

## Personalised Packages Range for:

4D Health 2

Benefits effective from January 1<sup>st</sup> 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 2 Personalised Packages from the 7 detailed below to your plan at no extra cost.

Personalised Packages	
<b>Fertility Extra</b>	
Infertility benefit	50% cover up to a max of €1,000 for IVF, IUI, ICSI. Twice per lifetime.
Egg freezing	50% cover up to a max of €1,000 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	€50 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	€50 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
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
Maternity Mental Health Support	€40 x 8 sessions with Nurture
Pre/Post Natal Yoga & Pilates	€20 x 3 visits
Partner Expenses	€50 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	€50 contribution to 1 course
Kids Sports Clubs	€30 contribution
Child/Teen counselling	50% up to €40 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	€50 contribution per course of treatment
<b>Mind Extra</b>	
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
<b>Travel Extra</b>	
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	€50 contribution with our provider partner
Travel Vaccination	€50 contribution with our provider partner plus 10% point of sale discount
Prescriptions Abroad	€20 x 1 prescription
<b>Sports Extra</b>	
Fitness Test & Personalised Exercise Programme	€300 every 2 years with our provider partner
Sports Psychologist visits	€30 x 2 visits
Physiotherapist or Physical Therapist	€30 x 2 visits
Sports club / Gym membership / Classes	€50 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	€30 x 2 sessions
Wearable Trackers	€30 contribution
Fitted Gum Shield / Protective Sports Gear	50% back up to €30
Foam Roller Benefit	50% back up to €30
SADS Screening Benefit	€50 contribution
<b>You Extra</b>	
Orthodontics	€100 cash benefit
Lifestyle Genomic 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	€50 cash back
Dietician or Nutritionist	€30 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](http://www.irishlifehealth.ie) or available on request by calling Irish Life Health on 1890 717 717.