

Personalised Packages Range for:

4D Health 1

Benefits effective from January 1st 2020

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 7 detailed below to your plan at no extra cost.

Personalised Packages	
Fertility Extra	
Infertility benefit	50% cover up to a max of €500 for IVF, IUI, ICSI. Twice per lifetime.
Egg freezing	50% cover up to a max of €500 once per lifetime
Sperm freezing	50% cover up to a max of €125 once 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
Maternity Extra	
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 Doula 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
Children Extra	
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 per course of treatment
Mind Extra	
Mindfulness app subscription	€30 contribution
Stress Reduction Programme (MBSR)	€75 contribution
Self-Compassion Programme (MSC)	€75 contribution
Life coaching	€30 contribution
Positive Mental Health Training	€10 contribution towards 12 track programme with our provider partner
Massage therapist	€25 x 2 visits
Meditation support devices	€30 contribution
Yoga/Pilates classes	€25 x 4 visits
Travel Extra	
Additional costs arising from in-patient claim	€1,500
Additional costs arising from out-patient claim	€500
Out-patient A&E abroad	50% up to €1,000
Travel Vaccine 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
Sports Extra	
Fitness Test & Personalised Exercise Programme	€300 every 2 years with our provider partner
Sports Psychologist visits	€25 x 2 visits
Physiotherapist or Physical Therapist	€25 x 2 visits
Sports club / Gym membership / Classes	€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
You Extra	
Orthodontics	€100 cash benefit
Lifestyle Genetic Testing - Nutrition, Fitness, Sleep and Stress	50% up to €75 with our provider partner

Laser treatment - skin conditions	€25 contribution
Laser treatment - facial hair	€25 contribution
Mindfulness Course	€30 cash back
Dietician or Nutritionist	€25 x 2 visits
Sports Club / Gym Membership / Classes	€30 contribution
Sexual Health Screening - Simple 2 Test	Covered with our provider partner
Vasectomy (GP only)	Covered up to €360
One hour teeth whitening	10% point of sale discount plus 10% contribution up to max. of €25
Weight Management 10 week programme	15% point of sale discount plus 10% contribution with Motivation.ie
Flu vaccination	Fully covered with our provider partner

Footnotes

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