

## Personalised Packages Range for:

4D Health 1

Benefits effective from January 1<sup>st</sup> 2019

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 1 Personalised Package from the 6 detailed below to your plan at no extra cost.

Personalised Packages	
<b>Fertility Extra</b>	
Infertility benefit	50% cover up to a max of €500 for IVF, IUI, ICSI. Twice per lifetime.
AMH Fertility test	€50 contribution
His & Hers Fertility Screening Tests	€40 contribution
Maternity Mental Health Support	€40 x 8 sessions with Nurture
Nutritionist, Dietician or Acupuncturist	€25 x 2 visits
<b>Maternity Extra</b>	
3D/4D & Early Pregnancy Scans	€30 contribution
Antenatal Class	€50 towards an antenatal class, or, €50 contribution & 10% point of sale discount with GentleBirth Workshop
Zika screening	€50 contribution with our provider partner plus €10 point of sale discount
Flu Vaccination	Fully covered with our provider partner
Breastfeeding Consultancy Visits	€25 x 2 visits
Maternity Mental Health Support	€40 x 8 sessions with Nurture
Postnatal Domestic Support	2 x 3 hour cleaning sessions
Postnatal Support	1 x 3 hour session with postnatal supporter
Home Early Support following 1 night stay in hospital	2 hours midwife and 3 x 3 hours with postnatal supporter
Home Early Support following 2 nights stay in hospital	1 hour midwife and 2 x 3 hours with postnatal supporter
Pre/Post Natal Yoga & Pilates	€20 x 2 visits
Partner Expenses	€30 x 1 day travel, accommodation & child minding expenses
Baby massage course	€40 for course of 4 classes
First Aid course for Mums and Dads	10% point of sale discount plus €90 contribution with our provider partner
Welcome Home Food Hamper	Hamper and 30 minute phone consultation with a nutritionist
GentleBirth App	See handbook for details
<b>Children Extra</b>	
Paediatrician visits	€100 x 1 visit
Parenting Course	€30 contribution to 1 course
Kids Sports Clubs	€30 contribution

Child/Teen counselling	50% up to €30 x 8 visits
Child/Teen orthodontics	€100 cash benefit
SADS screening benefit	€50 contribution
Child Speech & Language therapist	50% up to €30 x 8 visits
Meningitis B / Chicken Pox Vaccines	€30 contribution
<b>Travel Extra</b>	
Additional costs arising from in-patient claim	€1,500
Additional costs arising from out-patient claim	€500
Travel consultation	€30 contribution with our provider partner
Travel Vaccination	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€15 x 1 prescription
<b>Sports Extra</b>	
Sports Psychologist visits	€25 x 2 visits
Physiotherapy visits	€25 x 2 visits
Adult Sports club/gym membership	€40 contribution
VO2 Max Testing	€30 contribution with our provider partner
Metabolic Testing	Fully covered for a standard test with Health Matters
Sports Massage / Personal Training Sessions	€25 x 2 sessions
Wearable Trackers	€20 contribution
Fitted Gum Shield / Protective Sports Gear	50% back up to €20
Foam Roller Benefit	50% back up to €20
SADS Screening Benefit	€50 contribution
<b>You Extra</b>	
Mindfulness Course	€30 cash back
Dietician or Nutritionist	€25 x 2 visits
Adult Sports Club/Gym membership	€30 contribution
Sexual Health Screening - Simple 2 Test	Covered with our provider partner
Vasectomy (GP only)	Covered up to €360
Flu vaccination	Fully covered with our provider partner

#### Footnotes

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