

Personalised Packages Range for:

- Best Ultimate 2 ILH
- Best Smart ILH
- Best Ultimate Active ILH
- Better Active ILH
- Better Advantage ILH
- Better ILH
- Better Ultra ILH
- Net More 100 ILH
- Net More 300 ILH
- Net More 500 ILH
- Net Most 100 ILH
- Net Most 300 ILH
- Net Most 500 ILH

Benefits effective from December 1st 2016

Personalised Packages are extra benefits that you can add to your health insurance plan allowing you to tailor your cover to suit your lifestyle. You can add either 2, 3 or 4 Personalised Packages from the 8 detailed below to your plan at no extra cost.

Personalised Packages	
Complementary Therapy	
Acupuncturist	€25 x 3 visits
Chiropractor	€25 x 3 visits
Massage Therapist	€25 x 3 visits
Nutritionist or Dietician	€25 x 3 visits
Osteopath	€25 x 3 visits
Physiotherapist or Physical therapist	€25 x 3 visits
Reflexologist	€25 x 3 visits
Reiki practitioner	€25 x 3 visits
Dental And Optical	
Contact lenses	10% online discount with provider partner
Invisible cosmetic braces	€450 point of sale discount
Emergency Dental Care	€350 contribution
Eye test with Opticalrooms	Fully covered (€35 point of sale discount plus €15 contribution)
Eye test with Specsavers	€15 point of sale discount on full price eye test
Laser eye surgery	20% point of sale discount
One hour teeth whitening	50% point of sale discount plus €25 contribution
Prescription glasses	€20 off the €89 & €129 range with Specsavers
Designer prescription glasses	€30 off the €149+ range with Opticalrooms and the €149 & €199 ranges with Specsavers
Retainers & fitted gum shields	€25 contribution
X-ray, check up, scale and polish	€50 x 1 visit
Enhanced Maternity	
3&4D scans (provided by Babyscan or MD Ultrasound)	€25 point of sale discount plus €25 contribution
3&4D scans (provided by Innervision)	€37.50 point of sale discount plus €37.50 contribution
AMH fertility test	€50 contribution
Baby Massage	€40 for course of 4 classes
Baby sleep consultation	€20 point of sale discount plus €20 contribution
Baby swimming classes	10% point of sale discount plus 10% contribution

Breastfeeding consultancy	€25 x 2 visits
Early pregnancy scan	€15 point of sale discount plus €15 contribution
Fertility treatment at Beacon CARE fertility	10% discount on listed procedures ¹
Home birth grant-in-aid	€4000
Paediatrician consultation	€100 x 1 visit
Partner Benefit	€40 per birth
Post natal depression or miscarriage counselling	€50 x 2 visits
Post natal home help	2 x 3 hour sessions covered up to €150
Alternative amount for Post natal home help	Covered up to €150
Pre/post natal maternity costs	Covered up to €300
Pre/post natal yoga & pilates	€20 x 2 visits
Private ante-natal class	€50 contribution
Family And Kids Health	
Adult Athletics Ireland membership	€30 contribution
Flu vaccine	Fully covered with our provider partner
Baby swimming classes	10% point of sale discount plus 10% contribution
Child developmental tests	€30 point of sale discount plus €30 contribution
Child nutritionist	€25 x 3 visits
Child speech & language therapy	€25 x 3 visits
Child sports club membership	€30 contribution
First aid course for mums and dads	Fully covered with our provider partner
Parent accompanying child (no minimum stay)	€25 x 3 days
Parenting course	€50 contribution to 1 course
Family Protection	
Flu vaccine	Fully covered with our provider partner
First aid course for mums and dads	Fully covered with our provider partner
Meningitis B vaccine	€50 contribution
SADS screening	€50 contribution
International Health And Travel	
Additional costs arising from in-patient claim	€1,500
Additional costs arising from out-patient claim	€500
Companion expenses	€1,000
In-patient A&E abroad	€100,000
Nurse 24/7 International	Covered
Out-patient A&E abroad	50% up to €1,000
Repatriation expenses	€1,000,000
Travel vaccine	10% point of sale discount
Elective Treatment abroad - up to the amount that would have been paid in Ireland	Covered
Sports Cover	
A&E Cover (including Private A&E)	€30 x 2 visits

Adult Athletics Ireland membership	€30 contribution
Adult sports club/gym membership	€30 contribution
Foam roller	50% back up to €30
Health screen	€50 x 1 per policy year
Metabolic testing	Fully covered for a standard test with Health Matters
Personal training sessions	€25 x 3 sessions
Physiotherapist or Physical therapist	€25 x 3 visits
SADS screening	€50 contribution
Sports massage	€25 x 3 visits
Sports psychologist	€25 x 3 visits
V02 Max Testing	€10 point of sale discount plus €20 contribution
Women's And Men's Health	
Acupuncturist	€25 x 3 visits
Dexa Scan	€40 contribution
Flu vaccine	Fully covered with our provider partner
Food intolerance test - 40 Food test	10% point of sale discount plus €41.50 contribution
Food intolerance test - 93 Food test	10% point of sale discount plus €40 contribution
Food intolerance test - 200 Food test	10% point of sale discount plus €46 contribution
Health screen	€30 x 1 per policy year
Lifestyle, family & emotional wellbeing coaching	Access to telephone support line - 1800 200247
Mammogram	€40 contribution
Nutritionist or Dietician	€25 x 3 visits
Prostate check / screen	€40 contribution
Testicular check / screen	€40 contribution
Sexual Health Screening - Simple 2 Test	Covered
Sexual Health Screening - HPV	Covered
Sexual Health Screening – Standard 6 Test	30% point of sale discount plus €40 contribution
Smear testing	€40 contribution
Weight management 10 week programme	15% point of sale discount plus 10% contribution with Motivation.ie
Yoga/pilates classes	€25 x 3 classes

Footnotes

(1) All procedure lists are available on www.irishlifehealth.ie or available on request by calling Irish Life Health on 1890 717 717.