You then simply collect and pay for your medication as normal.

A healthy range of other services

Digital Doctor offers far more than simply access to expert medical advice. The app also gives you access to:

- **Health Monitor** to record consultations, allergies and key personal medical information
- **Local Health Services Guide** listing key medical services including GP and dental surgeries, pharmacies and more
- **Access Health Information you can trust** facts on over 1100 conditions and treatments plus advice on fitness, and nutrition
- **MapMyFitness Link** to track and assess your fitness in precise detail by linking to Under Armour’s MapMyFitness app

This service is provided by Medical Solutions UK Ltd. Medical Solutions UK Ltd has been providing quality 24/7 GP services since 1998 and currently services 3.5 million people.
Key questions about Digital Doctor

Who will I speak to when I call?
When you first call, you’ll speak to a specially trained operator who takes some details and arranges for a GP to call you back.

What sort of things can I ask about?
Pretty much anything you’d ask your own GP – for example, about any vaccinations you might need if you’re travelling, health issues related to your age or any other health-related query you might have.

Will I still need to see a GP?
If you have symptoms which require a physical examination then we’ll advise you to see your own GP.

Is there any limit to the number of calls?
No. You can call Digital Doctor any time you wish. With Irish Life Health there is no limit on the number of phone or online consultations.

What do I need to access the online service?
You simply need a computer or smartphone equipped with a dual camera and an internet connection. If you’re using your smartphone, you will need to download the Digital Doctor app from www.irishlifehealth.ie/digital-doctor and follow the download instructions.

Can I use Digital Doctor if I’m pregnant?
If you are or may be pregnant, for your own wellbeing and that of your baby, we would recommend that you contact your own GP or midwifery service.

Can Digital Doctor issue a prescription?
Yes, if the GP you speak to thinks it’s necessary. The prescription can be faxed to your local pharmacy between 08:30 - 18:30 Monday to Friday, 10:00 - 16:30 on Saturdays and 10:00 - 18:00 on Sundays. Outside these hours, your prescription will be faxed the next working day.

Can Digital Doctor issue a sick cert?
No, this isn’t possible. If you think you need a sick cert, you should contact your own GP.

What if I have a query about how the service works?
Contact us on 1890 100 048.

What about confidentiality?
To ensure data security, Irish Life Health has a confidentiality agreement in place with Medical Solutions UK Ltd. The safeguarding of patient confidentiality is a fundamental principle of medical ethics. GPs registered in Ireland, under their own codes of conduct (including those of the Medical Council of Ireland) have an obligation of doctor-patient confidentiality. The same applies when you receive an online or phone consultation with Digital Doctor - confidentiality is both a patient’s right and a doctor’s duty.
When is Digital Doctor available?

GP Consultations by phone
Contact us anytime of the day or night 365 days a year

<table>
<thead>
<tr>
<th>Service</th>
<th>From Nov 1st</th>
<th>From Jan 3rd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face to face Consultations*</td>
<td>Mon-Fri 08:30 to 18:30</td>
<td>Mon-Fri 08:00 to 22:00</td>
</tr>
<tr>
<td></td>
<td>Sat 10:00 to 16:30</td>
<td>Sat 08:00 to 20:00</td>
</tr>
<tr>
<td>Request Appointment*</td>
<td>Mon-Fri 08:30 to 18:30</td>
<td>Mon-Fri 08:00 to 22:00</td>
</tr>
<tr>
<td>Message Doctor*</td>
<td>Sat 10:00 to 16:30</td>
<td>Sat 08:00 to 20:00</td>
</tr>
<tr>
<td>Prescriptions*</td>
<td>Sun 10:00 to 18:00</td>
<td>Sun 10:00 to 18:00</td>
</tr>
<tr>
<td>Referral Services*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Call 1890 100 048 to make an appointment
or call +44 203 858 3892 if calling from abroad
To download our app, visit www.irishlifehealth.ie/digital-doctor

Irish Life Health dac is regulated by the Central Bank of Ireland.